

Upcoming Events:

Deadline for your next food order: Nov. 8, 2019
Next depot pick-up days: Nov. 21 / 22, 2019

Memberships:

Your WECAN membership is only \$5 per family annually. It can be purchased from your depot coordinator any time. Our membership year is from April 1st to March 31st.

Volunteer Appreciation Luncheon

Date: Saturday, Nov. 30, 2019

Location: Moravian Church, 9540 83 Ave., Edmonton

Mark your calendars, volunteers!



WECAN
Food Basket
Society

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Charitable Reg. #891381394RR00001

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

THE GROCERY PEOPLE
WAREHOUSE MARKET



Your Depot:

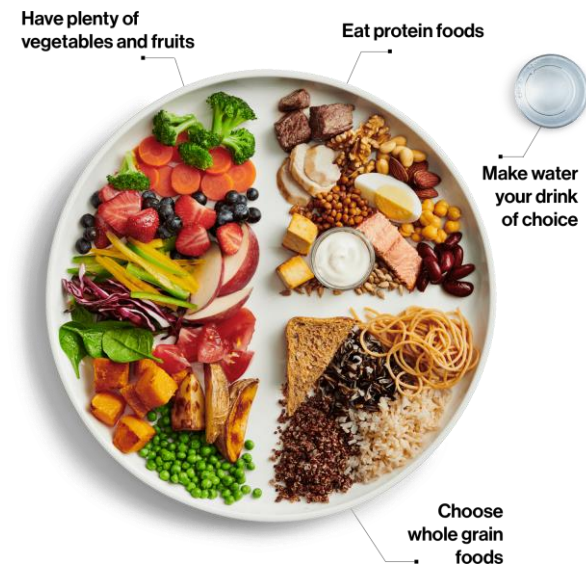
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FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

From Canada's Food Guide

Make it a habit to eat a variety of healthy foods each day.



Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

Limit highly processed foods. If you choose these foods eat them less often and in smaller amounts.

Make water your drink of choice, replacing sugary drinks with water.

Use food labels.

Cooking with Your WECAN Food Basket

Many Beans Chili Con Carne

Rich, spicy flavor. Filling and satisfying.

Lean ground beef	1 lb.	454 g
Chopped onion	1 1/2 cups	375 mL
Chopped celery	1 cup	250 mL
Garlic clove, minced (or 1/4 tsp., 1 mL, powder)	1	1
Chopped green pepper	1 1/3 cups	325 mL
Can of diced tomatoes, with juice	28 oz.	796 mL
Can of black beans, drained and rinsed	19 oz.	540 mL
Can of mixed beans, drained and rinsed	19 oz.	540 mL
Can of beans in tomato sauce	14 oz.	398 mL
Can of red kidney beans, drained and rinsed	14 oz.	398 mL
Can of condensed tomato soup	10 oz.	284 mL
Granulated sugar	3 tbsp.	50 mL
Chili powder	2 tbsp.	30 mL
Cayenne pepper	1/2 - 1 tsp.	2 - 5 mL
Ground cumin	1/2 - 1 tsp.	2 - 5 mL

Scramble-fry ground beef, onion, celery, garlic and green pepper in large pot or Dutch oven until beef is no longer pink. Drain.

Add remaining 10 ingredients. Stir well. Bring to a boil. Reduce heat to medium-low. Simmer for 45 minutes, stirring every 15 minutes.

Makes 12 cups (3 L).

1 cup (250 mL): 234 Calories; 4.7 g Total Fat; 614 mg Sodium; 15 g Protein; 35 g Carbohydrate; 6 g Dietary Fiber

tip *Corn and taco chips, either left whole or crushed, make a tasty topping for chili.*

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Food Basket Item	Safeway / Sobeys	No Frills	Save On	Real Cdn. Super Store	Walmart	WECAN
Lean Ground Beef (450g)	\$ 6.44	\$ 6.30	\$ 6.30	\$ 6.30	\$ 6.00	\$ 4.27
Pork, Back Ribs (2 racks @ 1 kg each)	\$ 22.00	\$ 28.52	\$ 19.82	\$ 21.19	\$ 26.32	\$ 15.98
Beef, Eye Round Roast (1.65 kg)	\$ 21.80	\$ 25.87	\$ 25.15	\$ 25.87	\$ 19.25	\$ 15.66
Bananas (1 kg)	\$ 1.74	\$ 1.23	\$ 1.70	\$ 1.70	\$ 1.93	\$ 1.67
Gala Apples (5)	\$ 1.80	\$ 1.50	\$ 3.30	\$ 2.25	\$ 2.95	\$ 1.87
Oranges, Medium (4)	\$ 2.36	\$ 3.00	\$ 4.47	\$ 2.39	\$ 4.40	\$ 2.06
Lettuce, Romaine (1 pkg)	\$ 2.49	\$ 1.47	\$ 2.49	\$ 1.98	\$ 1.97	\$ 1.88
Onions, Yellow (3 lb bag)	\$ 2.98	\$ 1.47	\$ 3.49	\$ 2.97	\$ 1.97	\$ 1.44
Russet Potatoes (5 lb bag)	\$ 5.99	\$ 3.98	\$ 4.99	\$ 3.98	\$ 2.97	\$ 2.57
TOTAL	\$ 45.80	\$ 47.47	\$ 46.56	\$ 42.76	\$ 48.51	\$ 31.74

Taverna Ribs

- Reprinted with permission from atcobluflamekitchen.com/recipes

These Greek inspired ribs are flavoured with an oregano and garlic rub. Grill or bake and serve them with a squeeze of lemon.

¼ cup	Olive oil	50 mL
1 tbsp	Oregano, crumbled	15 mL
1 tsp	Cayenne pepper	5 mL
1 tsp	Salt	5 mL
5	Garlic cloves, finely chopped	5
4 lbs	Pork back ribs	2 kg
	Lemon wedges	

Combine oil, oregano, cayenne pepper, salt and garlic. Rub mixture over both sides of ribs. Let stand for 10-15 minutes.

Meanwhile, preheat barbecue on low heat for 10-15 minutes, or preheat oven to 400 °F (200 °C).



Grill ribs, turning occasionally, until ribs are brown and tender, about 1¼ hours. Alternatively, ribs may be placed in a shallow roasting pan and baked, uncovered, for 1¼ hours.

Squeeze juice from lemon wedges over ribs.

Herb Roasted Potatoes

- Reprinted with permission from atcobluflamekitchen.com/recipes

¼ cup	Olive oil	50 mL
2 tbsp	Fresh lemon juice	25 mL
2 tsp	Garlic powder	10 mL
1 tsp	Marjoram, crumbled	5 mL
1 tsp	Oregano, crumbled	5 mL
1 tsp	Rosemary, crumbled	5 mL
1 tsp	Thyme, crumbled	5 mL
¼ tsp	Salt	1 mL
¼ tsp	Freshly ground pepper	1 mL
8 cups	Potato chunks	2 L



Combine all ingredients except potatoes in a plastic bag. Add potatoes and squeeze bag to coat potatoes with seasoning mixture. Place potatoes in a single layer in a parchment paper lined large jelly roll pan or baking sheet. Bake at 400 °F (200 °C), stirring occasionally, for 50-60 minutes or until potatoes are tender and browned.