

## Strategies Applied:

- **Pork Loin Chops:** Pork Chops are often expensive in the store, even in the family packs – dirty little secret? Many of the “better” chops, especially the thick ones, are sliced Pork Loin. This is great news – Pork Loin is sold in large packages for &1,89 to \$1.99 - a decent price. Precut chops in my store run \$4.99 or more regular price, \$2.99 at a great sales price.
- Put out 12 to 20 bucks and buy a Pork Loin and slice your own chops “to order.” Make an assortment of thicker ones for special meals and thinner ones for quick dinners, package them and stack them in your freezer. (Sharpen your knife first!) A pound and 1/2 is about \$3.00.
- **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 on sale with a coupon or at Aldi.
- **Olive Oil:** I have a little strategy for buying [olive oil](#) – using coupons and sales to lower the price, so click on the link. I also look for new brands and stock up - heavy competition means that when a new brand comes to the store, it is often at a fantastic price for a few weeks, then settles in at around the same price as the others. I think it’s important to use olive oil as opposed to many others – the health benefits outweigh a bit more extra cost, and it can be had at a very reasonable price. I also like the fact that Olive oil contains no hidden trans fats like Canola or Vegetable oil. Cost for this recipe: 16 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. You’ve just saved yourself a step for next time you make a dish. If you have enough, consider making [French Onion Soup](#). If you use half an onion, consider if you can sauté the rest and put it in a Ziploc in the freezer. If not store in the door where you'll see it when you're cooking next. 1 at 33 cents a pound, about 10 cents.
- **Ginger:** Ginger can vary wildly in price, although I've never seen it marked for "sale." I pick up a root or two when it seems reasonable and freeze in a heavy Ziploc. It doesn't ever freeze so hard that one can't grate it, and keeps for a long time. Cost negligible.
- **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. Cost for 3 cloves, around 5 cents.
- **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.

My tomatoes were no cost, but I'll price it out at 50 cents, which is an easily attainable sales price. I find the best deals on the 29 to 30 ounce cans, and if used for a recipe like this, divide and freeze half, bagged and tagged. I rarely buy anything but whole tomatoes and blend to desired consistency.