

First Alternative Co-op

# BUDGET BITES

Vol. 3, Issue #7:  
July 2012

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



## Menu:

Saturday: Navy Beans & Corn Bread

Sunday: Chicken & Rice Pilaf

Monday: Chard with Beans & Bacon

Tuesday: Chicken Tacos & Corn Salad

Wednesday: Sweet & Sour Stir Fry

Thursday: Tex-Mex Migas

# BUDGET BITES VOL. 3 #7

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> <li>☼ Navy Beans</li> <li>☼ Cornbread</li> <li>☼ Salad</li> </ul>	<ul style="list-style-type: none"> <li>☼ Baked Chicken</li> <li>☼ Easy Rice Pilaf</li> </ul>	<ul style="list-style-type: none"> <li>☼ Chard with Beans and Bacon</li> <li>☼ Toasted Corn Bread</li> </ul>	<ul style="list-style-type: none"> <li>☼ Chicken Tacos</li> <li>☼ Corn Salad</li> </ul>	<ul style="list-style-type: none"> <li>☼ Quick Sweet &amp; Sour Stir Fry</li> <li>☼ Rice Pilaf</li> </ul>	<ul style="list-style-type: none"> <li>☼ Tex-Mex Migas</li> </ul>
<p>In the fridge for future meals: Navy Beans Cornbread Celery lettuce</p> <p>Note: The beans are delicious w/ Marie's Chipotle Sauce!</p>	<p>In the fridge for future meals: Chicken Breast Rice Pilaf</p>	<p>Tip: Toasted nuts make a great substitute for bacon. To toast corn bread, slice horizontally in half. Butter and broil until browned.</p>	<p>In the fridge/pantry for future meals: frozen corn, taco shells Tip: To make corn salad, mix 6 oz thawed corn, ½ a sautéed bell pepper, 3 chopped green onions, 3 Tbs chopped cilantro, &amp; salsa to taste</p>	<p>Tip: If you don't like tofu, chicken or a mild fish would be a good substitute.</p>	<p>Tip: This is a great all-purpose leftover dish. Vary ingredients to suit yourself!</p>

## SHOPPING & RECIPES

We shopped this list at the Co-op on June 13, 2012. 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: \$49.11.

### IN THE PANTRY:

hot sauce	vinegar
salad dressing	garlic
salt	milk
olive oil	marjoram
soy sauce	oregano
dried sage	lemon juice
baking powder	honey
red pepper flakes	sugar
garlic granules	cornstarch

OG Indicates organic product



Indicates product from the 6 local counties

### DAIRY & CHEESE:

- \_\_\_ 1 lb firm tofu
- \_\_\_ 1 lb butter
- \_\_\_ 16 oz sour cream OG
- \_\_\_ 1 dozen eggs
- \_\_\_ 6 oz cheddar cheese

### GROCERY:

- \_\_\_ 1 pkg taco shells
- \_\_\_ 1 qt. vegetable broth
- \_\_\_ 10 oz mixed veg, frozen

### BULK:

- \_\_\_ 2 c navy beans OG
- \_\_\_ 1 c brown rice OG
- \_\_\_ ¼ c brown sugar
- \_\_\_ 3 Tbs veg. broth powder
- \_\_\_ 1 c cornmeal OG
- \_\_\_ 1 c flour OG
- \_\_\_ 1 c salsa
- \_\_\_ 2 c frozen corn

### MEAT/ISH

- \_\_\_ 1 pkg bacon
- \_\_\_ 2 pcs boneless chicken breast

### PRODUCE:

- \_\_\_ 1 orange OG
- \_\_\_ 1 head lettuce OG
- \_\_\_ 3 onions OG
- \_\_\_ 1 head celery
- \_\_\_ 2 carrots OG
- \_\_\_ 2 bell peppers OG
- \_\_\_ 1 bunch green onions OG
- \_\_\_ 1 bunch cilantro OG
- \_\_\_ 1 bunch chard OG

# 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 2012!

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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*First Alternative*  
NATURAL FOODS CO-OP



## Recipes

### Navy Beans

2 c small white navy beans  
1/2 an onion, chopped  
2 cloves garlic, smashed  
1 cup diced celery  
1 cup diced carrot  
1 Tbsp. olive oil  
1 Tbsp. soy sauce  
2 tsp. dried sage  
4-6 cups water  
3 Tbsp. veg broth powder  
1 tsp. salt  
Cover the beans with plenty of fresh water and soak 8-12 hours. Drain and rinse well. Put in a large pot with all the other ingredients and cook gently until done, about 2 hours, adding additional water as needed. Reserve 2 cups for Chard w/Beans & Bacon.

