

good food

FREE - TAKE ONE • AUGUST 2025



OUTPOST CO-OP
GROCERY STORE



BASIC INGREDIENTS AT GREAT PRICES!



LOOKING FOR AFFORDABLE, WHOLESOME MEALS YOU CAN FEEL GOOD ABOUT? OUR RECIPES FEATURING CO+OP BASICS ARE HERE TO HELP!

The Co+op Basics products bring you everyday low prices on some of our most popular grocery and household staples—everything from bread and bananas to cheese and soup. These recipes make the most of those budget-friendly ingredients, so you can create nourishing meals without breaking the bank.

Whether you're cooking for one or feeding the whole family, just look for the purple signs in-store to spot the savings—and get inspired to cook up something great!

Peep the ingredients highlighted in these recipes - they are just a few of our many Co-op Basics that you can find at Outpost every single day!



EASY ARUGULA PIZZA

The contrast between a hot, crispy crust and a cool, leafy salad makes this easy pizza seem much more complicated than it is. Great for anytime you want a quick, fresh meal. | SERVES 4

1 14-INCH PRE-BAKED PIZZA

CRUST, THIN

3 TABLESPOONS THICK PIZZA

SAUCE

4 OUNCES ROMANO OR

PARMESAN CHEESE

2 OUNCES ARUGULA, WASHED AND
DRIED

1 TEASPOON EXTRA VIRGIN
OLIVE OIL

1 TEASPOON FRESH LEMON JUICE

SALT AND PEPPER

1. Preheat the oven to 400 degrees. Place the pizza crust on a sheet pan. Spread the sauce over the crust and shred 1 ounce of the cheese over the top. Bake the crust for 10-12 minutes, depending on the thickness of the crust, to crisp it.
2. While the crust bakes, use a vegetable peeler to shave the remaining cheese into thin slivers. Toss the arugula, oil, lemon juice and a pinch each of salt and pepper in a bowl. When the crust is hot and crisp, top with the arugula and cheese shavings and cut in four slices. Serve hot.

VARIATIONS

- GOAT CHEESE: Add to or replace the Romano cheese for some extra tang
- ROASTED CHERRY TOMATOES: Add after baking
- FRESH BASIL, MINT OR PARSLEY: Add after baking

BROCCOLI CHEDDAR RICE CASSEROLE

This bubbling, cheesy casserole will convince the kiddos that broccoli is their favorite veggie. By whisking a little flour into the milk and cooking it just enough to thicken, then stirring it into the casserole, it becomes a creamy sauce in the oven. Include crunchy apple slices and carrot sticks to round out a kid-friendly meal. | SERVES 6

1 CUP BASMATI RICE

1 ½ CUPS MILK

8 OUNCES CHEDDAR CHEESE,
SHREDDED, DIVIDED

4 CUPS BROCCOLI FLORETS

1 ½ CUPS WATER

1 TEASPOON SALT, DIVIDED

2 TABLESPOONS FLOUR

1. Heat the oven to 375 degrees and lightly oil a 2-quart baking dish.
2. In a 1-quart pot, bring the water to a boil and add the basmati rice and half of the salt. Return to a boil, cover tightly, and reduce the heat to low. Cook for about 15 minutes, until all the water is absorbed. Take off the heat, fluff and let stand for 5 minutes, then scrape into the prepared baking dish in a pile to cool.
3. In a small saucepan, whisk the flour and milk and place over medium heat. Whisk until the milk starts to boil. As soon as the milk is boiling and slightly thickened, take off the heat and pour over the rice.
4. Sprinkle in all but half a cup of the cheese and add the broccoli,



CREAMY CHICKEN PENNE

Perfect for a casual weeknight dinner, you can also dress this recipe up for company by serving with a crisp green salad and fresh bread. Cream transforms into a lush pasta sauce when combined in a hot pan with a scattering of Parmesan cheese. | SERVES 4 - 6

