

RECIPE #6: STRETCH YOUR FOOD DOLLARS WITH FAMILY MEALS

- Plan before you shop: compare recipes you plan to make with ingredients in your pantry. Create a shopping list. When you shop, stick to your list! We often spend more without a list or if we shop when hungry.
- Buy fresh produce in season. Out of season, frozen or canned fruits and vegetables are good choices because they are often less expensive.
- Use the unit price: a small label on the shelf below the product shows the total price of the item, as well as the unit price. The unit price is the cost of the item per amount of that item (e.g., price per pound, or price per # of units). Compare similar items to find the best value.
- Store brands are generally less expensive and of equally high quality as name brands.
- Purchasing in bulk or a larger quantity can save money, if it's an amount you will actually use. For example: a box of 12 packets of Quick Oats might cost \$5.68 per pound while a 42 oz. container of Quick Oats might cost \$1.90 per pound.
- Cook meals in large batches and plan for leftovers. Leftovers can be eaten for lunch or dinner that same week, or frozen for later.



5-INGREDIENT CREAMY TOMATO SOUP

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 cup diced onion
- 1 cup chopped carrot
- 1 teaspoon salt, divided
- 1 28 oz. can tomatoes, any type
- 3 cups chicken broth (preferably unsalted or low-sodium)

INSTRUCTIONS

1. Add butter to a large stockpot. Turn the heat on medium. Once the butter melts, add the onion, carrot and 1/2 teaspoon salt. Sauté the veggies until slightly softened, about 4-5 minutes.
2. Add tomatoes, chicken broth and remaining salt. Bring to a boil and reduce to a simmer. Simmer for 25 minutes or until the carrots are super soft and the tomatoes have broken down.
3. Carefully transfer to a blender to puree. Puree until smooth. Transfer back to the pot and season to taste with salt and pepper. Optional: soup can be mashed, left chunky, or blended with an immersion blender.

Note: May add rice, noodles or macaroni, leftover veggies or parmesan cheese.

Recipe Source: Cooking for Keeps

Total preparation/cooking time: 30 minutes
6 servings



cookingforkeeps.com