

The Wecan Food Basket Society News

November 2012



Wecan Receives Grants

The fall months were significant for the Wecan Food Basket Society as we received grant money from two sources to support our programs.

On September 19th we received a grant from the Community Initiatives Program of Alberta Culture to support the coordination and upgrading of our food ordering system. We sincerely thank Alberta Culture for this support.



David C. Dorward CMA CA, MLA Edmonton-Goldbar presents CIP Grant to Suzanne Rigsby, Chairperson, Wecan Food Basket Society.

On October 18th, Dianne Allen from EPCOR Community Essentials Council presented us with funding to support the driver/coordinator volunteers. This funding will allow us to continue to recognize the many hours our volunteer drivers and coordinators contribute to make our food program a success. We extend a big thank you to EPCOR for their commitment and support of our program.

Stretching Your Food Budget

Once again, this month, we have included a small outside round roast as one of the meat choices. This versatile cut of meat can easily be cooked as a pot roast (with potatoes and carrots in the same pot), or cut into cubes to make a large stew, or sliced into 3/4 inch thick slices to grill as steaks. Other cooking suggestions for this meat would be to cut half to three-quarters of the roast into cubes for stew and the remainder into thin slices to use for making a quick and easy stir-fry to serve with rice. If cooked as a basic roast, don't forget to use the pan juices for gravy. Any leftover meat from the roast can be served the next day as hot roast beef sandwiches, or could be used as sliced beef for sandwiches for your lunch box, or sliced thinly to add to a salad for an added nutrition boost. The possibilities are endless.

Two of this month's recipes use a microwave for cooking. Don't be afraid to adapt the recipes for cooking on top of the stove if you do not have access to a microwave. To do this, do not wrap the cauliflower in plastic wrap, but place cut side down in a small amount of water in a saucepan and simmer until cooked.

Happy Cooking!!

For More Information About Wecan Food Basket

Visit our **Website**: www.wecanfood.com

Follow us on **Twitter**: @wecanfoodbasket

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Or **Email** us: info@wecanfood.com

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.84	\$5.50	\$4.68	\$3.49	\$4.25	\$3.08
1 kg Beef Outside Round Roast	\$13.87	\$15.00	\$10.90	\$10.88	\$12.06	\$8.29
500 g Chicken Thighs	\$4.40	\$4.29	\$4.02	\$5.64	\$4.29	\$3.35
1 kg Bananas	\$1.94	\$1.74	\$1.94	\$1.70	\$1.70	\$1.47
1 kg Oranges	\$3.29	\$2.84	\$2.84	\$2.82	\$2.80	\$2.20
4 Kiwi fruit	\$2.36	\$2.00	\$1.96	\$1.92	\$1.48	\$1.70
2 lb. Bag Carrots	\$1.59	\$1.99	\$1.49	\$1.48	\$1.77	\$1.07
1 bunch Broccoli	\$1.49	\$1.89	\$1.69	\$2.38	\$1.77	\$1.07
1 Cauliflower	\$1.69	\$1.49	\$2.69	\$2.58	\$1.97	\$1.99
1 kg Russet Potatoes	\$1.52	\$1.74	\$1.74	\$1.06	\$1.07	\$0.76
Total	\$36.99	\$38.48	\$33.95	\$33.95	\$33.19	\$24.98

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

Skillet Stroganoff

- Reprinted from *Low Fat Pasta* © Company's Coming Publishing

Extra lean ground beef	3/4 lb.	340 g
Finely chopped onion	1/2 cup	125 mL
Finely chopped celery	1/2 cup	125 mL
All-purpose flour	3 tbsp.	50 L
Beef bouillon powder	2 tsp.	10 mL
Salt	1/2 tsp.	2 mL
Freshly ground pepper, sprinkle		
Water	2 cups	500 mL
Canned sliced mushrooms, with liquid	10 oz.	284 mL
Worcestershire sauce	1 tsp.	5 mL
Uncooked large yolk-free broad noodles (6 oz., 170 g)	3 cups	750 mL

Scramble-fry ground beef, onion and celery in large non-stick skillet or wok for 4 to 5 minutes until beef is no longer pink. Drain.

