

## Strategies Applied:

- **Ground Beef:** By many, is considered to be a "cheap" meat, but I rarely see any hamburger for sale at less than \$2.49 a pound, although now and then it shows up for \$1.99 a pound (and I buy it and freeze when I see it on sale.) I can buy the much healthier chicken for 89 to 99 cents a pound and pork butt and loin for 99 cents a pound on a deep sale; chuck roast (for pot roast) can be bought at a low of \$2.99 a pound. By comparison, hamburger doesn't seem to be the greatest bargain out there. One pound is \$1.99.
- **Tomatoes, canned:** These go on sale periodically, and if you're flexible about brand you can often find inexpensive prices at the same time the producer issues coupons or Catalinas (slips that print out at check out giving you money back if you buy so many. Catalinas are often unadvertised.) Check your coupon matching site and load up when they are at very low prices. I almost always buy the large cans and store the portion I don't use in the freezer. My tomatoes were no cost, but I'll price it out at 50 cents, which is an easily attainable sales price, half the can for this recipe is 25 cents.
- **Onions:** They keep well, so try to buy on sale. Aldi is a good place to find reasonably priced onions. Always less expensive in the fall/winter months, the pricing in my area runs from 33 to 66 cents a pound. Store them in a dark, cool place but not near potatoes. If you've bought too many onions, don't let them go bad. Slice or dice them, saute and portion into Ziplocs labeled "onions" and freeze.
- **Bell Pepper:** There are two types of sales, per pound or per pepper. I usually look for the per pepper pricing; in my area it's generally cheaper – I'll then buy the biggest, most gorgeous ones I can find. The peppers are often bagged and sold by a unit price, too. A really good price in our area is about a fifty to seventy cents a pepper for the red, yellow or orange ones, and 40 to 75 cents for the green bell. This is one item I seldom buy at Aldi.
- **Garlic:** I look for a price of about \$2.99 a pound, or about 54 cents a head. Check the pricing of the bulk per pound as opposed to the packaged. I never really find it on sale, but I use so much, I pay attention and buy a bit more when I see the price is lower.
- **Beans:** The lowly bean is one of the healthiest foods one can eat – eating beans regularly basically eliminates the issues so commonly known. Dried beans are so inexpensive to start with that they are seldom advertised as being on "sale," but they often are after any Holiday in which Ham is considered an option for the main meal. Check for great pricing, too, in the ethnic aisles of the grocery store, as well as the pasta/bean aisle. Prices range, on sale, from \$.79 to \$1.00 a pound. Aldi had three pound bags for \$2.39, which is the lower number.
- If you're used to buying canned beans, unless a 15 ounce can is less than 26 cents with sales and coupons, they are more than the 79 cent per pound price of dried at Aldi's. A fifteen ounce can is about 1 1/2 cups of beans, and a pound is roughly the equivalent of 3 cans.