

Strategies Applied:

- **Frozen Vegetables:** Although many are so unpalatable as to be a waste of money at almost any price, many are so full of additional water that they don't even make up half the weight of the package. A few good values are peas, limas, baby onions, all vegetables that stand up well to freezing and are often tedious to prepare fresh. Use a coupon and buy on sale and it's possible to pick up packages for a pittance. I shoot for \$1.00 or less per pound.
- **Onions:** They keep well, so try to buy on sale. Aldi 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.
- **Whipping Cream:** Whipping cream varies wildly in price – look for it on sale around any holiday; it generally lasts weeks in the fridge. Store brands are often less expensive than brand names, often half the price. If you aren't using it to whip, consider if 1/2 and 1/2 will work and be less expensive. If you're looking at a pint container, milk is about 8 cents a cup, so a pint of half and half should be roughly half the cost of the 8 ounce whipping cream, less the 8 cents to be cost-effective. For this recipe I picked up a pint of Aldi whipping cream for \$1.79, used an 1/4 cup plus a 1/4 cup of milk, 22 cents for the cream, 2 cents for the milk, 24 cents.
- **Sherry:** I really shop the sales and speak to the employees – I find I can find great wines for a pittance. If you have a wine shop you like, I find you can get mailings or emails for their best sales – often in the fall and spring. My last bottle of a basic sherry was \$2.99 – I know, I know, they say always buy a wine you'd drink to cook with, but you'd be surprised at the bargains you can get and how long you can use a bottle for quick little recipes like this. Sherry is a fortified wine and lasts forever - cost for this recipe is nominal.