



10 Meals Every New Adult Should Know

Cheap, hard to mess up, and better than delivery. Master these ten and you can feed yourself for life. Cards 1–5 below, 6–10 on page two.

1 · Scrambled Eggs That Don't Suck ~\$2 · 10 min

You need: 3 eggs, butter, salt, bread for toast.

- 1 Whisk eggs with a pinch of salt until uniform yellow.
- 2 Butter in a nonstick pan over **medium-low** — low heat is the whole secret.
- 3 Pour in eggs, stir slowly and constantly with a spatula.
- 4 Pull them off when they still look slightly wet. They finish on the plate.

2 · One-Pot Pasta, Upgraded Jar Sauce ~\$3 · 20 min

You need: Pasta, jar of marinara, garlic, olive oil, parmesan.

- 1 Boil pasta in well-salted water; save a coffee mug of pasta water.
- 2 Meanwhile: sauté chopped garlic in olive oil 1 min, add the jar sauce.
- 3 Toss drained pasta into the sauce with a splash of pasta water.
- 4 Parmesan on top. Congratulations, it tastes homemade now.

3 · Sheet-Pan Chicken & Veggies ~\$4 · 35 min

You need: Chicken thighs, any veggies (potatoes, broccoli, peppers), oil, salt, pepper, whatever spices you own.

- 1 Oven to 425°F. Chop veggies bite-size.
- 2 Toss everything on a sheet pan with oil, salt, pepper, spices.
- 3 Bake 25–30 min until chicken hits 165°F inside. One pan, no thinking.

4 · Burrito Bowl ~\$3 · 20 min

You need: Rice, canned black beans, salsa, cheese, plus whatever's around (chicken, corn, avocado).

- 1 Cook rice (2 parts water : 1 part rice, simmer covered 18 min, don't peek).
- 2 Warm the beans with a spoonful of salsa.
- 3 Bowl it: rice, beans, salsa, cheese. Hot sauce to taste.

5 · Freezer-Bag Stir-Fry ~\$3.50 · 15 min

You need: Frozen stir-fry veggies, soy sauce, garlic, rice or noodles, any protein (egg counts).

- 1 Hot pan, splash of oil, protein first — cook and set aside.
- 2 Frozen veggies straight in, high heat, 5–6 min.
- 3 Protein back in with 2–3 tbsp soy sauce + garlic. Serve over rice.

 **Dad's Quick Take:** Salt as you go, taste before you serve, and medium heat is almost always the answer. Recipes are just suggestions with confidence.



Meals 6–10

The back half of your starter menu — including the 2 a.m. classics, done right.

6 · Crispy Quesadillas

~\$2.50 · 10 min

You need: Tortillas, shredded cheese, plus leftovers (chicken, beans, veggies).

- 1 Dry pan over medium. Tortilla down, cheese on half, fillings on the cheese.
- 2 Fold, press, cook ~2 min per side until golden and melty.
- 3 Cut with scissors (works better than a knife). Salsa for dipping.

7 · Grilled Cheese + Tomato Soup

~\$3 · 15 min

You need: Bread, cheese, butter, a can of tomato soup.

- 1 Butter the **outside** of both slices, cheese inside.
- 2 Medium-low heat, lid on the pan — melts the cheese before the bread burns.
- 3 Flip when golden. Heat the soup. Dip. Feel things.

8 · Loaded Baked Potato

~\$2 · 12 min

You need: A big russet potato, butter, cheese, plus toppings (beans, salsa, broccoli, sour cream).

- 1 Stab it a few times with a fork (important — trust Dad).
- 2 Microwave 5 min, flip, 3–4 more until a fork slides in easy.
- 3 Split, butter, salt, pile on toppings. A full dinner for two dollars.

9 · Dorm-Proof Chili

~\$5 · 30 min

You need: 1 lb ground beef or turkey (optional), 1 can each: kidney beans, black beans, diced tomatoes; chili powder, an onion.

- 1 Brown the meat with chopped onion; drain the grease into a can, not the sink.
- 2 Dump in beans (drained), tomatoes (not drained), 2 tbsp chili powder.
- 3 Simmer 20+ min. Better tomorrow — make enough for leftovers.

10 · Actually-Good Ramen

~\$2 · 8 min

You need: Instant ramen, 1 egg, anything green (spinach, frozen peas, green onion).

- 1 Boil noodles per the package; add greens for the last minute.
- 2 Crack the egg in and stir for egg-drop style, or soft-boil it separately (6.5 min) for the fancy version.
- 3 Use half the seasoning packet, add a dash of soy sauce. Restaurant-ish.



The rules of the kitchen

- ☐ Chicken is done at 165°F — a \$10 meat thermometer ends all doubt
- ☐ Never put water on a grease fire — lid on, heat off
- ☐ Wash hands + surfaces after raw meat, every time
- ☐ Sharp knives are safer than dull ones (they go where you aim)
- ☐ Clean as you go and future-you will be grateful