



Beef Casserole with Dumplings

Meal Cost Calculation

The recipes that are part of the 'Feed Four for \$15' campaign are suitable for four people based on an average meal size as determined by Countdown.

The cost of each meal is based on the actual quantity or portion of each ingredient used in the recipe, not the cost of the whole ingredient. For example, if the recipe requires half an onion, then the price used when calculating the meal cost will be half the cost of a whole onion, or if 2 cups of rice are required for a recipe, the price used when calculating the meal cost will be for 2 cups of rice (as opposed to the whole packet). The price of packaged dried herbs and spices used in the recipes is based on a percentage of the value of a whole packet, even if a smaller portion is used in an individual recipe. Remember, if an ingredient is purchased and only a portion is used, the rest can be used at a later stage.

Countdown assumes that you already have some basic items available at home which may not be included in the meal cost. These basic items vary from recipe to recipe and may include salt, pepper, oils, flours, milk, butter, bread and sugar.

Recipes identified as gluten free, dairy free or vegetarian has no ingredients known to commonly contain gluten, dairy, meat or meat products. As a pre-caution always check the ingredients you are using.

Prices of ingredients are based on the everyday (or non-promotional) price as determined on 20 March 2017. Prices of certain fresh produce may fluctuate according to availability and seasonal factors.

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Recipe courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
2 Tbsp	oil	PANTRY ITEM	\$ - -	\$ -	
50g	bacon	Signature Range Shoulder Bacon 400g	\$ 5.00 /400g	\$ 0.63	1 rasher = 25g PRICE LOCKDOWN
1	onion	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
2 cloves	garlic	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.09	1 garlic clove = 5g
500g	beef chuck steak	Beef Chuck Steak	\$ 17.99 /kg	\$ 7.25	
2 Tbsp	flour	PANTRY ITEM	\$ - -	\$ -	
1x400g	tomatoes	Homebrand Diced Tomatoes 400g	\$ 0.80 /400g	\$ 0.80	PRICE LOCKDOWN
500ml	beef stock	Select Beef Stock 1L	\$ 3.50 /1L	\$ 1.75	PRICE LOCKDOWN
1	bay leaf	Gregg's Bay Leaves 8g	\$ 4.39 /8g	\$ 0.47	Cost based on 10% of pack
1 Tbsp	dried thyme	Gregg's Dried Thyme 15g	\$ 2.39 /15g	\$ 0.22	Cost based on 10% of pack
2	potatoes	Loose Agria Brushed Potatoes	\$ 2.99 /kg	\$ 0.75	1 potato = 150g
350g	pumpkin	Cut Crown Pumpkin	\$ 3.49 /kg	\$ 1.22	
	salt	PANTRY ITEM	\$ - -	\$ -	
250g	self raising flour	PANTRY ITEM	\$ - -	\$ -	
125g	butter	PANTRY ITEM	\$ - -	\$ -	
1 Tbsp	dried rosemary	Gregg's Dried Rosemary 15g	\$ 2.39 /15g	\$ 0.22	Cost based on 10% of pack
1 Tbsp	parsley	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.35	Cost based 1/8 of bunch
200g	Homebrand Frozen Peas	Homebrand Peas 1kg	\$ 2.29 /1 kg	\$ 0.46	PRICE LOCKDOWN
Total cost to make meal				\$ 14.65	