

Strategies Applied:

Normally I would not count something that cost this much as a “Bargain Meal” but the pork shoulder is so large that it would make at least 4 and possibly 5 meals for a family of four if portioned out and served with lots of inexpensive sides – beans and rice are perfect and so cheap! This method of cost averaging a large protein is what I call “dividing and conquering!”

Cuban Sandwiches would be the second meal, possibly with a repeat, they’re that good. And if the roast is put back on the heat with the juices or a bit of water, it will render down to a marvelous pulled pork consistency. Then the sky’s the limit for left over possibilities!

- **Pork Shoulder:** A large pork roast like this can be bought very cheaply, especially if one watches the sales and has a freezer. See my post on how to buy and work with a [Pork Shoulder or Boston Butt](#). I shoot for about \$1.69 a pound, a good sale is \$1.99 a pound, and I’ll sometimes pay \$2.49 a pound, but only if I really want one for something and don’t have any stashed away. This roast was about \$16.00 at \$1.99 a pound.
- **Lemon, Lime & Orange:** In season in the winter months here citrus is often on sale throughout the year 3 to 4 to 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 if I don’t need it for the recipe – the little bit dries up but still holds more flavor than the store-bought. If I’m in a pinch I can use it instead.
- Microwave citrus if it’s a bit if it’s hard and/or roll it on the counter before you juice it and it will break down easier. If you just need a small amount, pierce your lemon with a fork and squeeze out, then remember to use it – later. I bag it and put it in the door of the fridge. Cost 75 cents.
- **Other:** The garlic ran about 75 cents, the onion 10 and the olive oil, about a quarter.

From the kitchen of FrugalHausfrau.com