3 CUPS CHOPPED, COOKED
CHICKEN

1 POUND PENNE PASTA,
UNCOOKED

1 CUP FROZEN PEAS

½ CUP HEAVY CREAM

¾ CUP SHREDDED PARMESAN

SALT AND PEPPER

1. Boil a large pot of salted water for the penne. Cook the pasta according to package directions. During the last 5 minutes, add the frozen peas. Drain well.
2. In the pot you cooked the pasta in, or in a large sauté pan, pour in the cream and turn the heat to medium-high. Add the chicken and stir as the cream starts to bubble, then add the drained pasta. Stir and toss over the heat until the pasta is coated and the cream is becoming thick, about 2 minutes.
3. Add ½ cup of the Parmesan and keep tossing over the heat to melt. Add salt and pepper to taste. Serve warm with the remaining Parmesan sprinkled over the pasta.

VEGGIE QUICHE - HOLD THE CRUST

This is a versatile recipe that can be eaten hot or cold. A quick and easy breakfast, lunch or dinner. And if you are feeling adventurous, try these add-ins: roasted green chiles and grated cheddar cheese, diced winter squash and goat cheese, zucchini and cherry tomatoes, or spinach and sliced kalamata olives. Hardy veggies like broccoli, cauliflower or winter squash are best steamed or cooked prior to adding. Softer veggies like summer squash, herbs or cherry tomatoes can be added fresh. | SERVES 4

- 1 TABLESPOON FLOUR
- 1 LARGE ONION, SLICED INTO HALF MOONS
- 1 TEASPOON SALT, PLUS MORE TO TASTE
- 1/2 TEASPOON BLACK PEPPER, PLUS MORE TO TASTE
- 3 TO 4 CUPS CHOPPED VEGETABLES
- 8 EGGS
- 1 CUP MILK
- 1 CUP GRATED CHEDDAR

1. Preheat oven to 400 degrees.
2. In a cast-iron or other oven-proof skillet, melt the butter over medium heat. (Don't have an oven proof skillet? Add ingredients to a pie plate in Step 3) Add the onion slices and sprinkle in a bit of salt and pepper. Cook the onions until they are golden brown and starting to caramelize, about 10 minutes. Try not to rush this process.
3. Remove the pan from the heat and spread the onions evenly across the bottom. Spread veggies over the onions. The dish or pan should look full.
4. In a bowl, beat the eggs lightly with the milk, cheese, 1 teaspoon of salt, and 1/2 teaspoon of black pepper. Just enough to break up the yolks for a savory custard. Pour the egg mix over the veggies and onions.
5. Transfer to the oven and bake for 1 hour. Once the surface is lightly brown all across, remove pan from oven. Let cool for about 15 minutes.



BANANA “NICE” CREAM

Craving a sweet treat? Instead of ice cream, make “nice” cream from frozen bananas. It's dairy-free and you can easily create custom flavors. Buy overripe bananas on deal – these are GREAT for peeling and freezing. Work the recipe quickly so all ingredients stay cold. You can always scoop this into a tub and freeze for later. | SERVES 2

- 3 RIPE BANANAS (2 CUPS), SLICED AND FROZEN
- 1/4 TEASPOON VANILLA
- 1 TABLESPOON MILK (OR OTHER MILK ALTERNATIVE)

1. Place the sliced bananas in a food processor bowl and process, breaking down the banana into small bits.
2. Scrape down the banana, add the vanilla and almond milk, and process until smooth. As soon as there are no lumps, transfer to bowls to serve or to a storage tub to freeze.
3. Top with some fresh fruit, chopped nuts or a drizzle of chocolate if desired.



