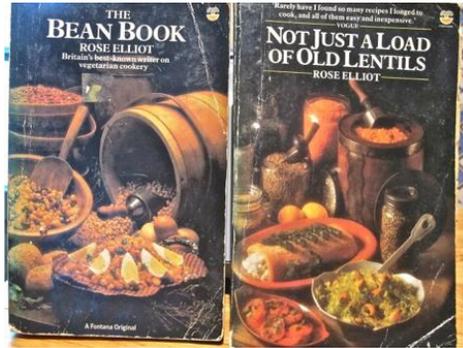
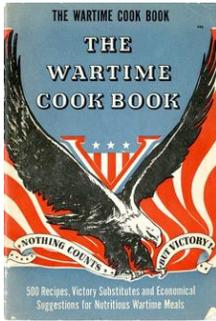


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1



2



3



4



Peanut Butter and Jelly Granola Bars

MAKES TWELVE

Heat the oven to 350 °F.

Butter or oil an 8" x 11" baking pan. If you have a different size pan, that's fine—it'll just change how thick the bars are.

Pour the oats into a large bowl. You can use quick oats if they're all you have, but I prefer the bite and chew of rolled oats. For a different texture, you can also substitute a cup of oats with a cup of Rice Krispies, but the bars are great either way.

Add the peanut butter, half the jelly, the water, and the salt to a small pan. Stir over low heat until it's smooth.

Mix the peanut butter and jelly emulsion into the oats until all the oats are coated and you have a sticky mass. Dump the mixture into the oiled pan and press it into an even layer. Spread the remaining jelly over the top.

Pop the pan into the oven for 25 minutes, until it's bubbly and brown around the edges. Mmm. Crunchy!

Leave the bars in the pan until they cool completely, about an hour, then slice into 12 bars.

Tired of endless PB+J sandwiches? Give these bars a try instead! I designed them for my friend Alex, who is allergic to gluten and is the best long-distance runner I know. I wanted to create a simple but nutritious breakfast that he could grab on his way out for a run. They are a little more crumbly than a store-bought granola bar, however.

As a bonus, these are made entirely from ingredients that you can find in any corner store or food pantry. Any kind of jam or jelly will do; I used blueberry, but grape or strawberry or any other flavor would be tasty.

3 cups rolled oats (or 2 cups oats and 1 cup Rice Krispies)
 1/2 cup peanut butter
 1/2 cup jelly or jam
 1/4 cup hot water
 1/4 tsp salt
 butter or vegetable oil

ADDITIONS
 nuts
 coconut
 dried fruit
 honey

5



IDEAS Popcorn!

Popcorn is such a great snack. It's easy to forget how easy and cheap it is to prepare at home. Try some different toppings! I've suggested a few on the opposite page.

1/2 cup popcorn
 2 tbsp vegetable oil
 2 tbsp butter, melted
 salt

Place a large pot with a tight-fitting lid on the stove. Pour in the vegetable oil, then the popcorn kernels. Put the lid on and turn the heat to medium.

Using pot holders or oven mitts, occasionally shake the pot from side to side to make sure the kernels are evenly distributed in the oil. Once the popcorn begins to pop, turn the heat down to medium-low and gently shake again.

Once the popping slows down to 5 to 10 seconds between pops, turn the heat off. Wait until you're sure the corn has stopped popping and remove the lid.

Move the popcorn to a bowl and pour butter, salt, and other spices or toppings over top. Gently toss to coat it evenly.

This recipe makes about 10 to 12 cups of popped popcorn—enough for four people. Eat it while it's hot!



SCALLION AND CILANTRO



TURMERIC AND CORIANDER



SPICE O



CAYENNE AND SMOKED PAPRIKA



BROWN SUGAR AND ORANGE ZEST



CHILI P.C.

6

Chana Masala

FOR TWO

This is a staple in my home, and for many friends as well. If you don't have cooked chickpeas around, you can use canned, but it will add about \$1 to the cost.

½ tsp ghee or ½ tsp butter and a splash of olive oil	1 tsp smoked paprika
1 tsp cumin seeds	½ tsp salt
½ cup onion, diced	1 cup canned, puréed tomatoes
1 tsp garlic, finely chopped	2½ cups cooked chickpeas, drained
1 tsp ginger, grated	½ cup water
½ jalapeño, finely diced	
2 tsp coriander powder	GARNISH
1 tsp turmeric	cilantro
¼ tsp cayenne powder	yogurt
½ tsp garam masala powder	

Measure out all the spices except the cumin seeds and put them in a small bowl.

