

*First Alternative Co-op*

# BUDGET BITES

Vol. 2, Issue #4: April 2011  
~Vegetarian Bliss~

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



## Menu:

Saturday: Tuesday: Gypsy Tomato Soup

Sunday: Tempeh Fried Rice

Monday: Veggie Pizza Supreme

Tuesday: Mushroom Stuffed Crepes

Wednesday: Falafel Burgers

Thursday: Party Pasta

# BUDGET BITES VOL. 2 #3

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Gypsy Tomato Soup Grilled Cheese Buns	Tempeh Fried Rice	Veggie Pizza Supreme Green Salad	Mushroom stuffed crepes Green Salad	Falafel Burgers Sweet Potato Fries	Party Pasta Garlic Toast
In the fridge for future meals: Buns Rice Crushed tomatoes  <i>Tip: Cook rice for tomorrow's dinner while preparing the soup.</i>	In the fridge for future meals: ½ lemon Croutons  <i>Tip: Make croutons for tomorrow: Cut 2 buns into cubes and place on a baking sheet. Sprinkle with herbs, toss with olive oil and bake until brown. Cool completely &amp; store.</i>	In the fridge for future meals: Green Salad 1/2 pk. Gimme Lean Sausage  <i>Tip: Rinse and dry lettuce. Pull apart into bite sized pieces. Add 2 grated carrots. Voila! Green salad!</i>	<i>Tip: Add some fennel seeds, red pepper flakes, and oregano to your Gimme Lean for a traditional sausage flavor. You can also try smoked paprika and garlic powder for another twist.</i>	<i>Tip: Cut potatoes into strips and place in a large container. Add salt, spices (if desired) and oil and shake well. Bake on a cookie sheet at 400° for 20 minutes.</i>	<i>Tip: Mix 1 clove minced garlic, butter and parmesan and spread over buns. Broil until golden.</i>

## SHOPPING & RECIPES

We shopped this list at the Co-op on March 22, 2011. We chose organic wherever affordable, and picked what we'd use at home—the best value rather than the absolute cheapest. We also assumed you had a few things in the pantry, which were not included in the shopping total. Our total: \$48.81

## IN THE PANTRY:

butter  
oil  
tamari  
agave syrup  
garlic  
oregano  
basil  
salt and pepper  
red pepper flakes  
baking powder  
chili powder  
ground ginger  
ground coriander  
veggie broth powder

## BULK:

\_\_\_ 1 cup all purpose flour  
\_\_\_ 1 cup brown rice  
\_\_\_ 1 cup sliced black olives  
\_\_\_ 1 cup frozen peas  
\_\_\_ ¾ cup falafel mix  
\_\_\_ 2 cups rigatoni  
\_\_\_ ½ cup slivered almonds

## DAIRY & CHEESE:

\_\_\_ 1 quart whole milk  
\_\_\_ 3 eggs  
\_\_\_ ½ cup shredded asiago  
\_\_\_ 1 lb part-skim mozzarella

## GROCERY:

\_\_\_ 1 pkg. *Vegantopia* tempeh  
\_\_\_ 28 oz. crushed tomatoes

\_\_\_ 1 pkg. *Bread Stop* buns  
\_\_\_ 14 oz. garbanzo beans  
\_\_\_ 1 *Bread Stop* pizza crust  
\_\_\_ 14 oz *Gimme Lean* sausage

## PRODUCE:

\_\_\_ 2 sweet potatoes  
\_\_\_ 2 onions  
\_\_\_ 20 mushrooms  
\_\_\_ 1 bell pepper  
\_\_\_ 3 carrots  
\_\_\_ 1 bunch cilantro  
\_\_\_ 1 head broccoli  
\_\_\_ 1 lemon  
\_\_\_ 1 small cucumber  
\_\_\_ 1 baby bok choy  
\_\_\_ 1 head lettuce



# BUDGET BITES

## Earth Month: Vegetarian Style!

There are three popular reasons why people choose a vegetarian diet: concern for animals, health, and the planet.

When planning your meal, consider this advice from Shereen Jegtvig, an *About.com* Nutrition Guide since 2004:

- Grains plus legumes. Try black beans and rice.
- Nuts and seeds plus legumes. Lentil soup with a serving of almonds on the side.
- Corn plus legumes. Try pinto beans in a corn tortilla.

There are lots of possible combinations.

- Try whole grain pasta tossed with peas, almonds, and your favorite sauce.
- Whole wheat toast with peanut butter will give you a complete protein.
- Bean soup with whole grain crackers.
- Corn tortillas with refried beans and rice.

Proteins provide you with the building blocks that you need to make and maintain your muscles, organs, and immune systems.

