

# The Wecan Food Basket Society News

August 2013



## Wecan News

**Casino:** Wecan Food Basket Society's casino will be held on Saturday, March 8 and Sunday, March 9, 2014. Volunteers are required for both day and evening shifts for positions ranging from chip runner to cashier and count room staff. All our volunteers must be in place by December 31, 2013. If you are able to volunteer for this fundraising event please call the Wecan office at 780-413-4525. Be sure to specify whether you can work day or evening shift, the day you can work (March 8 or March 9), and the position you would like to fill. Please note that some positions have specific skill requirements so you may not get your first choice.

**Fundraising BBQ:** July's fundraising BBQ was a huge success. Wecan raised more than \$700 at this event. Thank you to The Grocery People Warehouse Store for their help and a big thank you to the volunteers who work hard to make this event such a success.

**Wecan Food Orders:** Each month our members can place one or more food orders. Each complete order is \$25 and consists of 3 kinds of frozen meat, 3 varieties of fruit and 3 varieties of vegetables. If a member wants only the meat selections, the cost is \$15.00; if only the produce portion is purchased, the cost is \$10.00. The items in each month's basket are chosen the week prior to Depot Delivery Days by a committee of Board Members and Depot Coordinators assisted by the store management of TGP, all of whom strive to give our members the best value for the amount we have to spend.

In order to make this system both functional and economical, the only substitution request Wecan can accommodate is for "No Pork" as we recognize the dietary restrictions of some groups. If a member does not want one of the produce items, we encourage them to talk with other members of their depot and agree to trade items between themselves such as trading one member's onions for another member's carrots.

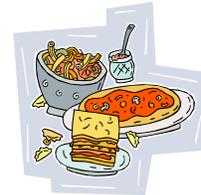
## Tips From The Kitchen

What do you do when the number of servings in a recipe does not match the number of people you have to feed? This is particularly of concern to single people living on their own, or couples with no children. The easiest solution is to wrap the extra servings in plastic wrap, or place in air-tight containers, and freeze the food for use at a later date. Even small amounts of vegetables can be frozen after cooking and taken out later to add to soups or stews. Since these vegetables are already cooked, add them near the end of the cooking process of the soup or stew.

Leftover cooked meat can be diced and used in a casserole type dish such as the "Compose-a-Casserole" recipe for pork that is included this month. Almost any meat can be used in a similar fashion to use up what the cook has on hand. Imagination is the key to making each casserole your own.

At the opposite end of the spectrum, what do you do if you have 500 g of ground beef, for example, but need to serve six to eight people. This is not the time to choose to make the ground beef into hamburger patties which will only serve 4. This is the time to choose a dish such as spaghetti sauce which will increase the number of servings. Or maybe shepherd's pie is the answer and you can add extra vegetables and make an extra thick mashed potato topping to make the meat portion go further. In both these cases, if you have over-estimated the amount of food you need, the remainder can be packaged and frozen for use later, or taken to work and reheated for lunch.

An easy solution to having only a small portion of leftover meat, is to use it the next day by adding it to your salad—a little like the chicken Caesar salad you see on restaurant menus. Simply make your favorite tossed or Caesar salad and add the sliced or cubed leftover meat, and eat. This is a good way of adding a little protein and a new taste experience for your family. A little meat can go a long way.



Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.54	5.00	\$4.13	\$5.00	\$4.84	<b>\$3.50</b>
1 kg Pork Tenderloin	\$16.07	\$16.07	\$14.29	\$10.96	\$14.43	<b>\$8.80</b>
1 lb (454g) Ground Turkey	\$9.99	\$8.00	\$6.30	\$5.43	\$5.77	<b>\$2.99</b>
1 kg Bananas	\$1.94	\$1.94	\$1.94	\$1.70	\$1.70	<b>\$1.33</b>
1 kg Oranges	\$3.73	\$3.73	\$3.73	\$3.24	\$3.24	<b>\$1.96</b>
1 kg Red Delicious Apples	\$4.39	\$3.95	\$4.39	\$3.68	\$3.68	<b>\$2.15</b>
1 bunch Celery	\$1.49	\$2.62	\$1.99	\$1.58	\$1.27	<b>\$1.65</b>
1 Long English Cucumber	\$1.49	\$1.69	\$1.29	\$1.28	\$0.77	<b>\$0.87</b>
1 Shrink Wrap Lettuce	\$1.69	\$1.49	\$1.29	\$0.97	\$0.97	<b>\$1.42</b>
1 bunch Green Onions	\$0.69	\$0.69	\$0.69	\$0.38	\$0.57	<b>\$0.34</b>
<b>TOTAL</b>	<b>\$46.32</b>	<b>\$45.18</b>	<b>\$38.91</b>	<b>\$34.22</b>	<b>\$37.24</b>	<b>\$25.01</b>

Some prices may reflect a sale, or a similar item, and are not the ongoing prices of this item. Some prices may be bulk prices.

