

Tofu with Spiced Black Beans

Meal Cost Calculation

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 price as determined on 1 February 2019. Prices of certain fresh produce may fluctuate according to availability and seasonal factors.

Quantity	Ingredient	Product	Cost	Cost for meal based on quantity used	Comments
Recipe: Tofu with Spiced Black Beans					
Serves: 4					
Date Calculated: 1-Feb-19					
2 Tbsp	olive oil	PANTRY ITEM	-	-	
1	large brown onion	Loose Brown Onions	2.99/kg	\$0.45	1 onion= 150g
4 cloves	garlic	Fresh Produce Garlic Whole Bulbs 5pk	3.99/450g	\$0.18	1 clove = 5g
4 tsp	ginger	Loose Ginger	9.99/kg	\$0.20	1 tsp = 5g
2 Tbsp	ground cumin	Countdown Ground Cumin 30g	2/30g	\$0.80	Cost based on 40% of pack
1 Tbsp	sweet paprika	Mrs Rogers Eco Pack Spice Paprika 40g	2/40g	\$0.40	Cost based on 20% of pack
1/2 tsp	chilli powder	Greggs Chilli Powder 40g	2.39/40g	\$0.12	Cost based on 5% of pack
425g can	black beans	Old El Paso Mexican Black Beans	4/425g	\$4.00	
400g can	diced tomatoes	Essentials Tomatoes Diced 400g	.70/400g	\$0.70	
1 cup	coconut cream	Essentials Coconut Cream 400ml	1.20/400ml	\$0.75	
2 tsp	caster sugar	Countdown Caster Sugar 500g	1.40/100g	\$0.11	1tsp = 4g
2 Tbsp	lemon juice	Loose Lemons	\$8.50/kg	\$1.28	1 lemon = 150g
	Salt & Pepper to taste	PANTRY ITEM	-	-	
300g	tofu	Macro Organic Tofu Certified Organic 450g	4.50/450g	\$1.35	
1/3 cup	chopped cashews	Countdown Cashews Natural 200g	5.50/200g	\$1.51	1 cup = 165g
1	chilli	Fresh Green Chilli prepacked 3pk	4.50/3 pack	1.5	
	cooked rice to serve	PANTRY ITEM	-	-	
Cost per serve				\$3.34	