

Nourished Kitchen's Food Stamp Challenge: Week 4

Shopping List: \$50.99

- 1 Eggplant (SALE): \$1
- 3.2 lbs Zucchini (SALE): \$3.23
- 1.5 lbs Yellow Onions: \$1.22
- 1 Bunch Asparagus (SALE): \$2.50
- 1 lb Organic Salad Greens (SALE): \$4.99
- 2 Avocadoes (SALE): \$2.00
- 1.8 lbs Cucumbers (SALE): \$1.78
- 1 Baking Pumpkin (SALE): \$3.00
- 5 lbs Organic Carrot: \$2.99
- 5.5 lbs Bananas: \$3.69
- 4.5 lbs Gala Apples (SALE): \$2.18
- 3 Grapefruit (SALE): \$2.45
- Challenge Butter (SALE): \$1.99
- 1 lb Frozen Mussels: \$4.99
- 1 lb Laura's Lean Beef: \$5.29
- 2 Cornish Game Hens (SALE): \$3.96
- ½ Gallon Whole Milk: \$1.88
- Rolled Oats: \$1.85

Remaining Pantry Items (Purchased This Month):

- Extra Virgin Olive Oil
- Split Peas
- Whole Wheat Flour
- Barley
- Raisins
- Peanut Butter
- Sauerkraut
- Coconut Oil
- Unrefined Sea Salt
- Black Pepper

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Meal Plans

Sunday:

Breakfast: Rolled Oats with Bananas

Snack: Carrots and Peanut Butter

Lunch: Peanut Butter and Banana Sandwiches, Carrot Sticks

Snack: Sliced Cucumbers

Dinner: Gratin of Mussels, Steamed Asparagus, Green Salad with Olive Oil, Carrots Sauteed in Butter

To Do: Bake Bread, Soak Split Peas

Monday:

Breakfast: Rolled Oats with Bananas

Snack: Raisins and Sliced Apples

Lunch: Leftover Gratin of Mussels and Steamed Asparagus, Green Salad

Snack: Carrot Sticks

Dinner: Hamburger over Greens with Sliced Onions, Avocado and Carrots

Tuesday:

Breakfast: Toast with Peanut Butter and Bananas

Snack: Raisins and Carrots

Lunch: Veggie Sandwiches with Cucumber, Avocado, Onion and Lettuce. Carrot and Raisin Salad.

Snack: Zucchini Sticks

Dinner: Pease Porridge, Sauerkraut

Wednesday:

Breakfast: Grapefruit, Yogurt

Snack: Carrot Sticks

Lunch: Leftover Pease Porridge, Sliced Apples

Snack: Sliced Apples

Dinner: Roasted Cornish Hens, Green Salad, Sauteed Zucchini

Thursday:

Breakfast: Rolled Oats with Raisins and Apples

Snack: Banana

Lunch: Cornish Hen over Greens, Grapefruit Segments

Snack: Peanut Butter Toast

Dinner: Pumpkin Soup, Green Salad, Sauteed Zucchini

Friday:

Breakfast: Grapefruit, Yogurt

Snack: Carrot Sticks, Peanut Butter

Lunch: Pumpkin Soup, Fresh apples

Snack: Carrots

Dinner: Hamburger and Barley Soup, Sauteed Zucchini and Eggplant

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Saturday:

Breakfast: Rolled Oats with Sliced Apples and Raisins

Snack: Carrots and Peanut Butter

Lunch: Leftover Hamburger and Barley Soup, Greens

Snack: Grapefruit Segments.

Dinner: At a Community Halloween Party

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The Recipes

Low-cost Gratin of Mussels

- 1 lb Frozen Mussels, Thawed
 - 3 Tablespoons Butter,
 - 1 Cup Stale Sourdough Breadcrumbs
 - ½ Yellow Onion, Sliced Thin
 - Unrefined Sea Salt and Black Pepper to Taste
1. Fry onion in 2 tablespoons butter in a cast-iron skillet.
 2. Add thawed mussels.
 3. Top with Breadcrumbs.
 4. Season with salt and pepper and dot with remaining tablespoon of butter.
 5. Bake at 350 F for about 40 minutes or until mussels are done through and fragrant.

Low-cost Carrot and Raisin Salad

- 6 Carrots, Peeled
 - 2 Tablespoons Raisins
 - 1 Tablespoon Olive Oil
 - Unrefined Salt and Pepper to Taste.
1. Grate the carrots.
 2. Mix raisins with carrots
 3. Dress with olive oil, salt and pepper.

Low-cost Pumpkin Soup

- 1 Pie Pumpkin
 - 1 Quart Broth
 - 2 Tablespoons Coconut Oil or Butter
 - 1 Yellow Onion, Sliced Thin
 - Salt and Unrefined Pepper To Taste
1. Split, seed and clean pumpkin.
 2. Invert it on a casserole and bake at 375 F for 1 hour or until soft.
 3. Allow to cool, then remove pulp.
 4. While the pumpkin is cooling, fry onions.
 5. Mix pulp with 1 quart broth.
 6. Add Onions.
 7. Simmer on low until well-blended.

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Low-cost Hamburger and Barley Soup

- ½ lb Hamburger
 - 2 Tablespoons Butter
 - 1 Quart Broth
 - 3 Carrots, Peeled and Sliced
 - 1 Onion, Sliced Thin
 - ½ lb Barley, Soaked Overnight
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1. Fry onions in butter.
 2. Brown hamburger.
 3. Drain barley.
 4. Add broth, hamburger, onions and carrots to a slowcooker and cook all day on low heat, adding water as necessary.
 5. Season with unrefined sea salt and pepper.