

Strategies Applied:

- A recipe like this is where one can easily raid the fridge and pantry and come up with something lovely - I simply open my fridge and find the half bell pepper, a little steamed broccoli, perhaps some carrots that are languishing and in minutes have a masterpiece.
- **Coconut Milk:** This is an item with a wide variance in price depending on when/where you buy it. If I see it on special, I pick up multiple cans, although specials are rarely advertised. I shoot for a dollar a can, and I often see coconut milk piled in carts for quick sale, which I've bought and kept for months and months with no problem at all. I shoot for \$1.00 a can, but paid \$1.79 last time I was at the store.
- **Chicken:** I will always choose chicken on the bone over boneless skinless. I buy a lot of chicken breast when it's 99 cents a pound. If there is a limit of two packages, I'll bring a kid to buy some and I'll buy some...and/or I'll stop at the store more than once. I'll bring the chicken breasts home and break it down myself so that I have a number of packages of frozen boneless, skinless breasts in Ziplocs appropriate for a meal for the size of my family. I'll then make [Chicken Stock](#) with the bones and my vegetable parings.) I usually use the white meat, less cholesterol, but be careful to not over cook. Cost \$.75
- **Onion:** Buy onions whenever you see them drop in price and store in a cool, dark place away from any potatoes. I look for them at Aldi's, and pick up a lot of my basic vegetables there for about half the price of a regular grocery store. Cost for the onion: 33 cents a pound, a small onion is about 10 cents.
- **Peppers:** The cost varies widely for these. Sometimes I buy the Aldi "stoplight" peppers which work out to about \$1.99 a pound (20 oz package is about \$2.49) but grocery sales prices are often better. I bought two of the colored peppers for \$1.79 a pound, 12 ounces for \$1.34 and one green for \$.69 cents a pound, 29 cents, so my total was \$1.63
- **Curry paste:** This varies widely by cost and size! Honestly, unless you have an Asian market nearby, check the internet. Even in the regular grocery store, I sometimes find it in the "American" Asian section or shelves, and sometimes in the "Asian" section or shelves, and it's usually less expensive and bigger jars in the "Asian" section. My jar was about \$2.99 for a small one, but I'm guessing 50 cents for the recipe. I don't have a preference, unless one wants to do a lot of driving around in Minnesota, we just have to take what we can get!
- **Rice:** You can buy special rice, but I just use supermarket rice. (This method will not work with "converted" rice like Uncle Ben's. To make it a bit stickier like the restaurant version, I first rinse, then measure in the water (use a 1 to 2 ratio, rice to water) let it sit for a few minutes and then give it a good stir. Cook as usual: Bring to a boil, put on lid and barely simmer 15 to 20 minutes, leave the lid on, turn off heat, and let it steam for five, then fluff gently with a fork. Rule of thumb? Use a half a cup of uncooked per person. Buy on sale, with a coupon – look for a price of about 8 cents a cup. I often find smaller packages, with a coupon are free. 16 cents
- **Lime:** in season in the winter, we often have bags of them at a rock bottom price and sales prices of five for a dollar. Cost 20 cents.