



Incremental Curry (or chilli, soup, stew)

What to do with vegetables that are past their best but not yet ready for the compost heap? Or small amounts of left overs? If you have a freezer and large plastic or glass storage box the answer is easy, **Incremental Curry!** (or chili, soup or stew).

It couldn't be simpler to make; when bruised vegetables are crying out for attention, cook 'em! Don't worry about a recipe, put the cooked vegetables into the box in the freezer and let it accumulate to the level of three or four varieties. Before long there will be enough for a meal. It doesn't take much practise to find out which items work together and should be saved together.

When there is a good amount of food in the box thaw it out and add to some fried chicken or beef with some curry paste or powder or jarred sauce.

There is an infinite amount of variety possible with this thrifty technique, a partner to our program "Make a little go a long, long way."

Before freezing, beans can be mashed or pureed as they make a nice thickener for sauce. So do potatoes, lentils and peas.

Old ice cube trays can be used to store a variety of very small amounts of things in a compact way for example tomato paste, piece of ginger, cream, cooked rice, grated cheese.

A variation on this theme is to store vegetable peels and bones in re-sealable bags to use for robust soup/stew stocks.

Avoiding waste is a smart thing to do for the sake of family finances, but it is also a great contribution to protecting our environment. Waste disposal has become a major issue in many municipalities and avoiding the need to dump in the first place will help keep some of the heavy trucks off the roads and the air a little cleaner.