

FABULOUS FRUGAL FOOD BILLS

Allen W. Presson

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I originally wrote this post and eBook back in Since then our food bills have become even more expensive, but the advice offered.

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Because they were still quite runny, I put them on for another. This is so easy and simple. I will be making a simple sauce of tinned tomatoes, onions, garlic and herbs this weekend in a huge pan.

Oregano is also good or just dried mixed herbs. Yummy with baked beans! You can use it instead of an oven to bake or roast. Jane at Frugal Queen is a legend. I will focus on light, healthy meals to try to lose a few pounds.

The times I have done this and come out with an armful of chocolate or crisps... will make a simple carrot salad as there is a large bag in the fridge.