## Recipes

### Veggie Pizza Supreme

- 1 *Bread Stop* pizza crust, room temp.
- 1 cup crushed tomatoes
- ½ pkg. Gimme Lean, cooked
- 3 cloves garlic, minced
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- 1 ½ cups grated mozzarella
- 1 bell pepper, diced
- ½ onion, diced
- 4 mushrooms, diced

Prepare all ingredients. Roll out crust on pizza stone or pan. Spread with crushed tomatoes. Sprinkle with garlic, oregano, basil and chili flakes. Top with cheese and remaining toppings. Bake at 450° for 20-30 minutes.

### Mushroom Stuffed Crepes

- ½ pkg. *Gimme Lean* Sausage
- ½ onion, finely minced
- 12 white mushrooms, sliced
- 1 Tbsp. butter
- 1 Tbsp. olive oil
- ¾ cup + 2 Tbsp. flour, divided
- 1 ½ cups + ⅔ cup milk, divided
- salt and pepper to taste
- ½ tsp. salt
- 1 tsp. baking powder
- 2 eggs
- ⅓ cup water

For filling, cook onions and sausage in butter and olive oil. Add mushrooms and cook until tender. Sprinkle 2 Tbsp flour over mixture and stir. Cook gently 1 minute. Add ⅔ cup milk and cook, stirring, until thickened. For crepe batter, mix ¾ cup flour, salt and baking powder together. Mix eggs, 1 ½ cups milk and water together. Combine wet & dry ingredients. The batter should be like heavy cream - if it's too thick, add a bit more milk. Heat a non-stick

skillet. Add ⅓ cup of batter to the hot pan and swirl to spread in a thin, even layer. Cook over medium heat until top is dry. Gently peel the crepe away from the skillet and flip. Cook two minutes. Repeat with remaining batter. Fill crepes and serve.

### Gypsy Tomato Soup

- 1 Tbsp. olive oil
- ½ cup finely minced onion
- 2 tsp ground ginger
- 2 tsp ground coriander
- 2 cloves garlic, minced
- 1 ½ cups crushed tomatoes
- 1 cup vegetable broth
- 2 Tbsp. agave syrup
- 1 cup milk
- salt and pepper to taste
- cilantro for garnish

In a deep saucepan, sauté onions, ginger and coriander in olive oil until soft and fragrant. Add tomatoes, agave, garlic and broth. Bring to a boil and simmer for 10 minutes. Add milk. Heat gently until just warm. Add salt and pepper to taste and garnish with cilantro.

### Tempeh Fried Rice

- 4 Tbsp. oil, divided
  - 1 pkg. *Vegantopia* tempeh
  - ½ onion, thinly sliced
  - 3 cloves garlic, minced
  - 1 carrot, thinly sliced
  - 4 mushrooms, quartered
  - 1 cup peas
  - 1 baby bok choy, chopped
  - 2 cups rice, cooked
  - 1 egg, beaten
  - 2 Tbsp. tamari, divided
  - 2 Tbsp agave syrup
  - ¼ tsp. red pepper flakes
  - ½ lemon, cut into wedges
  - ½ bunch cilantro, chopped
- Sprinkle tempeh with 1 tsp tamari and allow it to marinate while you prep other veggies. Heat 2 Tbsp oil in wok and sauté tempeh until golden. Add

onions, garlic & carrots and cook for 2 minutes. Add mushrooms and cook two minutes. Throw in peas and bok choy and cover pan. Let steam 4 minutes. Remove lid and push vegetables to edges of pan. Add 1 Tbsp oil and pour in egg. Cover and cook until eggs are firm. Push them to the side and add rice, remaining tamari, sugar, and pepper flakes. Mix ingredients well and cook until heated through. Garnish with lemon and cilantro.

### Falafel Burgers

- ¾ cup falafel mix
- ¾ cup water
- 1 tsp. lemon zest
- ¼ cup minced cilantro
- oil for frying

Mix falafel well with water. Let stand 15 minutes. Stir in grated lemon zest and cilantro. Heat oil in large sauté pan. Form two falafel patties and place in pan. Cook over medium heat until golden brown, 3-4 minutes. Turn and cook second side. Serve on toasted buns with onion, lettuce, cucumber & a lemon wedge for garnish.

### Party Pasta

- 2 cups rigatoni
  - 2 cups broccoli, bite-sized pieces
  - ¼ cup quality olive oil
  - 2 cloves garlic
  - ½ cup almonds, slivered
  - ½ tsp. red pepper flakes
  - 1 can garbanzo beans, rinsed
  - ½ cup shredded asiago
  - 1 cup sliced black olives
- Cook pasta in lightly salted boiling water; add broccoli for the last 2-3 minutes. In a large, non-stick pan, heat 1 Tbsp. olive oil and sauté garlic and almonds gently until fragrant. Add red pepper flakes, remaining oil & garbanzo beans to the garlic and heat until just warm. Add pasta and cheese to almond mixture. Top with olives and serve.

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