

First Alternative Co-op

BUDGET BITES

Vol. 2, Issue #12:
December 2011

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



Menu:

Saturday: Roasted Roots & Miso Tofu

Sunday: Black Eyed Peas & Greens

Monday: Potato Leek Soup

Tuesday: Quick Cassoulet

Wednesday: Cashew Cauliflower Quiche

Thursday: English Muffin Pizzas

BUDGET BITES VOL. 2 #12

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ★ Roasted Roots ★ Miso Tofu 	<ul style="list-style-type: none"> ★ Black Eyed Peas ★ Beet Greens ★ Ham Sliders 	<ul style="list-style-type: none"> ★ Potato Leek Soup ★ Toasted English Muffins 	<ul style="list-style-type: none"> ★ Quick Cassoulet 	<ul style="list-style-type: none"> ★ Cashew Cauliflower Quiche 	<ul style="list-style-type: none"> ★ English Muffin Pizzas ★ Potato Leek Soup
<p>In the fridge for future meals: Roasted roots Beet Greens</p> <p>Tip: Cook the roasted roots & save half for later in the week.</p>	<p>In the fridge for future meals: Beans English Muffins</p> <p>Tip: Heat ham in a skillet and serve on toasted muffins with butter, honey and dijon.</p>	<p>In the fridge for future meals: Beans English Muffins</p>	<p>In the fridge for future meals: Sausage</p> <p>Tip: Cook all the sausage now to save a step on pizza night!</p>	<p>In the fridge for future meals: Cheese</p>	<p>Tip: Top toasted English muffins with tomato sauce, cheese, sautéed onions and the rest of the veggie sausage. Bake at 350° until warm and bubbly!</p>

SHOPPING & RECIPES

We shopped this list at the Co-op on November 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: \$48.80.

IN THE PANTRY:

olive oil	breadcrumbs
thyme	white wine
garlic granules	veggie broth
sage	powder
red pepper flakes	milk
garlic	garlic salt
tamari	
vinegar	
salt & pepper	
butter	

PRODUCE:

- ___ 1 garnet yam
- ___ 3 onions ⑥
- ___ 7 carrots ⑥
- ___ 1 parsnip ⑥
- ___ 1 bunch beets w/greens ⑥
- ___ 3 stalks celery
- ___ 1 small head cauliflower
- ___ 2 potatoes ⑥
- ___ 2 leeks ⑥

DAIRY & CHEESE:

- ___ 2 cups milk ⑥
- ___ 4 eggs ⑥
- ___ ¾ cup grated parmesan
- ___ ½ lb. Jack cheese

MEAT

- ___ 1 lb ground sausage ⑥
- ___ ¼ lb. sliced ham

GROCERY:

- ___ 1 pkg. Rudi's English Muffins
- ___ 14.5 oz. pizza sauce

BULK:

- ___ 1 block tofu ⑥
- ___ ¼ cup miso paste
- ___ 2 cups black-eyed peas
- ___ 1 cup flour
- ___ ½ cup cashews
- ___ 2 Tbsp Bac'un bits



Indicates product from the 6 local counties!

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 in 2011!

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



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Recipes

Roasted Roots

1 garnet yam
1 yellow onion
4 carrots
1 parsnip
1 bunch beets
olive oil
salt
dried thyme

Wash & peel vegetables. Reserve beet greens. Cut veg in cubes. Toss with oil, salt and thyme. Spread out in a single layer on a cookie sheet. Bake about 20 minutes at 350°, stirring twice, until tender and caramelized.

Miso Baked Tofu

2 Tbsp miso
1 Tbsp tamari
1 tsp garlic granules
1 block tofu, cut into ½ inch slices

Mix miso, tamari and garlic granules. Spread half of mixture on tofu slices. Bake 20 minutes. Flip tofu, spread with remaining miso and broil slices 8 inches from broiler until lightly browned.

Black Eyed Peas

2 cups dried black eyed peas
1 tsp oregano
1 Tbsp. olive oil
1 onion, chopped
2 cloves garlic, minced
2 stalks celery, diced
2 carrots, diced
2 Tbsp. tamari
salt & pepper to taste

Put black eyed peas in a large pot with a generous amount of water. Cover and cook until tender, about 1 hour. Sauté onion, celery, carrots and garlic until tender. Stir veggies and tamari into

beans and season with salt & pepper.

Good Luck Greens

1 bunch greens, rinsed well
½ tsp. oil
1 clove garlic, minced
¼ tsp. red pepper flakes
1 ½ tsp. vinegar
salt to taste

Remove tough stems and chop greens in ½ inch strips. In a pan with a lid, sauté garlic in oil 1 minute. Add greens and red pepper flakes and stir. Cover and steam until done to taste. Add salt & vinegar and serve.

Potato Leek Soup

2 leeks, cleaned & sliced
1 stalk celery, diced
1 carrot, diced
1 Tbsp butter or oil
1 cup white wine (optional)
2 potatoes, cleaned, cut into 1" pieces
4 cups veggie broth
1 cup milk, room temperature
salt and pepper to taste
2 Tbsp Bac'un bits

Sauté leek and celery in butter and wine until fragrant and tender. Add potatoes and veggie broth. Cook until potatoes are tender, about 20 minutes. Add milk and heat gently until warm. Add salt to taste and a good grinding of fresh black pepper. Top with Bac'un Bits and serve.

Quick Cassoulet

½ recipe black eyed peas
½ cup pizza sauce
½ recipe roasted root veg
1 lb sausage, veggie or real
½ cup breadcrumbs
1 tsp. dried thyme
2 cloves garlic
¼ cup freshly grated parmesan

Brown sausage, reserving ½ for pizzas later in the week. Place in a deep

casserole dish. Mix together black eyed peas, pizza sauce & roasted roots. Pour over sausage. Mix remaining ingredients together and top casserole. Bake about 45 minutes at 350°, until nicely browned and bubbly.

Cashew Cauliflower

Quiche

1 cup flour
½ tsp salt
⅓ cup butter
½ cup cold water
6 oz cheese, sliced
½ onion, chopped
4 eggs
⅓ cup milk
1 small head cauliflower, cut into florets
½ cup toasted cashews, chopped
½ tsp each garlic salt & pepper
½ cup Parmesan

Combine flour and salt. Using a pastry blender or pair of table knives, cut butter into flour until reduced to pea sized lumps. Add cold water by Tbsp. until dough forms. Roll out on a floured surface and transfer to pie pan. Trim and fold edges. Score with a fork to reduce bubbling. Bake at 325° for 15 minutes.

Steam cauliflower. Arrange cheese slices on the bottom of the pie shell. Sauté onion in butter until translucent. Mix with cauliflower and cashews and add to pie. Beat eggs, milk and seasoning together and pour over cauliflower. Bake at 375° for 30 minutes, top with Parmesan and bake another 20 minutes, or until middle has set.

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