



*Frugal Mandy*

**EMERGENCY**



**MEALS**

Emergency Meals aren't glamorous  
- but neither is hunger!



Let's  
Connect



W elcome!!



If this little freebie helps you feel seen, eases some of the pressure, or reminds you that good food doesn't have to cost a fortune — then we're already connected in the ways that matter.

I created Frugal Mandy to share real food, real talk, and real ideas that help families stretch their budgets without sacrificing comfort. I post simple meal ideas, pantry swaps, and leftover inspiration — all with a big dose of understanding and no judgment.

If you're looking for support, community, and practical help in the kitchen and beyond, come say hi. And if you try your own version of Potato Slop, tag me — because scrappy, delicious wins deserve to be shared. ❤️

This isn't fancy.

This is food that gets you through.

From one tired, stressed, budget-stretching legend to another — you've got this!

mandy ❤️

# When...

...

there's not enough in the fridge, the pantry, or your bank account — the stress hits hard.

I know the sinking feeling of staring at a half-empty shelf and wondering how you'll make it stretch. Feeding your family with limited ingredients and limited energy isn't easy — and it's something most people don't talk about.

This freebie is part of my Frugal Emergency Meals collection — real recipes made from what you do have, not what the recipe says you should have. They're scrappy, simple, and full of the kind of quiet comfort that comes from knowing you made it work.

You're not alone in this. And you never have to be perfect — just fed, warm, and trying. ❤️





# Potato Slop

## Ingredients

### Ingredients:

- 4-5 old-ish potatoes (spikes optional 😊)
- 1 carrot, chopped
- ½ bag frozen peas (or any frozen veg)
- Leftover beef or any cooked meat (optional)
- ½-1 cup milk (don't get excited like I did...)
- Salt & pepper to taste
- Dried herbs (like thyme or mixed herbs)

## Method

- Peel and roughly chop the potatoes and carrot. Boil in a pot until tender.
- Add peas and leftover meat (if using) near the end — just enough to heat through.
- Drain most of the water, then add milk slowly while mashing until it's creamy (or dangerously close to soup if you overdo it 😬).
- Season with salt, pepper, and herbs. Serve it like a warm hug in a bowl.



✦ *Every meal has a backstory. This one? Let's just say it involves desperation, laughter, and spuds with sprouts. Stay tuned for the full Potato Slop story—it's coming soon.*



# Fried Rice-ish

## Ingredients

### Ingredients:

- 2 cups cooked rice (any kind - fresh, leftover, or fridge-crusty)
- 1-2 cups mixed vegetables (frozen, fresh, or rescued from the crisper)
- 1 tablespoon oil or butter
- 1-2 tablespoons soy sauce (or Worcestershire or whatever's lurking)
- 1 egg (optional - skip if you're eggless or on a tight week)
- Salt and pepper to taste

## Method

- Heat your pan (or wok if you're feeling fancy) with the oil or butter. Toss in any onions or garlic first if using — let them sizzle for a minute.
- Add the veggies. If frozen, stir them around until warmed through. If fresh, cook until tender.
- Push veggies to the side of the pan. Crack in the egg, scramble it quickly, then mix through. (Skip this step if you're not using egg — the slop spirit still stands!)
- Toss in the rice. Break up any clumps with your spoon and stir everything together. Add soy sauce and season to taste.
- Cook for another few minutes until heated through and slightly crispy on the bottom (optional but delish).



# FAQ

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## Sprouting Potatoes?

Yep — just cut off the sprouts and peel them well. If they're squishy or smell funky, bin them. Otherwise, they're fair game in Frugal Land.

## Run out of milk?

No stress. Use water with a bit of butter or oil. You can even use veggie stock or pasta water. (Tears are not officially recommended, but we've all been there.)

## Help! Mash looks like paste!

That's the spirit of slop! It's not meant to look fancy. Season it up, call it "rustic," and own it like the kitchen legend you are.

