

First Alternative Co-op

BUDGET BITES

Vol. 3, Issue #: 12
December, 2012

Dinner for 2
adults,
6 nights,
under \$50!



Menu:

Grande Gorditas

Veggie Chili

Simple Spaghetti

Falafel & Quinoa Tabouli

Chili con Queso Casser-Olé

Falafel Salad

BUDGET BITES VOL. 3 #12

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Grande Gorditas	Veggie Chili Carrot Sticks	Simple Spaghetti Green Salad	Falafel Quinoa Tabouli	Chili con Queso Casser-olé! Green Salad	Falafel Salad Quinoa Tabouli
In the fridge for later: 3 Pitas ½ cooked hamburger lettuce sour cream green onion	In the fridge for later: chili green onions olives	In the fridge for later: lettuce cheese Tip: Cook the quinoa tonight for tomorrow's tabouli salad.	In the fridge for later: 1 pita Quinoa Tabouli lettuce	In the fridge for future meals: green onion lettuce	Tip: Heat falafel and toss with salad greens, green onion, toasted pita chunks, and your favorite dressing.

SHOPPING & RECIPES

We shopped this list at the Co-op on November 12, 2012. We chose organic (marked "OG") and local (marked "6") and picked what we'd use at home. We also assumed you had a few things in the pantry, which were not included in the shopping total. Our total: \$45.75

IN THE PANTRY:

salad dressing	milk
garlic	brown sugar
salt & pepper	butter
oregano	honey
cumin	chili powder
mayonnaise	veggie broth
chipotle powder	oregano
oil	coriander
baking powder	flour

GROCERY:

- ___ 1 can *Truitt Bros.* black beans 6
- ___ 1 can *Truitt Bros.* garbanzo beans 6
- ___ 1 pkg *Mediterranean* pita rounds
- ___ 1 14 oz can *Muir Glen* fire roasted tomatoes OG
- ___ 1 14 oz can *Muir Glen* tomato sauce OG

BULK:

- ___ ½ cup salsa 6 OG
- ___ 1 cup soy curls 6 OG
- ___ 1 cup frozen corn 6
- ___ 1 tsp Yakima smoked salt
- ___ 8 oz. spaghetti noodles
- ___ 1 cup quinoa OG
- ___ 1 cup sliced black olives
- ___ 2 cups corn chips 6
- ___ 2/3 cup cornmeal

MEAT

- ___ 1 lb. hamburger 6

DAIRY & CHEESE:

- ___ ¼ lb. cheddar
- ___ 2 cups sour cream
- ___ 1 egg 6

PRODUCE, 100% OG:

- ___ 2 onions 6
- ___ 2 heads lettuce
- ___ 1 red onion 6
- ___ 8 mushrooms
- ___ 3 jalapeños 6
- ___ 1 bunch parsley
- ___ 1 cucumber
- ___ 2 tomatoes 6
- ___ 1 bunch green onions 6
- ___ 2 carrots 6
- ___ 1 lemon

BUDGET BITES

The idea for Budget Bites came from Davis Food Co-op, in Northern California. It's a great example of co-ops working together to share info and help people eat better. We test, adapt and improve the menu and recipes to our taste and include ingredients and seasonal produce. Some of our favorite ideas have come from staff and readers. We hope to continue receiving your recipes, ideas and questions!

If you are a fan of Budget Bites and would like to try out other weeks, don't despair! Archived editions are available by request at customer service or online at firstalt.coop



Budget Bites archives are available at customer service & online at www.firstalt.coop

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Recipes

Grande Gorditas

1 lb. hamburger
½ onion, diced
2 cloves garlic, minced
1 jalapeño, diced
Salt & pepper
1 tsp oregano
1 tsp cumin
2 pita rounds
1 cup lettuce, shredded
1 green onion, sliced
½ cup salsa
½ cup cheese, grated
¼ cup sour cream
2 Tbsp mayonnaise
½ tsp chipotle powder

Brown beef in oil with onion, garlic, jalapeño, oregano, cumin and salt and pepper to taste. Set ½ aside. Warm pita rounds in a skillet and fill with beef, lettuce, salsa, cheese, green onion and gordita sauce. Gordita sauce: mix ¼ cup sour cream, 2 Tbsp mayonnaise, and ½ tsp chipotle powder from bulk!

Veggie Chili

1 cup soy curls
1 ½ cups boiling water
1 red onion
1 Tbsp oil
3 cloves garlic
1 can black beans
1 can Fire-Roasted Tomatoes
1 jalapeño, diced
2 tsp cumin
2 tsp chili powder
1 cup frozen corn
½ Tbsp veggie broth powder
1 tsp Yakima smoked salt
Green onion, cheese and olives for garnish

Soak soy curls in water for ten

minutes. Sauté onion in oil until tender. Add remaining ingredients and simmer 10 minutes. Reserve ½ recipe for Chili Casserole. Serve with green onion, grated cheese and sliced olives.

Corn Cakes

2/3 cup cornmeal
1 ½ tsp baking powder
pinch of salt
1 Tbsp brown sugar
¼ cup milk
1 egg

Mix all ingredients together and cook in an oiled skillet until golden on both sides. Serve with butter and honey.

Simple Spaghetti

8 oz. pasta
½ onion, chopped
1 tsp olive oil
8 mushrooms, quartered
1 jalapeño
½ recipe hamburger (from gorditas)
1 14 oz can tomato sauce
½ tsp oregano
Salt & pepper to taste
Prepare pasta to taste. Meanwhile, sauté onion until tender. Add mushrooms and jalapeño. When veggies are cooked to your desired finish, add remaining ingredients and simmer 10 minutes. Mix sauce with spaghetti and enjoy!

Falafel

1 can garbanzo beans.
1 large onion, chopped
2 cloves garlic, chopped
3 Tbsp fresh parsley, chopped
1 teaspoon coriander
1 teaspoon cumin
2 tablespoons flour
Salt & pepper to taste
2 pitas
½ cucumber, sliced
1 cup shredded lettuce
sour cream

Combine all ingredients in a food processor and blend until chunky dough forms. Shape into small patties and fry in oil, flipping once, until golden brown on both sides. Serve with warm pita, cucumber slices, sour cream and shredded lettuce.

Quinoa Tabouli

1 cup quinoa, rinsed
2 cups water
1 ½ cups parsley, minced
2 tomatoes, diced
3 green onions, thinly sliced
½ cucumber, diced
Juice of 1 lemon
2 ½ Tbsp olive oil
1 Tbsp honey
Salt and pepper to taste
Bring quinoa and water to a boil. Reduce heat to low and cook 20 minutes, then allow to cool. Toss veggies in a salad bowl. Add lemon juice and olive oil. Stir in quinoa and season with salt and pepper.

Chili Con Queso Casserole

½ batch chili
2 cups corn chips
1 cup cheese, shredded
1 ½ cups sour cream
½ cup green onions, sliced
½ cup black olives, sliced
Crush the corn chips (or use the crumbs at the bottom of several bags, this is a great way to use them up!). Place ½ in the bottom of an 8x8 baking dish. Top with chili and dollop with sour cream. Sprinkle with the second cup of chips and finish with the cheese. Bake at 350° for 25 minutes. Serve with green onions and olives.