Let the ghee (clarified butter) melt in a small saucepan over medium-low heat. (Ghee is the traditional Indian choice, but you can substitute butter and a splash of olive oil if you can't find ghee.) Once the ghee begins to sizzle, add the cumin seeds and stir for about 5 seconds. Add the onion and sauté for 2 minutes. Add the garlic and cook for 1 minute. Add the ginger and jalapeño and cook for 1 more minute. Add the spices and then the puréed tomatoes. Mix, then put a lid on the pan and let everything cook down for 5 to 10 minutes.

Once the tomato has reduced and the ghee starts to separate from the sauce, add the chickpeas and water. Mix, then bring it to a boil before reducing to a simmer. Cook for 10 minutes, then squish a few chickpeas with a spoon to thicken the sauce. Garnish with yogurt and cilantro. For a full meal, serve over rice or with rotis.



7

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Can you eat well on food stamps? An NYU grad student looked into the issue for her thesis and has released a (free) cookbook for those trying to live on \$4/day. (x-post from r/Food) [warrbrown.ca]

2635 submitted 12 days ago by WindsorNot 552 comments share

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[-] Nessunolosa 79 points 11 days ago
And for those in the UK, check out Jack Monroe. She's making cookbooks based on her experience feeding two people nutritiously on less than £10 a week. I'm not quite there, but the recipes are great.
permlink

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[-] b0tlamenn130e-20 423 points 11 days ago
I love that she provides the PDF for free - and not actually try to make a profit off poor people.
permlink

[-] UCandOut 105 points 11 days ago
Just glimpsed through those 2 PDFs, they're really high quality, too! I feel bad saving it into my laptop and not being able to actually buy one.
permlink parent

[-] betterworldbiker 17 points 11 days ago
Yeah, these are really awesome. I will definitely be using some of these recipes. Cheap, simple, easy. I love it.
permlink parent

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Frugally is the mental approach we each take when considering our resource allocations. It includes time, money, convenience, and many other factors. The purpose of r/frugal is to share what we have each learned. Let's all work together to keep r/frugal on-topic, friendly, honest and helpful.

8

9

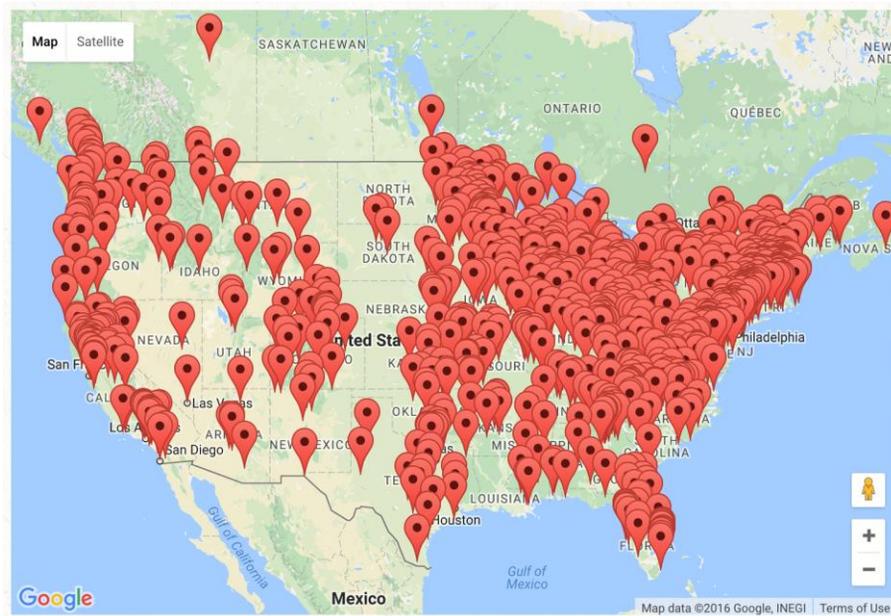


10

40 MILLION AMERICANS ON FOOD STAMPS

ENTIRE POPULATION OF CANADA: 35 MILLION

11



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12

The screenshot shows the Workman Publishing website. At the top, the Workman logo is on the left, and a navigation bar contains icons for a book, a triangle, a dog, a circle, a plant, and a tree. Below the logo is the tagline "Publishing books, calendars, and big ideas for over 40 years". The main navigation bar includes links for BOOKS, CALENDARS, AUDIO, EBOOKS, AUTHORS, BLOGS, GIFTS, RESOURCES, and MORE. A search bar and a "Cart (0 items)" link are on the right. A "Check Out Our Newsletter SIGN UP HERE" button is also present.

The main content area features a "Browse" sidebar on the left with categories like Agriculture, Architecture, Art, Biography & Memoir, Business, Children's Fiction, Children's Non-Fiction, Cooking, Food & Wine, Crafts & Hobbies, Family & Parenting, Fiction, Fun & Games, Gardening, Health, Mind, & Body, History, Home Reference/How-to, Humor, Medical, Music, Performing Arts, Pets, Philosophy, Photography, Reference, Religion, Self-Help, Social Science, Sports & Recreation, Transportation, and Travel. Below the sidebar is a "CALENDARS" link.

