

FOOD BASKET BULLETIN

Monthly Newsletter of the WECAN Food Basket Society of Alberta

Issue 22-07

July 2022

A Message from the Chair...

As I was out for a walk early this morning, I took the opportunity to slow my pace a bit. Usually, I am moving along in a very fast walk, trying to get in some quick exercise so that I can check it off my list of things I'd like to get done in a day. But today was different.

As I slowed down, I found I had the ability to focus on something other than where my next step should go and I realized that there are many, many things going on around me, all happening without my input or interference. The birds were calling to each other, checking in and making sure their little community

was being seen to. In the park, dogs ran crazily after their favorite ball or poked along sniffing trees and bushes. And the gardens! Every peony, rose, and petunia shouting out, "Look at me! See me? Look what gift I've brought you today!" And what beautiful gifts indeed! And I received another gift too! The gift of the reminder to slow down every once in a while, is so that you can actually see that nature moves along quite happily at its unhurried pace.

Our lives move along so very fast and before you know it, they become a blur of glimpses and hurried footsteps. But the

trees, birds, and flowers have a way of getting everything done, in their own time, and without fuss or worry. I like to think that these warm summer months give us a chance to pause and be intentional about seeing what nature, in its own time, has given so freely and generously. Let's realize it's okay for us too, to slow things down a bit and, like nature, allow them to happen "naturally". It may well be the most beautiful thing that happens to you today. Enjoy!

Sandra McFadyen

Recipes...

If you have any favourite, time-tested recipes that we can use in our newsletter, please send them to me at:

dawn@wecanfood.com

I would love to use them.



CASINO NEWS...

We need one more volunteer for August 6th 9:30am – 7:00pm as a Chip Runner. We also need names for backups in case someone drops out. If you would like to add your name, please call **Mariam** at: 780-413-4525 or email her at

admin@wecanfood.com

We're Counting on YOU!

Spotlight on...Chelsea Yarmuch

Treasurer, Finance and Audit Committee Member



I like....

Being part of a team who can help bring nutritious food at an affordable price to a lot of people. It's amazing to watch how passionate the volunteers and staff are, and the positive impact they have on the community.

I know...

If you listen, ask questions, and understand how or why something is being done a certain way, you will receive a new perspective, insight, or outlook which can help guide you through the journey you're on.

I couldn't go without ...

Spending time with friends and family. We love getting together for celebrations, achievements, birthdays, and I am so grateful to be surrounded by such wonderful people.

In my free time...

I enjoy spending any free time I have with my husband and daughter. We love to go on bike rides through the river valley and see all the beautiful scenery Edmonton has to offer.

My superpower is...

Being able to review and understand financial data, and give recommendations on how to move forward. It's like the Cookie Monster, but instead of cookies I need some numbers to crunch.

The following recipe was submitted by **Robert Hopgood** from our Sprucewood Depot, and is the first recipe we've ever had with a **YouTube Video** link. ENJOY!

<https://www.youtube.com/watch?v=hoP8E1X714A>

ONE-POT TACO SPAGHETTI

4 servings

Ingredients

- 1 pound Lean Ground Beef
- 1 to 2 cups Fresh Grated Cheddar Cheese
- 1/4 cup Chopped Onion
- 1 package Taco Seasoning
- 1 can (14oz) Diced Tomatoes with Chiles
- 2 to 3 Chopped Garlic Cloves
- 2 tablespoons Fresh Cilantro or Parsley
- 8oz Spaghetti pasta
- 2 cups Beef Broth or Water

Directions

1. Turn burner onto medium-high setting.
2. Add ground beef to a large non-stick fry pan. Break it apart while cooking.
3. Add onions and chopped garlic. Cook it until it's brown.
4. Add a dash of salt.
5. When all browned, drain off the fat and oil.
6. Add diced tomatoes, taco seasoning, cilantro (or parsley), and beef broth or water.
7. Add dry spaghetti and make sure it is completely submerged. If it's not submerged, add more water or beef broth
8. Bring it to a boil then Cover.
9. Reduce heat to low and let cook for 12 to 15 minutes, stirring occasionally.
10. Remove lid and let cook 2 to 3 minutes, uncovered, to allow some of the liquid to evaporate. Stir.
11. Sprinkle cheese on top. Cover and let sit a few minutes until the cheese has melted.

