

First Alternative Co-op

BUDGET BITES

Vol. 4, Issue #1
January 2013

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



Menu:

Low Calorie Veggie Soup
Hot Mustard Chicken
Tuna Melts
Chicken Fried Rice Wraps
Root Burgers
Rachel & Fries

BUDGET BITES VOL. 4 #1

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Low Calorie Veggie Soup Cheese Toasties	Hot Mustard Chicken Green Beans Brown Rice	Tuna Melt Veggie Soup	Chicken Fried Rice Wraps Miso Soup	Root Burgers Simple Slaw	Rachel Sandwich Oven Fries
In the fridge for later: Cabbage 6 buns Veggie Soup Tip: Reserve 4 large cabbage leaves for the fried rice wraps	In the fridge for later: 3 cups cooked rice 1 cup green beans miso Tip: Cook all the rice, reserving 3 cups for later meals.	In the fridge for later: 4 buns	In the fridge for later: 1 cup rice Tip: for miso soup, mix ½ cup miso with 2 cups very hot water. Add slivered mushrooms and 2 Tbsp tamari.	In the fridge for later: 2 buns	Tip: You can spice up your fries by adding 1 tsp of your favorite herbs or spices to the oven fries.

SHOPPING & RECIPES

We shopped this list at the Co-op on December 11, 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: \$44.17

IN THE PANTRY:

mayonnaise	flour
pickle	garlic salt
oil	honey
salt & pepper	garlic
vinegar	ketchup
chili flakes	milk
tamari	sugar
bay leaves	veggie broth powder
dill weed	relish

GROCERY:

___ 1 can tuna 6
___ 1 pkg. Breadstop hamburger buns 6
___ 1 can diced tomatoes OG
___ 1 pkg. frozen green beans OG

BULK:

___ ¼ cup Dijon mustard OG
___ ¾ cup miso paste OG
___ 2 ½ cups brown rice OG
___ ½ cup sauerkraut OG

MEAT

___ 1 lb. boneless thighs
___ 1 pkg. Applegate deli turkey

PRODUCE, 100% OG:

___ 3 celery sticks
___ 2 onions
___ 2 potatoes
___ 3 carrots 6
___ 2 beets 6
___ 1 cabbage 6
___ 2 mushrooms

DAIRY & CHEESE:

___ ½ lb Swiss cheese
___ 2 eggs 6

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

Low Calorie Veggie Soup

1 Tbsp oil
½ onion, chopped
1 carrot, diced
1 stick celery, diced
1 beet, diced
1 can diced tomatoes
1 cup green beans
2 cups veggie broth
2 cloves garlic
2 bay leaves
1 tsp dried dill
dash vinegar
salt & pepper to taste
2 cups cabbage, shredded

Sauté onion and carrot in oil. Add remaining ingredients except cabbage and cook until veggies are tender. Add cabbage and serve.

Cheese toasties

2 buns
2 slices cheese
pinch of garlic salt

Place the cheese and garlic salt on the buns and broil until warm and bubbly.

Honey Mustard Chicken

1 lb. chicken thighs
2 Tbsp Dijon mustard
2 Tbsp water
1 Tbsp vinegar
2 tbsp miso paste
1 tsp chili flakes
1 Tbsp tamari
¼ cup honey

Combine all ingredients in an airtight container. Marinate 1 hour (or more, overnight will even work). Place in an 8x8 baking dish and bake at 350° until chicken is cooked through. Reserve ½ chicken for later in the week.

Tuna Melts

1 can tuna
2 Tbsp mayo
1 pickle
1 stick celery
1 Tbsp minced onion
2 buns
swiss cheese for melting

Mix tuna, mayo, pickle, celery and onion together. Spread on buns and top with cheese. Broil until golden and serve.

Chicken Fried Rice Wraps

½ recipe mustard chicken, chopped
½ onion, diced
1 carrot, diced
1 stalk celery, sliced
1 egg, beaten
2 cloves garlic, minced
2 cups cooked rice
2 Tbsp tamari
2 Tbsp oil
4 large cabbage leaves

Saute onion, carrot and celery in oil until tender. Push to the side and add egg and garlic. Cook until firm and add chicken and rice. Heat through and season with tamari. Spoon onto cabbage leaves and serve.

Root Burgers

1 cup cooked rice
1 carrot, shredded
1 beet, shredded
¼ onion, diced
1 clove garlic, minced
1 egg
1 Tbsp milk
2 Tbsp flour
¼ tsp salt
¼ tsp pepper
Oil for frying
Condiments
2 buns

Combine rice, carrot, beet, onion, garlic, egg, milk, flour, salt and pepper in a bowl and stir to combine. Shape into patties and fry in oil, flipping to brown both sides. Serve on toasted buns with your favorite condiments.

Simple Slaw

2 cups shredded cabbage
1 Tbsp minced onion
2 Tbsp mayo
1 Tbsp vinegar
½ tsp sugar
salt & pepper to taste

Combine all ingredients in a bowl and stir to mix. Adjust flavors to taste.

Rachel Sandwich

2 buns
½ lb roasted turkey
½ cup sauerkraut
4 slices cheese
2 Tbsp mayo
1 Tbsp ketchup
1 Tbsp relish

Heat the turkey in a pan. Mix the mayo, ketchup and relish together and spread on lightly toasted buns. Top each bun with a bit of turkey, some sauerkraut, and the cheese. Broil until melty and put the sides together to form sandwiches.

Oven Fries

2 potatoes
2 Tbsp oil
1 tsp salt

Mix all ingredients in a large bowl. Transfer to a cookie sheet and bake at 400° until brown and crispy, about 20 minutes.