The central product page is for the book "GOOD AND CHEAP" by Leanne Brown. The cover image shows the title in large white letters over a background of food. Text on the cover includes "EAT WELL ON \$4/DAY" and "LEANNE BROWN". Below the cover is a "view larger image" link and a "Download Hi-res Cover" link. A "SHARE" button with social media icons is also visible.

The product description includes the title "GOOD AND CHEAP", the author "By Leanne Brown", and details: "Paperback / softback, 208 pages (also available in Electronic book text)", "ISBN: 9780761184997 (0761184996)", and "Published by Workman Publishing \$16.95(US)". A promotional message states: "This title will be available for purchase from Workman.com on Jul 14, 2015. For now you can pre-order from one of these online retailers." Below this is a "Buy It" section with links for "AMAZON.COM", "BARNES AND NOBLE", "INDIEBOUND", and "POWELL'S BOOKS".

The "ABOUT GOOD AND CHEAP" section describes the book as "A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget—and a cookbook with a strong charitable component: With every copy of *Good and Cheap* purchased, a second copy will be given to a person or family in need." It also mentions that the author, Leanne Brown, is a master's candidate at NYU who asked a critical question: "How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, etc."

On the right side of the page, there is a "Recent Releases" section featuring three book covers: "Beer for All Seasons" by Garry Rogstad, "Back in the Day Bakery with Love" by Garry Rogstad, and "How to Make Ice Cream" by Garry Rogstad.

13

Positioning

- Photos
- Pleasure
- Celebration and joy
- Inspiration!

So where does health fit in?

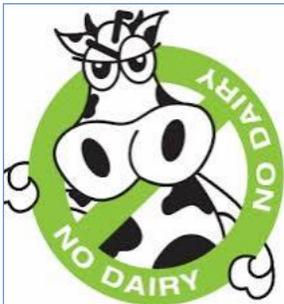
14



Gluten free



SOY FREE



15



16

Celebrate the Vegetables!



17

Shame Reduction

- Fundamentally my position is that celebration of vegetables works and that shame does not. Telling someone to be good or else vs Showing how wonderful good food can be.
- Everyone wants to be healthy and live long lives, and they also want that for their family. The problem is in how to do that and balance it with all of life's obstacles.

18



Home made!



19



20



Vegetable Scramble

FOR ONE WITH A GOOD APPETITE

2 tsp butter or olive oil
1 small potato, diced
2-3 tbsp onion, finely diced
1 clove garlic, finely diced
½ red pepper, diced
3-4 cherry tomatoes, roughly chopped
2 eggs
salt and pepper
2 handfuls baby spinach

additions
bean sprouts
herbs
peas
kale or
in a wrap
on top of beef
on top of rice
with a salad

Feel free to omit any of the listed vegetables or add more. This is really just vegetables held together by soft scrambled eggs.

Prepare all of your vegetables. Crack the eggs into a bowl.

Put a pan on medium-high heat, then add the oil or butter. Once it's sizzling, add the potato and turn the heat up a bit. Stir-fry the potato until you can easily impale it with a fork—probably around three to five minutes.

Add the onion. Stir-fry for another two minutes or until the onion becomes a bit brown. Add the garlic and red pepper and stir-fry for another minute. Then add the tomato and stir-fry until its juice cooks off—about one more minute.

Take the pan off the heat and add the eggs to the pan, then stir. The residual heat will cook the egg quite a bit as you stir. Add salt and pepper to taste. If the egg is not fully cooked, put the pan back on very low heat and slowly cook the eggs, stirring frequently. This method keeps the eggs tender and creamy.

To finish, toss the spinach into the pan and stir until it wilts, or add it just before serving so that the spinach stays raw.



21



Soup

Vegetable soup is a superb place to try cooking without a recipe, using whatever you have in your fridge and pantry. Once you have the basic formula down, you'll be able to make any kind that strikes your fancy.

Be brave! Soup is comforting and delicious, even if your first couple of tries at developing your own soups are only so-so, you can make them shine with a little pesto, flavoured oil, a bit of cheese, or a squeeze of lemon.

1 Pretty much any soup starts by sautéing some onion. Any kind will do, from Spanish onions to leeks. Add any other nice, long-cooking vegetables. The standards are carrot, celery, bell pepper, or chillies. I always add garlic as well. At the same time, add any tougher spices, seeds, or a bay leaf. You can either cook the onion and vegetables for a while, carefully caramelizing them, or just cook until the onions are translucent.

2 Add a main vegetable or combination of vegetables, like with my cauliflower soup or something like potato and pickle. If you're planning to keep the soup chunky, make sure the vegetables are chopped up uniformly. Either way, sauté the main vegetables a bit just to get everything mixed up before you add the broth.

