

FRUGAL FEAST

RECIPES & GROCERY LIST



Makes 4 servings
Cost per Serving:
\$2.68 CA/\$2.28 US

Classic Meatloaf

Classic Meatloaf Seasoning

Steamer Mashed Potatoes

Herb & Garlic Dip Mix

3 Onion Buttery Beans

3 Onion Dip Mix

“Thank you, more please!”

That’s what you’ll be saying after trying this Frugal Feast dinner menu.

It’s tasty comfort food and incredibly fast to get on the table.

At under \$3 per serving, it’s a frugal feast that’s bursting with flavour.

All you need is a microwave, a **Rectangular Steamer**, and a **Round** or **Multipurpose Steamer**. A perfect menu for a family of four or if you’re a party of two you can enjoy leftovers the next night!

GROCERY LIST

EPICURE PRODUCTS

- 3 Onion Dip Mix (3 Onion Buttery Beans)
- Classic Meatloaf Seasoning
- Herb & Garlic Dip Mix (Steamer Mashed Potatoes)

PRODUCE

- 4–6 medium potatoes (Steamer Mashed Potatoes)
- 1 lb (450 g) green beans (3 Onion Buttery Beans)

PANTRY STAPLES

- 3 tbsp ketchup (Classic Meatloaf)
- 1 tsp brown sugar (Classic Meatloaf)
- 1 tsp honey mustard (Classic Meatloaf)
Swap: yellow mustard

PROTEIN

- 1 egg (Classic Meatloaf)
- 1 lb (450 g) lean ground beef (Classic Meatloaf)

DAIRY

- ¾ cup milk, your choice (Steamer Mashed Potatoes)
- 4 tbsp butter, preferably unsalted
 - 3 tbsp (Steamer Mashed Potatoes)
 - 1 tbsp (3 Onion Buttery Beans)



CLASSIC MEATLOAF



TIP: If you have extra time, let the meatloaf rest in the steamer 10 min before unmolding and slicing.



TOTAL TIME: 15 min



4 SERVINGS



\$2.05 CA/\$1.74 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mashed potatoes or rice and 1 cup steamed vegetables.

INGREDIENTS

- 3 tbsp ketchup
- 1 tsp brown sugar
- 1 tsp honey mustard
- 1 pkg **Classic Meatloaf Seasoning**
- 1 lb (450 g) lean ground beef
- 1 egg
- 2 tbsp water

NUTRITIONAL INFO

Per serving: Calories 260, Fat 13 g (Saturated 5 g, Trans 0.4 g), Cholesterol 120 mg, Sodium 490 mg, Carbohydrate 11 g (Fiber 1 g, Sugars 6 g), Protein 25 g.

INSTRUCTIONS

1. In a small bowl, combine ketchup, sugar, and mustard. Set aside.
2. In a large bowl, combine seasoning, ground beef, egg, and water. Using your hands or a large spoon, mix until well blended. Press mixture into **Rectangular Steamer** or 8" x 4" silicone loaf pan.
3. Place steamer on microwave-safe plate. Cover; cook on high 4 min. Spread prepared sauce over meatloaf; cover and cook on high an additional 2–3 min or until internal temperature reaches 160° F. Or, spread prepared sauce over meatloaf; place steamer on a **Sheet Pan** lined with **Sheet Pan Liner**. Bake, uncovered, in preheated 350° F oven for 35–40 min.

STEAMER MASHED POTATOES



TOTAL TIME: 15 min



6 SERVINGS



\$0.50 CA/\$0.43 US PER SERVING

INGREDIENTS

4–6 medium potatoes, washed and quartered

2 tbsp **Herb & Garlic Dip Mix**

$\frac{3}{4}$ cup milk

2–3 tbsp butter

NUTRITIONAL INFO

Per serving: Calories 220, Fat 4.5 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 25 mg, Carbohydrate 42 g (Fiber 3 g, Sugars 3 g), Protein 6 g.

INSTRUCTIONS

1. Combine potato and dip mix in a **Multipurpose Steamer**. Microwave on high, with lid on, for 10 minutes. Mash potatoes with milk and butter until desired consistency.

3 ONION BUTTERY BEANS



TOTAL TIME: 10 min



6 SERVINGS



\$0.13 CA/\$0.11 US PER SERVING

INGREDIENTS

1 lb (450 g) green beans, trimmed
2 tbsp **3 Onion Dip Mix**
1 tbsp butter

NUTRITIONAL INFO

Per serving: Calories 45, Fat 2 g (Saturated 1 g, Trans 0.1 g), Cholesterol 5 mg, Sodium 5 mg, Carbohydrate 7 g (Fiber 2 g, Sugars 3 g), Protein 2 g.

INSTRUCTIONS

1. Cook beans in boiling salted water until tender-crisp, about 4 minutes. Drain and reserve $\frac{1}{4}$ cup hot water.
2. Place beans in a large bowl and add dip mix, butter, and reserved water. Toss vigorously to mix until butter melts. Serve warm.