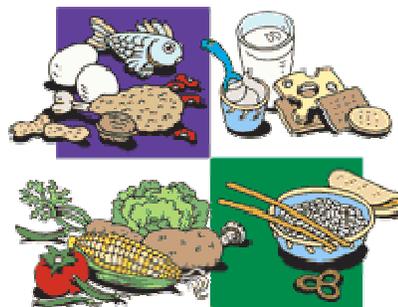




Dinner for 4 for \$5



A BONE FOR THE DOG

(We had no dog)

When I was just a kid living in Liverpool, my dad worked hard as a bus conductor. That's the guy who collects the fares and gives you a ticket to ride. It happened to be one of the lowest paying jobs at that time. Dad was inventive when providing us with food. He became friendly with a farmer who allowed him to take as many carrots and swede (rutabaga) as he wanted as they were destined to go to animal feed anyway. In other words, they were almost wood. He could get a free bone for the dog (we had no dog) from the butchers shop and buy some potatoes. After boiling all these items together you had a meatless stew known in Liverpool as blind scouse. It's this, and other memories of those times, that prompted the idea for these hard times and a chance to make:

- Dinner for 4 FOR \$5.00

GOD IS LOVE.

It's difficult to quote prices that are stable. You may need to become more of a professional shopper to know where and when to buy. Some stores advertise on line so you can compare prices from your armchair. Many stores send flyers through the mail. Some of the prices shown in our recipes reflect clever buying. An example is, hot sausage was bought on sale at \$2.50 per pound, the normal price would be \$3.79 per pound.

Helpful hints:

- Buy managers specials when they fit your menu.
- Bulk buy with family and friends.
- Frozen vegetables have a better yield, especially bought on sale.
- On line, check out these sites: American Egg Board, Dollar General Easy Meals.
- Search Google for low cost dinners.



To construct the following recipes, you first have to come to the understanding that part of what we buy to use will not all be used up at one time. It will be saved for other meals at a later date. For instance, a package of gravy at \$3.99, we only use one tablespoon of the powder and there are forty five tablespoons in the bag. You could buy it in a lesser quantity but this would cost more per table-spoon.

Colin Davis

Shepherds Pie

Half pound ground chuck or 80/20 hamburger	\$ 1.00
8oz frozen carrots and peas (1.69 per one pound bag)	\$ 0.87
6 oz frozen onion (1.35 per 12 oz bag)	\$ 0.68
1 tsp salt half tsp black pepper one shake of Worcester sauce	\$ 0.03
1 cup water	
1 tbl gravy powder (Gordon Food Service-15oz for 3.99)	\$ 0.09
Half cup cold water	
One tbl of corn starch (1 lb box is 99 cents)	\$ 0.02
2 cups Gordon Food Service Powdered Potato (5.79 per bag)	\$ 0.24
Boiling water per instruction on box	
2 tsp salt	\$ 0.02
half stick margarine (optional)	
1 cup warm milk (optional)	
1 pound bag of frozen chopped broccoli	\$ 1.69
4 tbl gravy powder (Gordon Food Service-15oz for 3.99)	\$ 0.36
1 cup boiling water	
Total cost	\$ 4.99

8 x 8 baking pan

Brown ground chuck together with frozen carrots and peas and frozen onions
 Add salt, black pepper, Worcester sauce and 1 cup water. Cover and simmer for ten minutes.
 Mix together 1 tbl gravy powder, half cup water and 1 tbl of corn starch.
 Add to simmered mix.
 Place in 8 x 8 baking pan.

Mix the 2 cups of Gordon Food Service Potato with amount of water listed on package, add salt. If optional items are used, add the margarine but substitute the cup of warm milk for some of the water suggested on package.

Place the potato mixture on top of the hamburger mixture. If all items are assembled hot, place pan under broiler to brown potatoes. If the pie is made ahead, place in 350 degree oven until brown (approx half an hour).

Cook frozen broccoli per package instructions



Sausage Fritters

1/4 cup water	
1/4 lb hot sausage meat (Bob Evans preferred)	\$ 0.63
half of 15 oz can of whole cranberries	\$ 0.59
half box (3 ounces) of chicken flavored stuffing	\$ 0.45
half box of long grain and wild rice	\$ 0.50
4 ounces frozen peas and carrots	\$ 0.35
3 ounces frozen onions	\$ 0.25
1 tsp salt and 1/4 tsp pepper	\$ 0.05
1 1/4 cups water	
1 tbs vegetable oil	\$ 0.02
1 tbs balsamic vinegar	\$ 0.02
1 cup flour	\$ 0.03
1 egg	\$ 0.08
2 cups seasoned bread crumbs	\$ 1.50
oil for frying	\$ 0.50
Total cost	\$ 4.97

In a saucepan with 1/4 cup water melt and break up the sausage meat. Heating slowly add cranberry and bring to the boil. Add the stuffing, remove from heat and stir. Put on a lid rest for five minutes and stir again to fluff up. Let cool to hand temperature. Divide into six equal parts and form into patties. Dip the patties in flour then beaten egg and seasoned bread crumbs. Fry in shallow oil for about one and a half minutes per side or until each side is browned.