3 Add your broth and let the vegetables cook until everything is tender. Some vegetables gain flavour if you cook them for a long time, but spring and summer vegetables tend to be tastiest when they are only just cooked through.

4 If you want to purée the soup, use an immersion blender while it's still in the pot, or let it cool and use a conventional blender. For a chunky soup, add any noodles or pre-cooked proteins like tofu after the vegetables are cooked.

5 Taste the soup, then season with salt, pepper, chili flakes, or other spices. Lastly, add any ingredients that don't require cooking, like dairy or peanut butter. Finish with any garnishes, cheese, or oils once it's in the bowl.



22

Start Big Salad

greens: Start your big salad with any leafy green or a combination of your favourites. Try lettuce, spinach, radicchio, cabbage, dandelion leaves, and/or herbs.

OTHER VEGETABLES AND FRUITS: Add any other vegetables or fruits you have on hand. Instead of chopping fibrous vegetables like carrot and fennel, grate or peel them.

herbs: Chop or tear your greens into bite-sized pieces. Don't use only herbs—the flavour will be too strong—but a few herbs among other greens gives a nice bite.

OTHER VEGETABLES AND FRUITS: Try tomato, cucumber, corn, dates, carrot, berries, orange slices, olives, fennel, avocado, radishes—anything you can make bite-sized.

protein: The savoury taste of protein is a nice contrast with bitter greens. Incorporating proteins is a great way to use up leftovers without eating the same meal twice.

crunch: Ingredients that are crunchy and maybe a little salty will turn your salad from merely edible to thoroughly delightful. Add them after your dressing.

protein: Protein gives your salad body and makes it feel like a meal. Try hard-boiled eggs, chickpeas, beans, cheese, pressed tofu, edamame, or leftover cooked meat.

crunch: The crunch of lettuce on its own usually isn't enough to satisfy me. Try crostons, chunks of day-old bread, tortilla chips, nuts, seeds, crackers, or bacon.

23

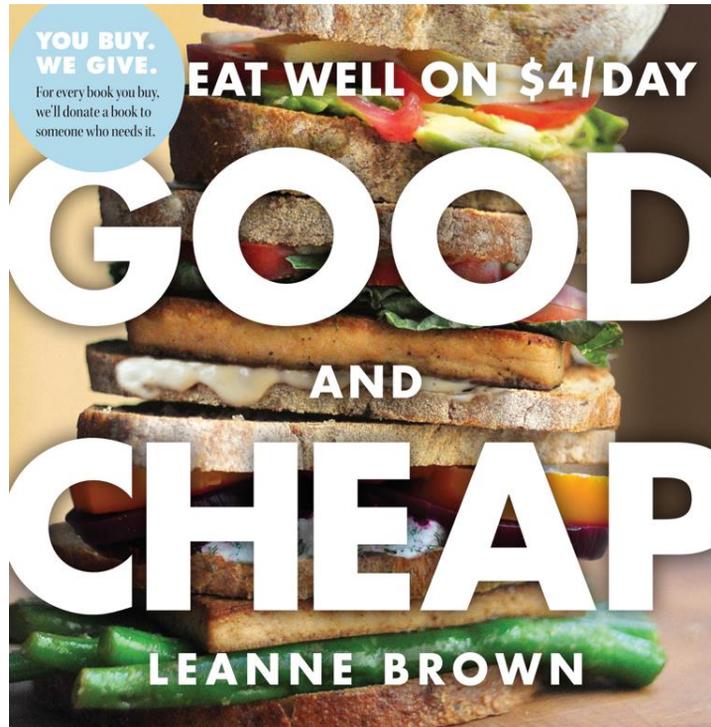
CARAMELIZED ONIONS AND CHEDDAR: Melt the butter in a pan on low heat. Add the onions and let them cook slowly, about 20 minutes. As the onions darken, stir them occasionally, adding a bit of water to loosen up the sticky onion bits on the bottom and keep them from burning. Leave the onions until they're dark purple. They will now be sweet and caramelized. Spread them over toast and top with slices of aged cheddar, salt, and pepper. Put the toast back in the pan and cover with a lid until the cheese is bubbly, then serve it up.

- 1 tbsp butter
- 1 red onion, thinly sliced
- sharp cheddar, thinly sliced
- salt and pepper

ROASTED VEGETABLES: This is one of my favorite ways to eat leftover roasted vegetables. Simply create a ridiculously tall pile of vegetables like the winter squash and leeks pictured here, then sprinkle with grated Romano or Parmesan and fresh pepper. You can also add any sauce you have on hand or sprinkle crushed nuts on top.

- roasted vegetables (p. 122)
- Romano or Parmesan, freshly grated
- pepper

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25

What can you do?
Cook and enjoy food!
Spread the Word!

Set your ideas free

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