VARIATIONS

- 2 TABLESPOONS COCOA: Add with vanilla and milk and process
- 2 TABLESPOONS PEANUT BUTTER + 1 TABLESPOON HONEY: Add to the bananas and process
- 2 TABLESPOONS ALL-FRUIT STRAWBERRY JAM: Add to the bananas
- 1 TABLESPOON CHIA SEEDS: Add with the almond milk and process

SIPPABLE SWEETNESS

Be surprised and delighted with these super simple recipes. A dash of vanilla extract helps to elevate the flavors, and a sprinkling of cinnamon can add a level of sugar-free sweetness. Hey look - fancy grocery store drinks you can make at home. Look for juices on sale! Add both ingredients to a jar, cover and shake. Stir in some chia seeds for a nutritional boost. | SERVES 2 EACH

DRINKABLE YOGURT: 1/2 CUP YOGURT (NOT GREEK STYLE OR SKYR) + 1/2 CUP FRUIT JUICE

MELON SMOOTHIE



Freezing melon is a great way to preserve the summer harvest when prices are easy on the wallet. Blend to combine. Top with some toasted coconut flakes if desired. It's like a healthy slushy!

- 1 CUP OF CHOPPED FROZEN MELON
- 1/2 CUP FRUIT JUICE OR WATER, ENOUGH TO THIN
- 1 TEASPOON VANILLA EXTRACT

MANGO LASSI



You haven't really had mangoes until you've tasted lassi on a hot and humid day. Look for mangoes when they are on deal! Blend until smooth and creamy. Feel free to top with ground cardamom, a drizzle of honey or some fresh mint if desired.

- 1 MANGO, PEELED, PITTED AND DICED
- 1 CUP OF YOGURT (NOT GREEK OR SKYR)
- MILK OF CHOICE TO THIN

BERRY SMOOTHIE



Buy berries in season when they are on sale and freeze. Blend until smooth in a blender, then adjust with more fruit or milk to taste. Top with a sprinkle of granola if desired.

- 1/2 CUP YOGURT (NOT GREEK OR SKYR)
- 1 CUP FROZEN BERRIES
- MILK OR JUICE AS NEEDED TO THIN
- 1 TEASPOON VANILLA EXTRACT



NO SUPER MEGA FIRE SALES. JUST GREAT PRICES. EVERYDAY.



pantry basics

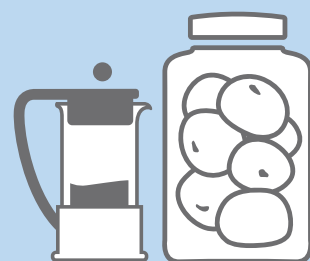
AN AFFORDABLE, WELL-STOCKED PANTRY STARTS HERE

BUILDING A PANTRY DOESN'T HAVE TO BE EXPENSIVE!

WITH NEW LOWER PRICES ON OVER 300+ ITEMS, IT'S EASIER THAN EVER TO STOCK UP ON THE ESSENTIALS THAT MAKE QUICK, HEALTHY MEALS POSSIBLE.

FROM RICE AND BEANS TO SPICES AND SAUCES. ALL OF THE STAPLES YOU NEED TO BECOME THAT INGREDIENT HOUSEHOLD. YOUR PANTRY IS THE KEY TO SAVING MONEY AND REDUCING STRESS AT DINNERTIME!

Look for the **green "NEW LOWER PRICE"** tags while shopping the aisles!



CUSTOMIZE YOUR PREFERENCES

Put your favorite things front and center. If you love to bake, by all means, put those supplies at eye level! Create favorite meal kits by pulling ingredients for dishes like pancakes, curries, or chilli and store those items together on a tray or in a baking pan, to pull out of the pantry as needed.

Get Organized

Baking Supplies & Non-Essentials

Store napkins, serving bowls, and baking supplies in less accessible spaces. Keep a foot stool nearby.

Spillables

Place oils and vinegars on a spill-proof tray or mat. Seasonings and condiments should be kept cool and dry.

Dry Ingredients

Best kept in airtight containers to retain freshness and keep bugs out.

Canned Goods & Boxed Meals

Arrange cans in rows on a lower shelf. Use expandable wire shelving to maximize space. Keep easy meal foods around eye level to find food fast.

