

# The Wecan Food Basket Society News

July 2012



## Millbourne Depot is Moving

Millbourne Depot has been forced to relocate. Effective this month, they are now located in the Millbourne Community Life Centre at 2101 Millbourne Road. Located directly across from the Tweedle Place Edmonton Housing project, seven bus routes are within 1/2 block of this new depot location. Pick up time will continue to be the third Thursday of the month from about 3:30 to 5:30 p.m. The depot will be located in the kitchen which has access from a separate door just beside the main entrance. Please contact the Wecan office at 780-413-4525 for fee payment information.

## Lynn Mulvaney

It is with regret that we announce that one of our founding Depot Coordinators, Lynn Mulvaney, passed away on July 5th after a long battle with cancer. Lynn was a champion of Wecan Food Basket since its formation, always promoting our service and always ready to go that extra mile for her Parkland Depot members. Lynn will be deeply missed by all who knew her.

## Reminder

Every member is responsible for picking up their food order on depot pick-up day. If this is not possible, it is the member's responsibility to make all necessary arrangements. Any food not picked up will be sold to other members or donated to a community group for distribution.

## Stretching Your Food Budget

This month our meat selections are lean ground beef, bone in chicken breast and a small outside round roast. There are several ways to make these selections go farther.

The ground beef can make 4 to 5 hamburgers, or can be stretched to feed a family when made into Chili, Sloppy Joes, or Beef Tamale Pie. Add a simple tossed green salad to any of these choices for a nutritious meal.

As the roast is small, it doesn't have to be served as a roast. To make this meat selection feed more family members, cut it into cubes and make a beef stew or cut into thin strips for use in a stir-fry. Alternately, the roast could be cut into 2-3 steaks (cut across the grain to increase the tenderness), marinate, and barbecue the meat. If you choose to make stew, be sure to save the leftovers in the refrigerator—stew always tastes better the second day. Or, if there is only a small amount left over, add some beef broth or consume, toss in some fresh or frozen vegetables and simmer for 20 minutes for a quick, nutritious soup for lunch.

"Dilled Chicken" is a good way to cook the chicken breasts (or any chicken parts—the recipe is quite forgiving that way). Or simply barbecue the chicken and save any leftovers for slicing and adding to a Caesar salad, or chop the leftovers for chicken-salad sandwiches (mix chopped cooked chicken with mayonnaise, chopped green onion, chopped celery and salt and pepper to taste).

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	4.40	4.98	4.95	3.99	4.25	\$3.50
500 g Outside Round Roast	7.26	7.17	6.38	5.44	5.00	\$4.25
1 kg Bone in Chicken Breast	8.80	17.61	12.87	8.79	9.99	\$6.99
1 kg Bananas	1.94	1.74	1.94	1.70	1.70	\$1.53
1 kg Red Delicious Apples	4.39	4.39	3.73	3.26	3.24	\$1.70
1 Cantelope	2.84	3.73	2.79	.98	1.47	\$1.79
1 kg Russet Potatoes	1.74	1.74	1.52	1.23	1.04	\$1.17
2 lb. Bag Carrots	1.49	2.99	1.79	1.48	1.97	\$1.32
1 Bunch Broccoli	4.17	4.17	1.69	1.48	1.47	\$1.29
1 Long English Cucumber	.99	1.49	1.39	1.47	.97	\$0.84
<b>Total</b>	<b>\$38.02</b>	<b>\$48.80</b>	<b>\$39.35</b>	<b>\$29.82</b>	<b>\$31.10</b>	<b>\$24.38</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.

# “Cooking With Your Wecan Food Basket” Menu

## Dilled Chicken

- Reprinted from *Light Recipes*© Company's Coming Publishing

Chicken parts, skin removed	3 lb	1.36 kg
All-purpose flour	1/3 cup	75 mL
Chicken bouillon packets	1 x ¼oz.	2 x 6.5 mL
Dill weed	1 tsp.	5 mL
Paprika	¼ tsp.	1 mL
Pepper	¼ tsp.	1 mL
Skim milk	1¼ cups	275 mL
Low-fat plain yogurt (<1% MF)	1 cup	225 mL

Paprika, good sprinkle

Arrange chicken pieces in 3 quart (4L) casserole.

