

NEW!

BUDGET BITES

Issue #2:
February 2010

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



Menu:

Saturday: Drunken Beans

Sunday: BLT Salad

Monday: Chili Burgers

Tuesday: Turnip Fritters

Wednesday: Tuna Melts

Thursday: Western Frittata

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February 2010

This week's challenge - use up 8 Nature Bake Whole Wheat buns without burger boredom!

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
♥ Drunken Beans ♥ Green salad ♥ Flour tortillas	♥ BLT Salad	♥ Chili Burgers ♥ Tortilla Chips ♥ Carrot Sticks	♥ Turnip Fritters ♥ Baked potatoes	♥ Tuna Melt ♥ Tortilla Chips ♥ Green Beans	♥ Frittata
<i>In the fridge for future meals:</i> Lettuce Drunken Beans Tip: To cook pinto beans, soak overnight in water. Drain and add 1 tsp. salt plus fresh water to cover. Simmer gently until tender, about 90 minutes.	Tip: If using un-bacon, add 1 tsp. oil. Use scissors to cut the un-bacon into 1" pieces. Toss in hot skillet until crisp.	Tip: Cook beef or veggie burgers, place on toasted bun and top with warmed drunken beans. Chopped onion is a nice addition.	Tip: Use one of the spare buns to make the bread crumbs called for in this recipe. Save the extra egg yolk in the fridge for Thursday.		Tip: That last bun, toasted & buttered, would be delicious next to this fritter.

SHOPPING LIST

Our shopping & recipes are scaled for two adults. Increase or decrease as needed to allow for your household. We shopped this list at the Co-op on January 7, 2010. We picked what we'd use at home - the best value rather than the absolute cheapest. Organic items are marked as OG. We assumed you had a few things in the pantry, which were not included in the shopping total. Our total: \$47.34.

IN THE PANTRY:

olive oil	red pepper flakes
mayonnaise	hot pepper sauce
mustard	garlic granules
salad dressing	dried oregano
flour	salt
garlic	pepper
cumin	

PRODUCE:

- ___ 1 avocado
- ___ 1 pkg. cherry tomatoes
- ___ 1 head lettuce OG
- ___ 4 carrots OG
- ___ 3 med. onions OG
- ___ 4 med. crimini mushrooms
- ___ 1 lemon OG
- ___ 1 lime OG
- ___ 1 small turnip OG
- ___ 1 small zucchini OG

DAIRY & CHEESE:

- ___ 1 doz *Naturally Nested* eggs
- ___ *Lochmead* half and half
- ___ *Sunshine Dairy* sour cream
- ___ Swiss cheese, 1/2 lb.

GROCERY:

- ___ 15 oz. can diced tomatoes
- ___ 1 beer
- ___ *Nature Bake* burger buns
- ___ 1 can *Natural Value* tuna
- ___ *Carmen's* tortilla chips
- ___ Flour tortillas
- ___ 1 can green beans
- ___ 15 oz. can diced tomatoes

MEAT:

- ___ 1 pkg *Niman Ranch* bacon
- ___ 1/2 lb *Lonely Lane* hamburger

BULK:

- ___ 1/2 lb short grain brown rice
- ___ 1 tsp dried summer savory
- ___ 3/4 lb dried pinto beans

Introducing...

BUDGET BITES

- Donna Kaiser, Marketing Manager

We are continually on the lookout for ways to help save you money on your grocery purchases - scoping out the best deals we can, offering recipes to help you cook from scratch, offering as many sale items as are available to us, lowering our retail prices when our wholesale prices go down, and so on.

We are very excited to help you with a week's worth of menus that should feed two adults for six nights for less than \$50! Planning is everything when sticking to a food budget, so

we have simplified that part for you. These menus assume you have some cooking skills, own a basic reference cookbook and have a few staples on hand in the pantry.



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Drunken Beans

4 cups cooked pinto beans
1 onion
3 garlic cloves
1 15oz. can diced tomatoes
2 tsp. olive oil
½ tsp. cumin
¼ tsp. savory
¼ tsp. red pepper flakes
1 cup beer
Lime
Hot sauce
Flour tortillas

Peel onion and garlic. In food processor, combine onions, garlic, and tomatoes. Drain beans thoroughly & mash 1 cup. Heat a large heavy pan and add oil. Add spices and cook 30 seconds. Add onion mixture to hot oil and cook, stirring, until it thickens and reduces by half. Carefully add beer. Stir in beans and cook, stirring frequently, until thick. Taste and correct seasoning. Serve in flour tortillas with sour cream, grated cheese, fresh lime juice and hot sauce.

BLT Salad

6 slices bacon
Olive oil
¾ head lettuce
2 cups cherry tomatoes, halved
2 cups fresh croutons (recipe follows)
1 avocado
Dressing to taste

Wash & tear lettuce. Heat a large skillet. Use scissors to cut bacon into 1" pieces & cook until crisp. Add to salad bowl. Put tomatoes, cut side down in the same skillet. Cook over medium heat for 3-5 minutes. Remove to another bowl and let cool. Peel & cube avocado. When tomatoes have cooled slightly, add to salad bowl along with avocado, onions, croutons and basil. Toss well and dress. Serve at once.

The Recipes



Tasty Croutons

2 hamburger buns
2-4 Tbsp. olive oil
1 tsp. garlic granules
1 tsp. dried oregano
¼ tsp. salt

Cut bread into cubes. Heat 2 Tbsp. oil in a large, heavy skillet over medium low heat. Add garlic, oregano and salt. Toss in bread and stir to coat, adding more oil if needed. Continue to cook over low heat, stirring occasionally, until light brown. Cool and store in an airtight container for up to 5 days.

Turnip Fritters

2 cups grated turnip
½ cup minced or grated onion
½ cup finely grated cheese
¼- ½ tsp. salt
½ cup fine bread crumbs
1 egg plus 1 egg white
6 Tbsp. flour
½ cup half and half
2-4 Tbsp. olive oil

Wash and grate turnip. Mince onion. Mix all the ingredients except the oil. Heat half of the oil in a big frying pan over medium heat. When oil is hot, drop in fritter batter by the tablespoonful, flattening mounds slightly. Cook over medium heat until

golden brown (about 4 minutes). Turn and cook other side until brown, 2-3 minutes. Repeat with remaining batter, adding more oil to the pan if needed.

Tuna Melt

1 can tuna
¼ cup mayonnaise
1 tsp. mustard
1 tsp. lemon juice
2 Tbsp. finely minced onion
¾ cup grated Swiss cheese
2 hamburger buns

Drain tuna and flake with fork. Mix with mayo, mustard, lemon juice and onion. Lightly toast buns. Place on a cookie sheet and top each bun with ¼ of tuna mixture. Top with ¼ of grated cheese. Broil until cheese melts.

Western Frittata

2 Tbsp. olive oil
¼ cup onion, finely sliced
2 cloves garlic, minced
1 zucchini, diced
1 cup cooked rice
2 slices cooked bacon
½ tsp. dried thyme
4 eggs
1 cup grated cheese
Salt and pepper to taste
4 medium mushrooms, sliced

Heat the olive oil in a 10" non-stick skillet. Add the onions and cook gently 1 minute. Add garlic and vegetables and cook until vegetables are barely tender. Add rice & bacon. Beat eggs; add cheese, thyme, salt and pepper. Spread skillet mixture evenly and pour egg mixture over top. Cook, shaking pan occasionally, until mixture bottom is golden but top is still "wet", about 6 minutes. Slide frittata out onto a baking sheet, place sliced mushrooms over top and place under broiler. Broil until top is golden, about 2 minutes. Serve warm.