

## Strategies Applied:

I never count the cost of my spices - I just consider them a necessary part of cooking - and the math would be very difficult for such small amounts. This recipe does use large amounts, so I'll add on about 20 cents to the recipe.

- **Chicken:** I never buy full price chicken – it goes on sale too often. Some sales are better than others, but usually every few weeks it will drop to 99 cents a pound, and I stock up then. I portion it out into Ziploc bags, a breast per person for meals and freeze. If breasts are super large, I'll trim them down to about six ounces and make tenders for the kids or use the bits for stir fry. Cost for four breasts, 24 ounces is about \$1.49.
- **Dried Spices:** I just consider dried spices to be an investment. They keep, literally for years in a dark, cool cupboard, tightly lidded in a jar. I do look for them in the bulk aisle or in the produce aisle in cellophane packets.
- **Soy Sauce:** I buy this after New Years, when the prices of Chinese and Asian products drop to their lowest, and coupons abound. I haven't paid for Soy sauce now for several years the small bottles are about a dollar on sale and most coupons out there are for a dollar.
- **Thyme:** You can buy a bunch of thyme for about the cost of a plant - seriously consider growing your own in your garden, deck or windowsill. At the end of the season, bring them indoors. If you haven't planted any yet this year, do so right now when the nurseries are getting rid of their stock for 50 percent off.
- **Ginger:** I keep mine in the freezer - it just takes a minute to thaw enough to cut.
- **Green Onion:** I always save a bit of the white and the root and put in a jar of water in a sunny window. The tops grow back for months. Look to purchase during any holiday when they usually run about half the usual price. Because I get so many uses from my green onion, the cost is nominal.
- **Scotch Bonnet Chiles:** The price per pound is high, but they're so small they barely cost anything. The two I used were about 17 cents.

<https://frugalhausfrau.com/2012/07/10/jerk-chicken-recipe-home-made-marinade/>