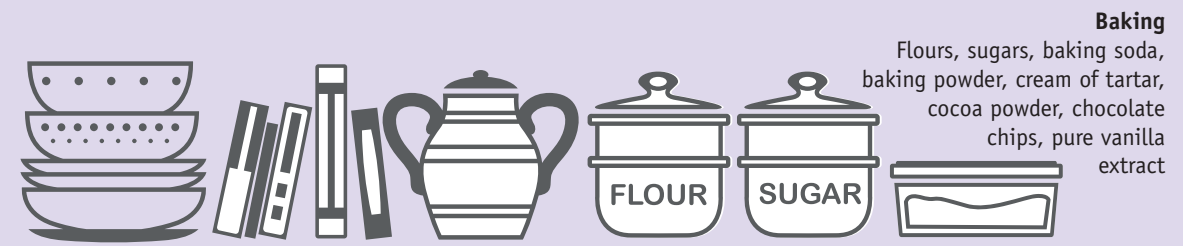
Snacks & Beverages

Place lower for smaller family members. Have a family member with a special diet? Consider designating them one shelf to prevent cross contamination.

Appliances

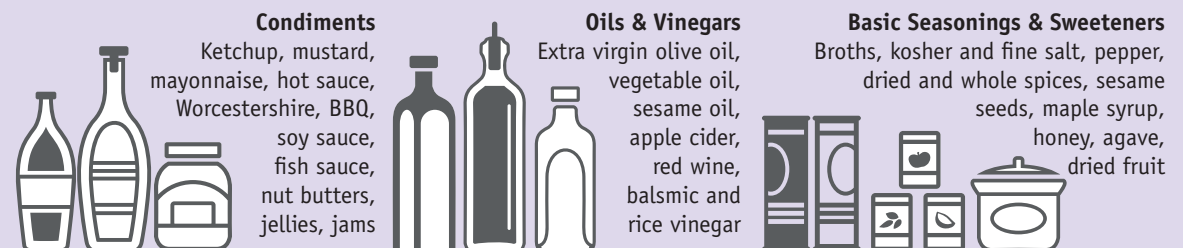
Crock pots, blenders, oversize pots and strainers, and infrequently used small appliances can be stored neatly out of sight until you need them.

Healthy Pantry Basics



Baking

Flours, sugars, baking soda, baking powder, cream of tartar, cocoa powder, chocolate chips, pure vanilla extract



Condiments

Ketchup, mustard, mayonnaise, hot sauce, Worcestershire, BBQ, soy sauce, fish sauce, nut butters, jellies, jams

Oils & Vinegars

Extra virgin olive oil, vegetable oil, sesame oil, apple cider, red wine, balsamic and rice vinegar

Basic Seasonings & Sweeteners

Broths, kosher and fine salt, pepper, dried and whole spices, sesame seeds, maple syrup, honey, agave, dried fruit



Legumes, Nuts & Seeds

Dried or canned beans, lentils, peas, peanuts, almonds, walnuts or pecans, popcorn kernels

Grains & More

Long-grain white rice, brown rice, bulgar, farro, quinoa, old-fashioned rolled oats, panko or breadcrumbs

Pastas

Semolina and whole grain pasta, rice noodles, egg noodles, couscous



Canned Goods

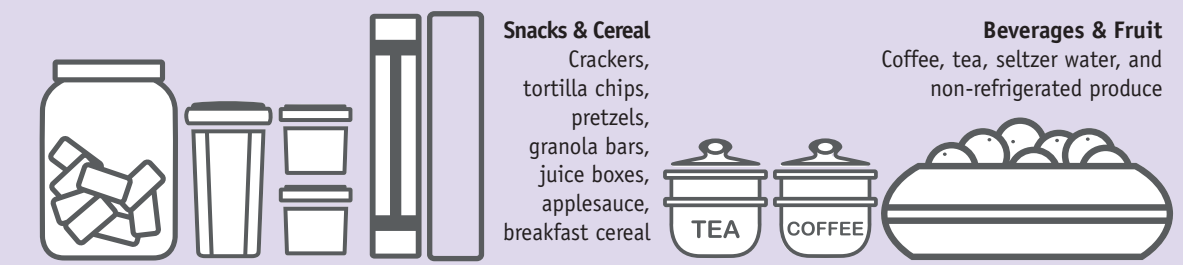
Mushrooms, corn, green beans, crushed and diced tomatoes, tomato sauce, tomato paste, coconut milk, evaporated milk, tuna, anchovy fillets or paste

