



# Food ¢ents

Research shows that families usually waste an astounding 25 to 50 percent of food they purchase at the grocery store! Considering the average family of four spends between \$500-\$800 a month at the grocery, the savings could almost add up to a car payment each month. A food plan can help you cut back on waste and save time in meal preparation.

Here is a sample week's plan and the recipes. Choose three different types of meat your family enjoys each week such as chicken, ground beef and pork tenderloin. Prepare a couple of these meats at the beginning of the week, or any time you can cook ahead. Then use a recipe remake for leftovers. Six days of the week are now taken care of, leaving a day of your choice to eat out.

## **Sunday**

**Roast chicken (3-4 lb. bird)**

**Steamed broccoli**

**Baked potato**

While the chicken is roasting in the oven, brown two pounds of hamburger in a skillet for use later in the week. Drain well, divide cooked meat in half and store in freezer bags until needed.

**Monday** (about 15 minutes to prepare)

**Taco salad made with 1 lb precooked hamburger**

Place precooked hamburger in skillet. Add taco seasoning and water according to package directions. Simmer 10 minutes. Place chips or broken taco shells on dinner plate and top with bagged salad. Add taco meat and cheese, top with salsa.

## **Tuesday** (about 15 minutes to prepare)

### **Chicken Creole** (made with leftover roasted chicken from Sunday)

2 cups leftover chicken taken from bone, cubed  
1 (14-oz.) can diced tomatoes  
1 cup chili sauce  
1 green pepper, chopped  
2 stalks celery, chopped  
1 small onion, chopped  
1 teaspoon minced garlic  
1 teaspoon dried basil  
1 teaspoon dried parsley  
¼ teaspoon crushed red pepper  
¼ teaspoon salt  
Nonstick cooking spray

Spray skillet. Combine pepper, celery and onion and cook until just softened. Add chicken, chili sauce and tomatoes. Bring to a boil, add remainder of spices and reduce heat to simmer for 10 minutes. Serve over rice or pasta. Serves 4.

## **Wednesday**

### **Take out pizza night**

(If you will be pressed for time tomorrow, bake pork loin tonight while eating your takeout.)

## **Thursday** (if pork is already baked, meal is ready in about 12 minutes)

**Roasted pork loin**

**Egg noodles**

**Green beans or salad**

**Friday** (takes about 15 minutes to prepare)

**Spaghetti and meat sauce** (made with other 1 lb of precooked hamburger)

Heat precooked meat in skillet with canned sauce while spaghetti boils. Serve with bagged salad or steamed veggies and hot bread sticks.

**Saturday** (takes about 10-12 minutes to prepare)

**Gingered Pork and Ramen® Noodles**

(Made with leftover roasted pork loin)

2 (3-oz.) pkgs. Chicken-flavor Ramen® noodles

1 lb or 2 cups cubed roast pork

1 teaspoon grated ginger root

2 cups water

1 cup snow peas

¼ cup green onions, chopped

1 tablespoon soy sauce

2 teaspoons cornstarch

Combine pork, ginger root and water. Mix well. Bring to a boil. Add snow peas and onions. Cook until vegetables are tender crisp. Add noodles and cook for 1-2 minutes. Drain and add seasoning packet. In small bowl, blend soy sauce and cornstarch until smooth. Stir into pork mixture. Cover, cook about 3 minutes or until sauce is slightly thickened.