ORANGE BALSAMIC ROAST BEEF

4-5 servings

Ingredients

- 3 lb (1.5 kg) Beef Outside Round Oven Roast
- Salt and freshly ground black pepper
- 2 tbsp olive oil
- 2 tbsp. grainy Dijon mustard
- 1 tbsp balsamic vinegar
- 2 tsp finely chopped rosemary
- 1 tbsp orange zest

Directions

1. Preheat oven to 450°F (230°C).
2. Season roast all over with salt and pepper.
3. Whisk oil with mustard, vinegar, rosemary and orange zest. Rub all over roast.
4. Place roast on rack in shallow roasting pan.
5. Cook for 10 minutes or until roast is seared on the outside.
6. Reduce temperature to 275°F (135°C).
7. Cook for about 1 hour and 30 minutes or until meat thermometer reaches 140°F (60°C) for medium-rare.
8. Remove from oven; cover loosely and let stand 20 minutes before slicing.

The above recipe and the **Cooking Roasts** column are brought to you by,
<https://canadabeef.ca>

Deadline for the next food order is
August 5th
Order pick-up:
August 17th and 18th

COOKING ROASTS

Oven-roast your roast cuts at a low temperature to the doneness you like and carve into thin slices to serve.

1. **SEASON ROAST** Place in shallow roasting pan. Insert oven-safe meat thermometer into centre of roast avoiding fat or bone.
2. **OVEN-SEAR** by placing uncovered roast in preheated 450°F (230°C) oven for 10 minutes.
3. **REDUCE** heat to 275°F (140°C); cook uncovered to desired doneness, removing from oven when 5°F (3°C) below finished temperature. (Bone-in roast can take 30 to 45 minutes less.)
4. **COVER** with foil and let stand for at least 15 minutes before carving into thin slices.

***If you are not around to turn it down? Skip Step 2** and roast at a constant 275°F (140°C). This is especially good for less tender cuts and smaller roasts (less than 1 kg/2 lb). Allow approximately 15% longer cook time.

COOKS NOTES:

- A rack in the pan promotes even cooking.
- Roast without a lid for best browning.
- Use a thermometer to know when your Oven Roast is done the way you like it.
- Let roast stand at least 15 minutes after cooking to let juices settle.
- Carve Oven Roasts into thin slices across the grain.

Average Cook Time (Hours)

Weight (kg / lb)	Medium-Rare 145° F (63° C)
1 kg / 2 lb	1½–2¼ h
1.5 kg / 3 lb	2–2½ h
2 kg / 4 lb	2¼–2¾ h
2.5 kg / 5.5 lb	2½–3 h
Weight (kg / lb)	Medium to Well-Done 160° F (71° C) or Greater
1 kg / 2 lb	2–2½ h
1.5 kg / 3 lb	2¼–2¾ h
2 kg / 4 lb	2½–3 h
2.5 kg / 5.5 lb	2¾–3¼ h

Price Comparison (\$)		Walmart	Sobeys	Superstore	Save-On	No-Frills	WECAN
Bananas	1kg	1.50	1.96	2.00	2.00	2.00	1.78
Apples, Gala	4	3.96	4.75	4.60	5.04	4.60	2.40
Oranges, Navel	4	5.68	5.04	6.16	6.32	6.16	2.96
Broccoli	1	2.97	3.49	2.99	5.28	1.99	2.28
Eng. Cucumber	1	1.67	1.99	1.79	1.29	1.49	1.27
Carrots	2lbs	2.31	2.99	3.99	2.00	2.99	2.25
Leaf Lettuce	1	2.47	1.79	2.49	2.99	2.49	1.94
Produce Sub-total		20.56	22.01	24.02	24.92	21.72	14.88
Lean Grd. Beef	500g	7.20	4.45	7.00	7.70	7.00	5.25
Outside Round Roast	1.3kg	25.01	31.50	28.63	30.03	25.77	14.29
Meat Sub-total		32.21	35.95	35.63	37.73	32.77	19.54
BASKET TOTAL		52.77	57.96	59.65	62.65	54.49	34.42



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