Quick Dinner Bases

Ethnic sauces and rice or pasta based mixes can be turned into a quick dinner by adding protein and fresh veggies

Jarred

Olives, capers, chipotles in adobo, pickled jalapeños, roasted red peppers, homemade preserves, and salsa

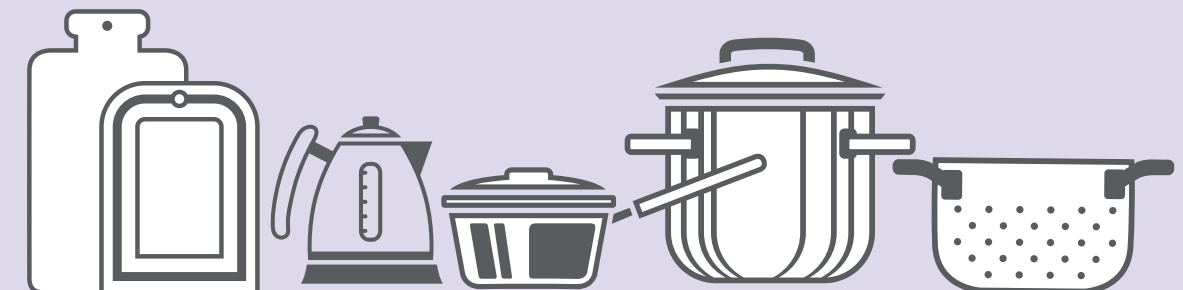


Snacks & Cereal

Crackers, tortilla chips, pretzels, granola bars, juice boxes, applesauce, breakfast cereal

Beverages & Fruit

Coffee, tea, seltzer water, and non-refrigerated produce



Save!

BUY IN BULK

Saves money and packaging. Buy only what you need or want and try new things!

SHOP THE SALES & STOCK UP

Pick up the weekly sales flyer or view it online at: www.outpost.coop

MAKE A GROCERY LIST

We know. It sounds really boring, but a grocery list makes your shopping trip quick and efficient and keeps you on track. Pen and paper do the trick!

PRESERVE YOUR OWN FOOD

Feel like freezing, canning or putting up preserves? Take your pantry to the next level by stocking it with items you've preserved from the growing season.



**Saturday • August 16
11 AM - 2PM**

All Outpost Store Locations



BULK UP!

Take what you need. A little or a lot.



Bring a container, fill up & fuel up!

**Beans! Grains! Coffee! Nuts!
Granola! Chocolate-Covered
Goodness & More!**

ACCESSIBILITY FOR ALL!

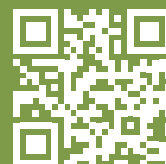
We get it...there are situations in life where money can be tight and access to good food may be a bit out of reach. Outpost's ownership accessibility program, In Reach, gives more people the ability to join our co-op and enjoy the benefits of ownership by offering a reduced payment plan for co-op shares.

With your first payment of \$5, you'll receive all the financial benefits of ownership. A total of five \$5 monthly payments is all it takes to become an active owner with full voting rights for one year. To sign up for In Reach, stop by an Outpost service desk to make your first payment.

Find out if you qualify for Outpost's In Reach program:
www.outpost.coop/inreach

In Reach

MAKING COOPERATIVE
OWNERSHIP ACCESSIBLE
FOR EVERYONE



**Think Outside
The Lunchbox**

**June 1 - August 31
Donating is easy!**

- Round up your grocery total at check-out
- Drop your spare change in a donation jar
- Donate a healthy food item in the donation bin at the front of the store

Benefits Hunger Task Force of Milwaukee



OUTPOST CO-OP
GROCERY STORE



Learn more at
www.outpost.coop/toti