

# T T T T

## Thrifty Tips for Trying Times

An educational resource from  
Crossfire Ministries

### Leftover Magic with soup

#### Soup ala Frugal cooking

No one can afford to waste food these days. Nothing is more wasteful than having to throw away produce because we just didn't use "all" of it. Here is an easy, most frugal but tasty recipe:

#### Pantry Soup

What you will need:

Dutch oven or stock pot

1 can of green beans with liquid (or fresh + 1C water)

1 can of peas with liquid (or fresh + 1C water)

1 can of corn with liquid (or fresh + 1 C water)

1 Lg. can of chicken or beef broth

1 can of potatoes, or about 2 fresh (\*NOTE: If you want to add even MORE nutrition to this soup, put the potato peelings into a cheese cloth, close, and let simmer with soup.

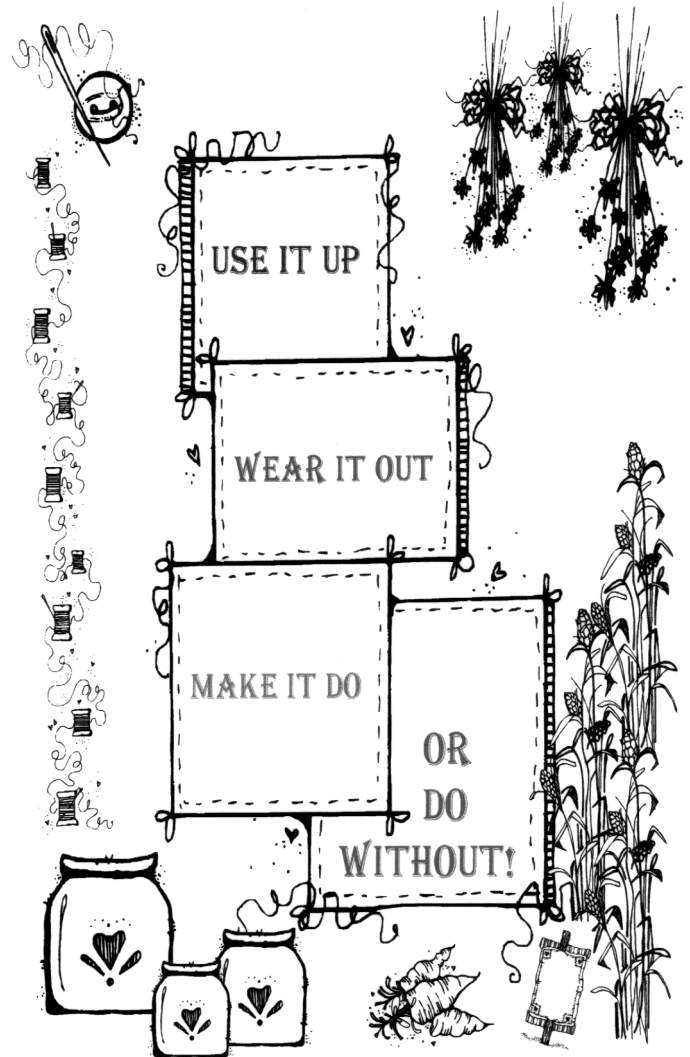
Remove before serving soup. Or leave skins on potato)

Begin cooking on low heat. After the flavors have blended for a while, try some and add salt/pepper to taste. When it is at full boil, add 1 pkg. of uncooked noodles (whichever kind you like) Cook until heated through, about 7-10 minutes. If you prefer more chicken flavor, add either more broth, or a can of chicken noodle soup.

\*VARIATION; Add tomato juice to your liking.

Whenever you are cooking up another meal, stash away just a bit of it for a future feature soup! Cook a little extra hamburger, or other meats, then freeze them until you are making soup. Be sure to label them, unless of course, you want "mystery soup" (That could be fun too!)

Remember you can use fresh or canned vegetables in the soups. If you are cleaning and blanching fresh produce, again, stash some away for soups.



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: Hear my cry, O God, attend unto my prayer. From  
: the end of the earth will I cry unto thee, when my  
: heart is overwhelmed: lead me to the rock that is  
: higher than I.  
: Psalm 61:1-2  
: .....

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## THRIFTY READERS TIPS:

Carol B. shares this thrifty tip: *When my children were young, I would make a gallon of powdered milk and mix it with equal parts of carton milk for flavor. If it was properly chilled, my children could not tell the difference and I saved a great deal of money.*

If you wish to share a thrifty tip, send your tip, neatly typed or printed to the attention of Leslie at Crossfire Ministries, 307 N. Union Blvd. Colorado Springs, CO 80909 or email it to [crossfireministries@msn.com](mailto:crossfireministries@msn.com). Include your name, address and phone number. Those chosen to be published in this newsletter will receive an extra free food service from Crossfire Mission. You will be notified if yours has been chosen.

## Financial Security:

Financial security means being able to meet life's big and little expenses. We can not rely upon others to provide sufficient resources to achieve financial security. We must accumulate some investments on our own. The only way to get money to invest is to save regularly. The only way to save regularly is to spend less than you earn. People who don't get into the habit of living beneath their means will never achieve financial security—rich or poor.

Determine what your bills are each month and how much you have to pay them. Make a budget and stick to it. Label envelopes for each bill or monthly need. Put your cash into your envelopes. Anything else must be saved for.

## Thrifty Meal Planning Tips:

1. Buy cereals in large boxes or bags instead of small, individuals packages.
2. Look for bargains on day-old bread and bakery products.
3. Add your own seasonings and sauces to rice and pasta.
4. Buy cereals plain, without added sugar. Add your own sugar if you don't need to worry about weight.
5. Buy regular rice and oats. The instant costs over twice as much per serving.
6. Select the largest container you can use without waste.
7. Grate cheese yourself. Packages of shredded cheese cost more than the same about of cheese in blocks.
8. Give children small portions to start so there is no waste.
9. Cut down on soda and bottled water.
10. Buy fruits and vegetables in season for good buys.
11. Buy plain canned or frozen vegetables instead of those with added seasonings and spices. You can add your own.
12. Look for large bags of frozen vegetables. They may be bargains and you can pour out the exact amount you need.

**Thrifty Tips Unscramble the tiles to reveal a message.**

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