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# “Cooking With Your Wecan Food Basket” Menu

## Compose-a-Casserole—Pork

- Encore—the Leftovers Cookbook

Celery  
Onions  
Oil  
Cooked pork  
Thyme  
Salt and pepper  
Mushrooms  
Mushroom or celery soup  
Cooked macaroni or rice

Sauté 1 cup chopped celery and 2 onions, chopped, in 2 or 3 tablespoons oil until vegetables are soft. Add 2 (or 3 or 4, depending on the size of your family and the pork roast) cups cut-up cooked pork, 1 teaspoon crushed dried thyme, and salt and pepper to taste. Stir, cover, and simmer over low heat for 15 minutes. Then you can add things: fresh mushrooms, sliced (try them added raw for a change, instead of cooking them with the onions and celery), and a can of mushroom soup. A cup or two of cooked macaroni if the pork is skimpy—or add it anyway, because it tastes good. A can of celery soup instead of mushroom. Or try tomato soup, cooked rice instead of macaroni, and substitute green onions for the ordinary onions in the preamble, and add a little garlic. Heavenly to do this with cooked wild rice, should you ever have such an exotic leftover. A few leftover cooked red pepper strips or a spare cup of peas never hurt anyone in this context. You'll end up with a gorgeous casserole. Serve it with hot garlic bread and an enormous green salad and people will wish they had eaten less of the pork roast the first time around so there would be even more of this.

## Quickest Chili

- Reprinted from 4 Ingredient Recipes© Company's Coming Publishing

*It doesn't get much quicker than this! A simple one-dish meal solution.*

Lean ground beef	1 lb.	454 g
Frozen mixed vegetables	2 cups	500 mL
Chili powder	1 tbsp.	15 mL

Cans of baked beans in tomato sauce (14 oz., 396 mL, each)	2	2
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Scramble-fry ground beef in large greased frying pan on medium for about 10 minutes until no longer pink. Drain. Sprinkle with salt and pepper. Stir.

Add vegetables, chili powder and 1/2 cup (125 mL) water.

Heat and stir for 2 minutes

Add beans. Stir. Reduce heat to medium-low. Cook, uncovered, for 15 minutes, stirring occasionally. Serves 4.

## Pork and Apple Stir-Fry

- Reprinted from Easy Healthy Recipes© Company's Coming Publishing

*A delicious combination that's ready in just minutes. Serve over spaetzle, egg noodles, or oven-roasted potatoes.*

Water	1 tsp.	15 mL
Cornstarch	1 tbsp.	15 mL
Apple juice	1/3 cup	75 mL
Low-sodium soy sauce	1 tbsp.	15 mL
Liquid honey	1 tbsp.	15 mL
Pepper	1/8 tsp.	0.5 mL
Cooking oil	1 tbsp.	15 mL
Pork Tenderloin, trimmed of fat and thinly sliced	3/4 lb.	340 g

Chopped cabbage	2½ cups	625 mL
Peeled medium cooking apples (such as McIntosh), sliced	2	2

Chopped pecans, toasted	1/3 cup	75 mL
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Stir water into cornstarch in small bowl until smooth. Add next 4 ingredients. Stir.

Heat wok or large frying pan on medium-high until very hot. Add cooking oil. Add pork, Stir-fry for 2 to 3 minutes until pork starts to brown.

Add cabbage and apple. Stir-fry for about 2 minutes until cabbage just starts to soften. Stir cornstarch mixture. Add to pork mixture. Stir-fry for about 1 minute until sauce is boiling and thickened.

Add pecans. Stir well. Serves 4.

**Tip:** To maintain the nutrients in your fresh vegetables, steam or cook them with as little water as possible. Use the nutrient-rich cooking water in your gravies and sauces... - Reprinted from Easy Healthy Recipes© Company's Coming Publishing

## For More Information About Wecan Food Basket

Visit our **Website:** [www.wecanfood.com](http://www.wecanfood.com)

Follow us on **Twitter:** @wecanfoodbasket

Like us on **Facebook:** Wecan Food Basket Society of Alberta

Or **Email** us: [info@wecanfood.com](mailto:info@wecanfood.com)

Thank you to the following businesses and organizations for their help and support:



**Don't Forget!** The deadline for your next Food Order is **September 6**. You can submit your next payment when you pick up your June food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

**Your Depot:**

**Next Fees Deadline: Sept. 6, 2013**

**Next Pick-up Days: Sept. 19 / 20**