

Upcoming Events:

Deadline for your next food order: October 5, 2018

Next depot pick-up days: October 18 / 19, 2018

Farmers' Markets

The fall season, if not here already, is fast approaching. And with the change of season, farmers' markets are in full swing. Check out the one nearest you for a good supply of seasonal vegetables harvested fresh from the garden. Nothing tastes as good as fresh Alberta produce that loses none of its nutritional value in the short trip to market.

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.



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



Your Depot:

Issue: 18-09
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

University of Alberta Depot

September 2018 marks the opening of another new WECAN Depot – The University of Alberta. We have missed having a depot at this location over the passed few years and are pleased that they are once again hosting this resource for their students and staff.

Cory and his team of capable volunteers at the Students' Union Food Bank have worked hard to re-open this depot and have placed a remarkable first order of 54 meat orders and 62 produce orders. Great Work! Congratulations to Cory and his team and we look forward to their ongoing success.

Wecan BBQ's

Over the summer months WECAN held three BBQs at TGP Warehouse Market with modest success. While the weather did not always cooperate, TGP certainly did. We thank them from the bottom of our hearts for donating the hotdogs, buns, pop, chips and all the condiments, as well as the use of their Pit Boss smoker BBQ to cook everything. Thank you to all the staff who graciously helped make our efforts a success, particularly by purchasing their lunch from our hot dog/hamburger stand. And thanks as well to Paul and Rob who wholeheartedly supported our efforts.

What Can I Do with This Outside Round Roast?

This month our meat order includes a 1 kg. outside round roast. While not the most tender cut of beef, there are numerous ways to cook this meat to tender perfection.

The first thing that comes to mind is a pot roast. The "low and slow" cooking in a braising liquid, whether in a slow cooker, in a low oven, or on top of the stove, gives the meat a chance to become tender by breaking down the tougher fibres,

Or, the roast can be cut into 1-inch cubes and cooked as a stew, again in a slow-cooker or on top of the stove. This is a great solution when feeding a larger group as the dish is "expandable" with the addition of more vegetables. Any leftovers can be frozen for future quick meals.

Or, cut the roast into 1-inch cubes and make chili. The possibilities are endless.

Cooking with Your WECAN Food Basket Menu

Beef Pot Roast

- *Better Homes and Gardens New Cookbook – 1968 edition*

Coat beef pot roast with flour. In Dutch oven, large skillet, or roasting pan, brown slowly on all sides in 2 tablespoons of hot shortening or salad oil. Season with salt and pepper. Remove from heat, then add ½ cup water. Cover tightly and cook slowly for 2 ½ hours or until tender. Add water if needed to prevent sticking.

If desired, add small potatoes, pared and halved, small whole onions (or sliced medium onions), and medium carrots, pared and cut in 1-inch pieces, the last 45 to 60 minutes of cooking. Thicken juices in pan for pot roast gravy.

Pot Roast Variations

- Use tomato juice instead of the ½ cup water for cooking liquid in Beef Pot Roast. Thicken juices for Pot Roast Gravy, except use tomato juice instead of water and use only 3 tablespoons all-purpose flour. Season with salt, pepper, and ½ teaspoon Worcestershire sauce.
- Slice 2 small onions over meat after browning. Add 2 bay leaves and 5 whole cloves. Use ¼ cup vinegar and ¼ cup water as the cooking liquid. Cook as directed for Beef Pot Roast.

Pot Roast Gravy

Lift pot roast to hot platter. Skim most of fat from pan juices. Add water to juices to make 1 ½ cups. Put 1/1 cup cold water in shaker; add 4 tablespoons flour; shake well. Stir into juices; cook, stirring constantly, till gravy is bubbly. Season with salt and pepper to taste. Simmer 2 to 3 minutes; stir occasionally. Makes 2 cups.

Food Basket Item	Safeway	Sobeys	Save On	Real Cdn. SuperStore	Walmart	WECAN
500 g lean ground beef	\$ 6.60	\$ 6.60	\$ 6.99	\$ 5.30	\$ 6.25	\$ 5.00
1 kg outside round roast	\$ 17.61	\$ 17.61	\$ 15.41	\$ 13.68	\$ 13.68	\$ 9.99
1 kg bananas	\$ 1.74	\$ 1.74	\$ 1.72	\$ 1.70	\$ 1.72	\$ 1.67
4 pears	\$ 4.49	\$ 4.49	\$ 2.95	\$ 1.46	\$ 3.94	\$ 2.07
4 oranges	\$ 3.14	\$ 3.14	\$ 2.58	\$ 2.82	\$ 1.51	\$ 1.68
5 lb. potatoes	\$ 3.99	\$ 3.99	\$ 3.99	\$ 2.74	\$ 2.97	\$ 2.24
2 lb. carrots	\$ 2.79	\$ 2.79	\$ 2.40	\$ 2.98	\$ 1.32	\$ 1.19
3 lb. onions	\$ 4.47	\$ 4.47	\$ 3.87	\$ 2.47	\$ 2.47	\$ 1.27
TOTAL	\$ 44.83	\$ 44.83	\$ 39.91	\$ 33.15	\$ 33.86	\$ 25.11

Stoned Stew

- Reprinted from *Enjoy - Best of Bridge Cookbooks – Robert Rose Publishing*

- 3 lbs. Stewing beef, cut up
- ¼ cup flour
- ½ tsp. salt
- ½ tsp. pepper
- ¼ cup oil
- 2 large onions, thinly slices
- 1 10 oz. can sliced mushrooms
- 1 10 oz. can beef broth
- 1 12 oz. bottle of beer (or substitute with water)
- 2 tbsp. vinegar
- 2 tsp. sugar
- 2 cloves garlic, minced
- 1 tsp. thyme
- 3 bay leaves
- 2 tbsp. dried parsley

In plastic bag combine flour, salt and pepper. Trim beef cubes and shake in flour mixture. Heat oil in large skillet, or Dutch oven, and brown meat, turning often. Add slices onions, mushrooms with liquid, beef broth, beer (or water), vinegar, sugar, garlic, thyme and bay leaves. Simmer, covered, adding water if necessary, for 2 hours. Add parsley. Serve over hot buttered noodles. Serves 8.

Editor's variation: during last 45 minutes of cooking time, add potatoes (peeled and cut into bite-size pieces), carrots (peeled and sliced), and other vegetables such as sliced green beans, peas, parsnips, etc. No need to serve with noodles.

Quickest Chili

- Reprinted from *4 Ingredient Slow Cooker Recipes* © Company's Coming Publishing Limited

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 2 2
(14 oz., 398 mL. each)

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 ½ 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.