

# BUDGET STRETCHING FOOD IDEAS

## Three Times A Charm

(NAPSA)—There's a simple way to cut down the amount of time you spend in the supermarket and the kitchen. Instead of shopping to create unique recipes every day of the week, use a variation on one theme. You can stretch meals, budget and time by cooking a main recipe once and using it two or three times throughout the week in different forms.

Take this recipe for Red Pepper Braised Short Ribs. You can double the recipe in a large pan and it won't take any longer to cook. The first night you can enjoy it as a main course. Then pull leftovers off of the bone and store in the fridge for later in the week.

From soups to sandwiches, there's an enormous amount of delicious dining opportunities here. Slather the leftover short rib meat with BBQ sauce and put it on a whole grain bun for sandwiches the next day. Later in the week, you're a step ahead on a quick minestrone. There you go: one meat, three meals, using up every last bit of flavor.

### Red Pepper Braised Short Ribs

- 1 tsp. olive oil
- 2½ lbs. beef short ribs, cracked
- 1 Tbsp. all-purpose flour
- 2 medium red bell peppers, diced (1-inch)
- 1 medium yellow onion, diced (1-inch)
- 1 cup sliced California Black Ripe Olives
- 2 cups beef stock
- 1 cup red wine
- 2 Tbsp. chopped marjoram



**You'll praise these braised short ribs—especially when they make great leftovers.**

Heat oil in a large high-sided sauté pan over medium-high heat. Season ribs with salt and pepper, then dredge in flour. Place ribs in pan and cook for 2-4 minutes on each side until well-browned. Transfer browned ribs to a clean plate and stir peppers and onions into pan. Cook for 3-4 minutes until slightly browned, then pour in beef stock, red wine, California Black Ripe Olives and marjoram and bring to a boil. Return ribs to pan, cover and cook on a low simmer for 3 hours, turning meat every hour to evenly cook until meat is easily pulled from the bones. Serves 4.

Find recipes for minestrone and other delicious dishes at [www.calolive.org](http://www.calolive.org).