Mix flour, bouillon powder, dill weed, first amount of paprika, and pepper in saucepan. Stir in about ½ of the milk until smooth. Stir in remaining milk and yogurt. Heat and stir until it boils and thickens. Pour over chicken.

Sprinkle with paprika. Cook, uncovered in 350°F (175°C) oven for about 1½ hours until tender. Makes 6 servings

## Beef and Green Beans

- Reprinted from *Stir-Fry*© Company's Coming Publishing

Low-sodium soy sauce	2 tbsp.	30 mL
Cornstarch	1 tbsp.	15 mL
Water	¼ cup	60 mL
Granulated sugar	1 tsp.	5 mL
Worcestershire sauce	1 tsp.	5 mL
Prepared orange juice	1 tbsp.	15 mL
Seasoned Salt	½ tsp.	2 mL
Cooking oil	1 tbsp.	15 mL
Beef steak, sliced into 1/8 inch (3 mm) thin strips	3/4 lb.	340 g
Slivered red onion	½ cup	125 mL
Whole frozen green beans, partially thawed	1 lb.	454 g
Salt, sprinkle		
Pepper, sprinkle		

Stir soy sauce into cornstarch in small bowl. Add next 5 ingredients. Stir. Set aside.

Heat wok or frying pan on medium-high. Add cooking oil. Add beef strips and onion. Stir-fry until beef is desired doneness and onion is soft. Transfer to bowl.

Add green beans to hot wok. Stir-fry until tender-crisp. Add beef. Sprinkle with salt and pepper. Stir cornstarch mixture. Stir into beef mixture until boiling and thickened. Make 6 cups (1.5 L). Serves 6.

## Rich and Zesty Marinade

- Reprinted with permission from *Hall of Flame* by the ATCO Blue Flame Kitchen

1/3 cup (75 mL) soy sauce
¼ cup (50 mL) oil
1 tbsp (15 mL) tomato paste
1 tbsp (15 mL) packed brown sugar
1 tbsp (15 mL) chili powder
2 tsp (10 mL) ground cumin
¼ tsp (1 mL) cayenne pepper
3 cloves garlic, crushed

Combine all ingredients. Use to marinate beef, pork or chicken. Allow meat to marinate for up to 24 hours in refrigerator. Discard marinade after using. Makes about 2/3 cup (150 mL).

## Tamale Beef Pie

- Reprinted with permission from *Everyday Delicious* by the ATCO Blue Flame Kitchen

1 tbsp (15 mL) oil
1 lb (0.5 kg) lean ground beef
½ cup (125 mL) chopped onion
½ cup (125 mL) diced green bell pepper
½ cup (125 mL) diced red bell pepper
1 clove garlic, finely chopped
1 tbsp (15 mL) chili powder
½ tsp (2 mL) salt
½ tsp (2 mL) freshly ground pepper
1 can (10 oz/284 mL) tomato soup
1 ½ cups (375 mL) frozen kernel corn
½ cup (125 mL) water

Heat oil in a frypan over medium heat. Add beef and cook, stirring to break up beef, until browned, about 7–10 minutes. Drain off excess fat. Add onion, bell peppers and garlic; sauté until softened, about 5 minutes. Stir in chili powder, salt and pepper; cook, stirring, for 1 minute. Stir in soup, corn and water. Bring to a boil. Reduce heat and simmer, uncovered, for 7–10 minutes or until slightly thickened. Spoon mixture into a greased 2 quart (2 L) baking dish. Spread Cornbread Topping over beef mixture. Bake at 425°F (220°C) for 20 minutes or until a cake tester inserted in centre of topping comes out clean.

## Cornbread Topping

Combine ¾ cup (175 mL) cornmeal, 1 tbsp (15 mL) flour, 1 tsp (5 mL) baking powder and ½ tsp (2 mL) salt in a bowl. Whisk together ½ cup (125 mL) milk, 1 egg and 1 tbsp (15 mL) oil until blended. Add milk mixture to

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



**Don't Forget! The deadline for your next Food Order is August 3. You can submit your next payment when you pick up your July food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!**

**Your Depot:**

**Next Fees Deadline: Aug. 3, 2012  
Next Pick-up Days: Aug. 16 / 17**