### Improved Corn Bread

1 cup cornmeal  
1 cup flour  
1/4 cup brown sugar  
1 Tbsp. baking powder  
1/2 tsp. salt  
1 cup sour cream  
1/2 cup milk  
2 eggs  
1/4 cup butter, melted  
Grease an 8x8 pan. Heat oven to 425°. In a large bowl, Mix together the cornmeal, flour, sugar, baking powder and salt. Beat eggs in a medium bowl. Add sour cream, milk, and oil. Pour the wet mixture into the dry and stir until just combined. Bake 20 minutes.

### Simple Rice Pilaf

1/2 yellow onion, sliced  
1 Tbsp. butter  
10 oz. mixed frozen veg  
1 cup short grain brown rice  
2-1/4 cups vegetable stock  
1/2 tsp. salt  
Melt butter. Add onion and cook, stirring frequently, until translucent. Add rice and cook gently, stirring, 2 minutes. Transfer to large pot. Add stock and bring to a boil. Add frozen vegetables. Reduce heat to very low, cover, and cook until liquid is absorbed and rice is tender, 35-45 minutes. Serve 1/2, save remaining to serve with stir-fry.

### Baked Chicken

2 chicken breasts  
1 tsp lemon juice  
1/2 tsp marjoram  
1/2 tsp garlic granules  
1/4 tsp salt  
Place chicken in baking pan. Sprinkle with lemon juice and herbs. Bake at 350° for 30 minutes.

### Chard with Beans and Bacon

2 strips bacon or 1 Tbsp. any fat  
1/2 onion, minced  
1 clove garlic, minced  
1/8 tsp red pepper flakes  
1 tsp oregano  
3 Tbsp. vinegar  
1 Tbsp. honey  
1 bunch chard  
2 cups cooked beans  
1/4 tsp salt

Cut chard stems away from leaves and cut stems into bite-sized pieces, then cut chard leaves into strips. Cut bacon into small pieces and cook until crisp. Remove from pan. Add onion, chard stems, and garlic to skillet and cook until nicely browned. Add spices, vinegar and honey and bring to a boil. Add chard leaves & cook, covered, 5 minutes. Stir in beans and heat through.

### Chicken Tacos

1 cooked chicken breast (from Sunday)  
1 Tbsp. oil  
1/4 onion, sliced  
6 taco shells  
1 cup grated cheese  
2 cups shredded lettuce  
salsa  
sour cream

Cook onion in oil until tender. Slice chicken across the grain, into 1/4" strips; cut strips in half and add to onion; heat through. Divide ingredients evenly between taco shells and top with sour cream and salsa.

### Quick Sweet & Sour Stir Fry

1 package extra firm tofu  
2 Tbsp. oil  
4 stalks celery  
1 onion  
1 clove garlic, minced  
1/2 bell pepper, diced  
1 carrot, diced  
Juice of 1 orange  
1/4 cup vinegar  
1 Tbsp. sugar

1/8 tsp. red pepper flakes  
1/2 tsp. salt  
1 Tbsp. cornstarch  
Mix cornstarch with a little of the orange juice. Mix remaining orange juice, vinegar, sugar and red pepper flakes together. Slice celery. Cube tofu. Stir fry tofu in 1 Tbsp. oil 3-4 minutes. Remove from pan. Add remaining oil to pan and cook celery, garlic, bell pepper, and onions 2 minutes. Add vinegar-orange juice mixture, cover and cook until vegetables are done to your liking. Reduce heat to low and add tofu. Push stir fry to sides of pan. Stir cornstarch mixture until thoroughly mixed. Add to stir fry stirring constantly. Cook until sauce has thickened. Serve over leftover reheated rice pilaf.

### Tex-Mex Migas

2 taco shells  
1 Tbsp. butter  
1 small bell pepper  
3 green onions  
3/4 cup frozen corn  
4 eggs  
1/2 cup cheese  
salsa  
Break 2 taco shells into bite-sized bits. Cook vegetables in butter until tender. Beat eggs and add to skillet along with taco shell pieces. Scramble. Serve with cheese, salsa & sour cream as desired.