

Strategies Applied:

- **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 \$1.00 for a 29 ounce can, 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.
- **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. 1/2 at 33 cents a pound, about 5 cents.
- **Lime:** In season in the winter months, here - limes are often on sale through out the year 4 to 5 for a dollar. The rind holds as much or more flavor than the juice, so I often grate it off before using and store in a Ziploc in my freezer - the little bit dries up but still holds more flavor than the store-bought. If I'm in a pinch and don't have lime, I'll use it instead. Microwave your lime for a bit if it's hard and/or roll it on the counter before you juice it and it will break down easier. Cost 25 cents.