Lightly fry onions in a little oil until transparent. Carefully add two and a half cups of water add rice, seasoning, frozen peas and carrots, 1 tsp salt and one quarter teaspoon pepper. Bring to the boil whilst stirring. Reduce heat and simmer until rice is tender and water is almost gone. If not tender, add a little more water and continue to simmer to desired tenderness. Stir in one tbs balsamic vinegar, then remove from heat.

Can be served with an optional sliced tomato, or vegetable of choice.



Chicken'ams

(Serve 4 Freeze 4)

1/4 cup water	
1/4 lb hot sausage meat (Bob Evans preferred)	\$ 0.63
half of 15 oz can of whole cranberries	\$ 0.59
half box (3 ounces) of chicken flavored stuffing	\$ 0.45
8 ounces ham in 1 ounce slices	\$ 1.34
12 ounces chicken breast	\$ 1.50
3 cups flour	\$ 0.09
1 1/2 sticks margarine	\$ 0.25
1/2 tbs each of sugar and salt	\$ 0.02
1/2 cup cold water	

* This makes a total of 8. Save half for another meal	Total cost \$ 4.87
*Cost for this part of the meal	Total cost \$ 2.44

Make pastry by combining 3 cups flour, sugar and salt. Cut in the margarine until it resembles breadcrumbs. Slowly add cold water until the correct consistency is reached. Put pastry in refrigerator to rest for approx half an hour.

In a saucepan with 1/4 cup water melt and break up the sausage meat. Heating slowly add cranberry and bring to the boil. Add the stuffing, remove from heat and stir. Put on a lid rest for five minutes and stir again to fluff up. Let cool to hand temperature. Divide into 8 pieces.

Cut chicken breasts into eight four inch long fingers

It may be necessary to pat the ham slices dry with a paper towel before assembling.

Roll out each section of pastry to measure 9" x 9"

Lay out each square on the diamond.

Lay one piece of ham overlapping the corner nearest you by one third. Place one portion of stuffing across the closest part of the ham to you. Press one portion of chicken into the stuffing. You then need to roll the pastry, ham and other ingredients to create a package whose edges will be glued with water. The finished item will be similar in appearance to a large spring roll.

At this point I would freeze four for further use. When needed, these can be thawed in a refrigerator and baked by first brushing with egg, sprinkling with salt and baking in the same manner as the four to be used, that is 425 deg for 25 minutes on a lined baking sheet

Recommend these to be served with steamed broccoli or a tossed salad.



You crown
the year with
your bounty...

The meadows
are covered
with flocks
and the valleys
are mantled
with grain ...

Psalm 65:11.13

Turkey Chili

1 lb ground turkey	\$ 1.19
15 oz frozen onion	\$ 1.35
16 oz can diced tomato	\$ 0.49
15 Oz can kidney beans	\$ 0.69
1 tsp cumin, 2 tsp chili powder, 1 tsp salt, 1 tsp garlic powder or one clove	\$ 0.20
1 pkg Jiffy cornbread	\$ 0.44
1 egg	\$ 0.08
1/3 cup milk	\$ 0.02
Total cost	\$ 4.46

Recipe is generally made in a pressure cooker but can be made in a regular saucepan.

Lightly brown the meat, stir in onions. Add rest of ingredients and bring to a boil.

If using a pressure cooker, bring to boil, reduce heat and cook for ten minutes. Remove from heat and let sit for twenty minutes.

In saucepan, simmer for twenty minutes. Water may need to be added.

Follow corn muffin or Johnny Cake recipe on box.



Burritos

(Four Now - Four Later)

1 1/4 pound ground chuck	\$ 2.48
3 tsp hot chili powder, 2 tsp cumin, 1 tsp curry powder	\$ 0.22
1/2 tsp salt, 1/4 tsp black pepper, 1 tbs sugar	\$ 0.10
1 16oz can vegetarian baked beans	\$ 1.59
2 tbs cornstarch	\$ 0.02
2 1/2 tbs tomato paste	\$ 0.15
1 1/4 cup water	\$ -
1 pkg of 8 - 9" diameter Aztec flour tortilla shells	\$ 2.59

8 oz cheese (optional)
Sour Cream (optional)
Salsa (optional)

Total cost \$ 7.15

In skillet, brown and break up ground beef over medium heat. Add spices and sugar.
Add beans. Mix together water, cornstarch and tomato paste and stir into mix.
Bring to a boil and reduce heat and simmer for two minutes, occasionally stirring.
Remove from heat and mash with potato masher or fork until beans are blended.
Microwave tortilla shells, still in package, for 30 seconds. This slightly softens the shells.
Add to each tortilla shell, one third cup of the mixture and fold into packages.
In skillet add small amount of vegetable oil and fry four tortillas on both sides until brown.
To remaining beef mixture, add 2/3 cups of water and bring to a boil.
Use half of the mix to pour over the four burritos cooked now, freezing half for later.
Optional items may be added at this time.

Additional four burritos can be frozen until needed. At that time, remove from freezer, thaw, heat in microwave and then fry in vegetable oil as before.
Thaw saved half of beef mixture to pour over the burritos.

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