Sprinkle flour over beef mixture. Stir well. Stir in next 6 ingredients. Bring to a boil.

Add pasta. Cover. Simmer for 12 to 13 minutes, stirring occasionally, until pasta is tender but firm.

- Serves 4.

Sloppy Joes

- Reprinted from *Cooking for Two* © Company's Coming Publishing

Cooking oil	1 tsp.	5 mL
Lean ground beef	1 lb.	454 g
Chopped onion	1/2 cup	125 mL
Chopped green pepper	1/4 cup	60 mL
Condensed tomato soup	1/2 x 10 oz.	1/2 x 284 mL.
Ketchup	1/4 cup	60 mL
Water	2 tbsp.	30 mL
White vinegar	1 1/2 tbsp.	25 mL
Brown sugar	1 1/2 tbsp.	25 mL
Worcestershire sauce	1/2 tsp.	2 mL
Water, to thin mixture	2-4 tbsp.	30-60 mL

Heat cooking oil in frying pan. Add ground beef, onion and green pepper. Scramble-fry until beef is browned.

Add next 6 ingredients. Stir. Simmer, covered, for about 20 minutes.

Stir in enough water to make a slightly runny mixture if needed.

- Makes 2 cups (500 mL)

Serve over split hamburger buns or sliced bread.

Cauliflower Classic

Reprinted from *Microwave Cooking* © Company's Coming Publishing

Small head of cauliflower	1 lb.	454 g
(buy 2 lb., 900 g, untrimmed head)		

Onion Sauce

Chopped onion	1/4 cup	60 mL
Butter or margarine	2 tbsp.	30 mL
All-purpose flour	2 tbsp.	30 mL
Salt	1/4 tsp.	1 mL
Pepper	1/8 tsp.	0.5 mL
Parsley flakes	1/4 tsp.	1 mL
Milk	1 cup	250 mL

Remove leaves from cauliflower. Cut cone shaped wedge from stem. Wrap whole head in plastic wrap. Place stem end down in glass pie plate or casserole. Cook on high (100%) for about 3 minutes. Turn cauliflower over. Rotate plate 1/2 turn if you don't have a turntable. Cook on high (100%) for about 3 minutes more. Test underside with fork for doneness. It should be a bit firm. Let stand 5 minutes. Remove plastic. Drain well.

Onion Sauce: Place onion and butter in 1 quart (1L) casserole. Cover. Cook on high (100%) for about 3 minutes until soft.

Mix in flour, salt, pepper and parsley. Stir in milk. Cook on high (100%) about 3 minutes until it boils and thickens, stirring twice during cooking. Pour over cauliflower in serving dish. Cut in wedges.

- Serves 4.

Scalloped Potatoes

- Reprinted from *Microwave Cooking* © Company's Coming Publishing

Condensed cream of mushroom soup	10 oz.	284 mL
Milk	1/2 cup	125 mL
Salt	1/2 tsp.	2 mL
Pepper	1/8 tsp.	0.5 mL
Thinly sliced potatoes	4 cups	900 mL
Thinly sliced or chopped onions	1 cup	225 mL

Mix soup, milk, salt and pepper in a 2 quart (2 L) casserole.

Add potato and onion. Stir. Cover. Cook on high (100%) for 15 minutes. Rotate dish 1/2 turn. Remove lid. Cook on high (100%) for about 10 to 15 minutes more until tender. Let stand 5 minutes.

- Serves 4

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



Don't Forget! The deadline for your next Food Order is December 7. You can submit your next payment when you pick up your October food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

**Next Fees Deadline: Dec. 7, 2012
Next Pick-up Days: Dec. 20 / 21**