

8 ways to cut grocery bill

By Jessie Price, EatingWell

My pantry at home is always well-stocked. (Actually most people would probably call it overstocked.) I don't feel right if my cupboards are bare. And once I started working on our new book, *EatingWell on a Budget*, I realized that my pantry-stocking obsession also had the benefit of helping me save money: when I have key ingredients on hand to make dinner, I'm much less likely to call for delivery or go out. (Plus cooking at home is almost always cheaper than going out.)

Here are five of my favorite ingredients to keep on hand that help stretch my food dollars further.

Potatoes

Cost: about 44¢ apiece

Russet potatoes, which are a good source of fiber, potassium and vitamin C, are a great nutritional bang for your buck. And these babies are truly versatile. Try baking them, then stuffing them with beans, vegetables and salsa; mash them; slice and roast them; or turn them into hash browns for breakfast.

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