

First Alternative Co-op

# BUDGET BITES

Vol. 4, Issue #4  
April 2013

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



## Menu:

Hearty Green Pasta Sauté  
Chickpea Soup  
Tempeh-licious Burritos  
Santorini Pizzas  
Creamy Chard Bake  
Sausage Wrappers

# BUDGET BITES VOL. 4 #4

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Hearty Green Sauté Brown Rice	Chickpea Soup with Flatbread	Tempeh-licious Burritos Refried Beans	Santorini Pizzas	Sausage Wrappers Krautsalat	Creamy Chard Bake Steamed Raab
In the fridge for later: 1/2 bunch chard 2 sausages 2 cups rice Tip: Clean and rinse the chickpeas and soak overnight for tomorrow.	In the fridge for later: 6 flatbread 1 cup cooked chickpeas 1/2 head cauliflower 1/2 onion	In the fridge for later: 1/2 head cabbage 4 flatbread	In the fridge for later: 2 flatbread Tip: Soften the dried tomatoes by soaking them in boiling water until tender. Drain and chop.	Tip: For easy dinner prep tomorrow, cook rice tonight!	Tip: Rinse Raab and steam. Sprinkle with salt and a little olive oil.

## SHOPPING & RECIPES

We shopped this list at the Co-op on March 11, 2013. We chose organic (marked "OG") and local (marked "🇺🇸") 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: \$45.67

### IN THE PANTRY:

salt & pepper	olive oil
garlic	butter
baking powder	caraway or celery seed
oil	agave syrup
cumin seed	cider vinegar
mustard seed	thyme
veggie broth powder	Yakima smoked salt
oregano	
tahini	

### DAIRY & CHEESE:

\_\_\_ 1/2 cup feta cheese  
\_\_\_ 1/2 cup grated parmesan  
\_\_\_ 1/2 lb. jack cheese  
\_\_\_ 1 cup sour cream OG 🇺🇸

### MEAT/ISH

\_\_\_ 1 pkg. soy sausage  
\_\_\_ 1 pkg. Turtle Island multigrain tempeh OG

### GROCERY:

\_\_\_ 1 can mushroom soup OG  
\_\_\_ 1 pkg. ww tortillas or flatbread  
\_\_\_ 1 can refried beans OG

### BULK:

\_\_\_ 1 1/2 cups dried chickpeas

\_\_\_ 2 cups brown rice pasta  
\_\_\_ 1/4 cup coconut oil  
\_\_\_ 1/2 cup artichoke hearts  
\_\_\_ 1/2 cup dried tomatoes  
\_\_\_ 1 cup brown rice OG  
\_\_\_ 1/2 cup salsa OG 🇺🇸  
\_\_\_ 1/2 cup sliced olives

### PRODUCE, 100% OG

\_\_\_ 2 onions  
\_\_\_ 2 carrots  
\_\_\_ 1 piece fresh ginger  
\_\_\_ 1/4 lb. bulk spinach 🇺🇸  
\_\_\_ 1 lemon  
\_\_\_ 1 bunch chard 🇺🇸  
\_\_\_ 1 head cabbage 🇺🇸  
\_\_\_ 1/2 lb. mushrooms  
\_\_\_ 1 bunch raab 🇺🇸

# 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](http://firstalt.coop)



Budget Bites archives are available at Customer Service & online at [www.firstalt.coop](http://www.firstalt.coop)

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## Recipes

### Hearty Green Pasta Sauté

2 cups uncooked brown rice pasta  
½ bunch chard, chopped  
4 cloves garlic, cut into slivers  
2 soy sausages, sliced into medallions  
2 Tbsp butter  
½ cup grated parmesan  
Salt & pepper to taste

Cook pasta to taste. Meanwhile, brown the garlic and sausage in the butter and add greens. Cook until fragrant and toss with parmesan. Salt and pepper to taste and serve over rice.

### Chickpea Soup

1 ½ cups dried chickpeas, sorted & rinsed  
2 Tbsp coconut oil, divided  
1 carrot, diced  
½ onion, diced  
1 Tbsp fresh ginger, minced  
1 tsp cumin seeds  
1 tsp mustard seed  
2 cloves garlic, minced  
1 quart water  
2 tsp veggie broth powder (or to taste)  
¼ lb. bulk spinach, rinsed and chopped

Soak chickpeas overnight. Bring to a boil with 1 Tbsp oil and 6 cups water. Cover and cook until tender, about 1 hour by stovetop or 20 minutes in a pressure cooker. Put 2 cups aside for hummus, as well as enough cooking liquid to cover them.

Sauté carrot, onion, ginger and cumin in oil until lightly browned. Add remaining ingredients except for greens and bring to a gentle simmer for 10 minutes. Add greens and serve with hot tortillas or flatbread.

### Tempeh-licious Burritos

2 tortillas or flatbread  
1 pkg. multigrain tempeh  
1 Tbsp oil  
½ tsp Yakima smoked salt  
½ cup cheese, grated  
2 cups cabbage, shredded  
½ cup salsa  
½ cup sour cream  
½ cup sliced olives

Cut tempeh into strips and brush with oil. Place on a cookie sheet in a single layer and sprinkle with salt.

Bake at 400° until golden brown, about 10-15 minutes.

Melt cheese on tortillas and top with tempeh, cabbage, salsa, sour cream and olives. Roll up and enjoy!

### Santorini Pizzas

2 tortillas or flatbread  
½ cup feta cheese, crumbled  
½ cup artichoke hearts, chopped  
½ cup dried tomatoes  
½ tsp oregano

### Hummus:

2 cups cooked chickpeas  
Juice of 1 lemon  
2 Tbsp tahini  
2 clove garlic  
1 Tbsp olive oil, divided  
2-4 Tbsp cooking liquid  
Salt to taste

Boil water in a saucepan and toss in dried tomatoes. Cover and set aside. Combine hummus ingredients in blender and process until light and fluffy, adding water as necessary to achieve your desired consistency. Spread on tortilla or flatbread. Top with feta, artichoke hearts and chopped tomatoes. Sprinkle with oregano.

Cook at 350° for 10-15 minutes and enjoy!

### Creamy Chard Bake

½ lb. mushrooms, chopped  
½ onion, chopped  
1 Tbsp butter  
½ bunch chard, chopped  
½ tsp dried thyme (or 1 Tbsp fresh)  
2 cups cooked rice  
½ cup sour cream  
1 can mushroom soup  
1 cup grated cheese

In an oven-proof skillet, sauté mushrooms and onion in butter until tender. Add chard and thyme and cook until chard is wilted. Add rice, sour cream, and mushroom soup and stir well. Bake at 350° for 20 minutes, top with cheese, and bake until brown and bubbly, about 5 more minutes.

### Sausage Wrappers

2 sausages  
2 tortillas or flatbread  
shredded jack cheese  
Condiments to taste

Sauté or grill the sausages to desired finish. Heat the tortilla lightly and sprinkle with cheese. Top with sausage & condiments and roll up like a burrito. Cook in oven at 400° until melted and lightly toasted.

### Krautsalat

1 Tbsp oil  
½ tsp caraway or celery seed  
¼ onion, thinly sliced  
1 clove garlic, minced  
¼ cup cider vinegar  
1 Tbsp agave syrup  
½ head cabbage, shredded  
1 carrot, shredded  
Salt & pepper

Sauté onion, garlic and caraway seed in oil until brown. Add vinegar and agave and bring to a simmer. Add cabbage and carrot and cook until tender. Toss to coat and serve.