

100 Ways to Repurpose Leftovers by Amy Maryon

Chicken or Turkey

1. Chicken Salad: Mix with mayo, celery, and grapes.
2. Quesadillas: Combine with cheese and salsa in tortillas.
3. Soup: Add to broth with vegetables and noodles.
4. Chicken Pot Pie: Use with veggies and cream of chicken soup under a pie crust.
5. Tacos: Season and serve in tortillas with toppings.
6. Casserole: Mix with pasta, cream soup, and cheese.
7. Chicken Fried Rice: Add to stir-fried rice and vegetables.
8. Wraps: Roll with lettuce, dressing, and shredded chicken in a tortilla.
9. BBQ Chicken Pizza: Top a pizza crust with BBQ sauce, chicken, and cheese.
10. Chicken Enchiladas: Wrap in tortillas with enchilada sauce and cheese.

Rice

11. Fried Rice: Stir-fry with eggs, veggies, and soy sauce.
12. Rice Pudding: Sweeten with milk, sugar, and cinnamon.
13. Stuffed Peppers: Mix with ground meat, tomatoes, and cheese.
14. Rice Soup: Add to broth with chicken or vegetables.
15. Burrito Bowls: Layer rice with beans, salsa, and meat.
16. Rice Salad: Toss with veggies, olive oil, and lemon juice.
17. Casserole Base: Layer rice with meat and cream sauce.
18. Sushi Rolls: Combine with fish or veggies in seaweed wraps.
19. Rice-Stuffed Tomatoes: Fill hollowed tomatoes with seasoned rice.
20. Rice Pancakes: Mix with eggs and fry as savory patties.

Vegetables

21. Stir-Fry: Sauté with soy sauce and sesame oil.
22. Frittata: Bake with eggs and cheese.
23. Soup: Add to broth for vegetable soup.
24. Pasta Primavera: Toss with pasta and olive oil.
25. Veggie Wraps: Roll in tortillas with hummus or cream cheese.
26. Roasted Veggie Salad: Serve cold with vinaigrette.
27. Quiche: Add to a pie crust with egg mixture.
28. Veggie Grilled Cheese: Layer into sandwiches with cheese.
29. Veggie Pizza: Add to pizza crust with marinara and cheese.
30. Savory Pancakes: Mix with batter for veggie-packed pancakes.

Mashed Potatoes

31. Potato Pancakes: Fry mashed potatoes with egg and flour.
32. Shepherd's Pie: Use as a topping for ground meat and veggies.
33. Potato Waffles: Cook in a waffle iron for crispy waffles.
34. Loaded Potato Casserole: Mix with cheese, sour cream, and bacon.
35. Croquettes: Roll mashed potatoes into balls, bread, and fry.
36. Gnocchi: Mix with flour and shape into pasta.
37. Potato Soup Thickener: Stir into soups for creaminess.
38. Mashed Potato Pizza Base: Spread thin and bake as a crust.
39. Hash Browns: Pan-fry scoops of mashed potatoes.
40. Potato Bread: Use as an ingredient in bread dough.

Bread

41. Breadcrumbs: Process into crumbs for casseroles or breading.
42. Croutons: Cube, season, and bake.
43. French Toast: Dip in egg mixture and fry.
44. Bread Pudding: Sweeten and bake for dessert.
45. Panzanella Salad: Toss with tomatoes, cucumbers, and vinaigrette.
46. Garlic Bread: Butter slices and bake with garlic and herbs.
47. Bread Pizza: Use as a base for quick pizzas.
48. Stuffing: Combine with broth, eggs, and seasonings.
49. Grilled Cheese: Use for sandwiches.
50. Bruschetta: Top toasted slices with tomatoes and basil.

Pasta

51. Pasta Bake: Mix with marinara or Alfredo sauce and bake.
52. Pasta Salad: Toss with veggies, dressing, and cheese.
53. Mac and Cheese: Add cream, cheese, and seasonings.
54. Pasta Frittata: Mix with eggs and bake.
55. Soup Add-In: Stir into minestrone or chicken soup.
56. Pasta Stir-Fry: Fry with soy sauce and veggies.
57. Cold Pasta Bowls: Serve with a drizzle of olive oil and fresh herbs.
58. Lasagna Layers: Use in place of lasagna noodles.
59. Casserole: Combine with cream sauce, chicken, and broccoli.
60. Spaghetti Sandwiches: Stuff between bread with sauce and cheese.

Chili

61. Chili Cheese Fries: Pour over fries with melted cheese.
62. Chili Dogs: Use as a topping for hot dogs.
63. Chili Mac: Mix with macaroni and cheese.
64. Baked Potato Topping: Spoon over baked potatoes.
65. Nachos: Layer over tortilla chips with cheese and salsa.
66. Chili Tacos: Use as taco filling.
67. Enchilada Filling: Roll in tortillas with cheese and bake.
68. Sloppy Joes: Serve on buns for a chili twist.
69. Chili Stuffed Peppers: Fill bell peppers with chili and bake.
70. Chili Rice Bowls: Serve over rice with toppings.

Ground Meat

71. Tacos: Season and serve in tortillas with toppings.
72. Sloppy Joes: Mix with BBQ sauce and serve on buns.
73. Meatballs: Roll, cook, and use in spaghetti or sandwiches.
74. Shepherd's Pie: Layer with mashed potatoes and veggies.
75. Stuffed Bell Peppers: Combine with rice and bake.
76. Chili: Add beans, tomatoes, and spices.
77. Casserole: Mix with pasta, cream sauce, and veggies.
78. Meatloaf: Combine with breadcrumbs and seasonings, then bake.
79. Lasagna: Use as a meat layer in lasagna.
80. Breakfast Hash: Fry with potatoes and eggs.

Roasted Meat

Miscellaneous Leftovers

91. Pizza Toppings: Use leftover meat and veggies as toppings.
92. Soup Bases: Toss odds and ends into a broth for soup.
93. Burrito Bowls: Layer with rice, beans, and salsa.
94. Omelets: Add meats, veggies, and cheese to beaten eggs.
95. Hash: Sauté leftover potatoes, meat, and veggies.
96. Flatbreads: Use tortillas to make flatbread pizzas with leftovers.
97. Salad Add-Ins: Top lettuce with leftover proteins and veggies.
98. Casseroles: Combine leftovers with a sauce and bake.
99. Wraps: Roll leftovers in tortillas for a quick meal.
100. Grain Bowls: Add leftover grains, veggies, and a protein with a drizzle of dressing.