## Will it fill anyone up?

It will. Spuds are the original comfort food — cheap, dense, and belly-warming. Add a bit of protein or veg and it's basically edible love.

## Why is this free?

Because feeding your family shouldn't feel impossible. I made this to help — from one budget warrior to another. You've got this.



# stretch it further

1

## Add oats to your rissoles

No breadcrumbs? No worries.  
A handful of rolled oats adds bulk and texture to mince — plus, it's healthy and cheap.

2

## DIY breadcrumbs from freezer

Chuck those crusty ends and half-squished rolls in a bag in the freezer. Once you've got a few, blitz them in the food processor and boom — breadcrumbs!

3

## Stretch meat with grated veg

Grate in zucchini, carrot, or even potato into anything using mince — meatballs, pasta sauce, burgers.  
No one notices, and it bulks it out beautifully.

4

## Mash mix-ins

Leftover peas, grated cheese, or even a spoon of sour cream — throw them into mashed potato to make it feel a bit fancier (or just different).

5

## Freeze everything!

Half a tin of tomatoes? Freeze it.  
A tablespoon of cream? Freeze it.  
Leftover gravy? DEFINITELY freeze it.  
Tiny bits can turn into big wins later.



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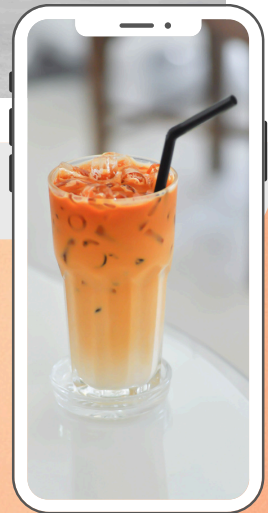
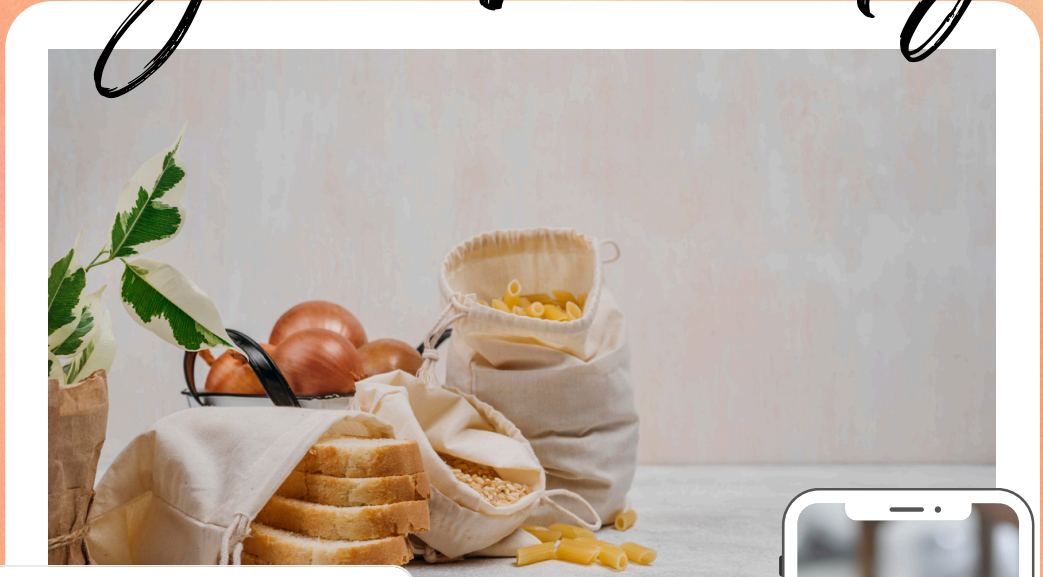


*P.S. This is just the beginning.*

The Frugal Emergency Meals collection is growing — one scrappy, comforting recipe at a time. Keep an eye out for the next instalment, because there's always another way to turn "not much" into something that matters.

*✦ Real meals. Real talk. Real life.*

# Frugal Mandy



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