

First Alternative Co-op

BUDGET BITES

Issue #6:
June 2010

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



Menu:

Saturday: Vegetable Turnovers

Sunday: Stroganoff

Monday: Creamy Garlic Soup

Tuesday: Summer Salad

Wednesday: Spaghetti

Thursday: Fried Rice

BUDGET BITES #6

June 2010

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ★ Vegetable Turnovers ★ Green Salad 	<ul style="list-style-type: none"> ★ Stroganoff ★ Snow peas (1/4 lb.) 	<ul style="list-style-type: none"> ★ Creamy Garlic Soup ★ Green Beans 	<ul style="list-style-type: none"> ★ Summer Salad ★ Cheese biscuits 	<ul style="list-style-type: none"> ★ Spaghetti ★ Green salad 	<ul style="list-style-type: none"> ★ Fried Rice with vegetables
<p><i>In the fridge for future meals:</i> Biscuit mix Lettuce</p> <p>Tip: To make biscuits later, add 2/3 cup milk to 1 cup biscuit mix to make 4 biscuits. Spoon onto a baking pan, bake at 350° until browned, about 18-20 minutes.</p>	<p>Tip: For a vegetarian option, omit beef & beef broth, increase mushrooms to 14 in this recipe. Use vegetable broth plus 1 Tbsp butter.</p>		<p>Tip: Mix 1 cup biscuit mix with enough milk to make batter thick enough to drop by spoonfuls onto cookie sheet.</p> <p>Add 1/4 cup grated cheese and 1/2 tsp. dried basil to dough after mixing with milk.</p>	<p>Tip: If you want to add ground beef, brown it with the onion and garlic, drain fat and add remaining ingredients.</p> <p>To make sauce more flavorful, simmer for 1 to 1 1/2 hours, stirring occasionally.</p>	<p>Tip: Cook rice ahead of time and allow it to cool before adding it to the skillet.</p> <p>Add tofu or cooked meat if desired.</p>

SHOPPING & RECIPES

Our shopping & recipes are scaled for two adults. We shopped this list at the Co-op on May 12, 2010. We assumed you had a few things in the pantry, which were not included in the shopping total. Our total: \$49.99.

IN THE PANTRY:

soy sauce	Olive oil
oregano	Vegetable oil
Italian seasoning	salt & pepper
paprika	ketchup
bay leaf	celery stalk
sugar	butter
	milk

PRODUCE: 100% Organic!

- ___ 1 yellow onion
- ___ 14-20 white mushrooms
- ___ 1 medium cucumber
- ___ 1 pint cherry tomatoes
- ___ 1 lime
- ___ 1 head lettuce
- ___ 1 bunch spring garlic
- ___ 2 large carrots
- ___ 1/2 lb. snow peas

BULK:

- ___ 1/4 cup sliced black olives
- ___ 1 cup all-purpose flour
- ___ 3/4 cup whole wheat flour
- ___ 1/8 cup wheat bran
- ___ 1/2 tsp. dried tarragon
- ___ 2/3 cup rice
- ___ 1/4 cup mandarin oranges
- ___ 2 servings spaghetti noodles

GROCERY:

- ___ 10 oz. frozen mixed vegetables
- ___ 1 pkg Garden Time Fancy Ribbons
- ___ 1 pkg. beef or vegetable broth
- ___ 1 can tuna
- ___ 10 oz. frozen shelled edamame
- ___ 1 can Truitt Brothers green beans
- ___ 15 oz. Muir Glen tomato sauce
- ___ 14.5 oz. Muir Glen diced tomatoes
- ___ 187 ml. Barefoot Chardonnay

DAIRY & CHEESE:

- ___ 5 oz cheddar cheese
- ___ 8 oz. Nancy's sour cream
- ___ 2 eggs

MEAT:

- ___ 5 oz eye of round steak

Introducing...

BUDGET BITES

At the Co-op, 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 in sticking to a food budget. This week we included a recipe for homemade biscuit mix, a versatile mix for many different recipes.

Learning to make more items from scratch is a great way to save.

These menus assume you already have some cooking skills and own a basic reference cookbook.



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First Alternative
NATURAL FOODS CO-OP



The Recipes

Homemade Biscuit Mix

¾ cup all-purpose flour
¾ cup whole wheat flour
⅛ cup wheat bran
1 Tbsp. baking powder
½ tsp. salt
4 Tbsp. cold butter

Mix dry ingredients together. Cut in the butter until it has the texture of fine cornmeal. Refrigerate until needed. Use within two weeks.

Vegetable Turnovers

1 cup biscuit mix
⅔ cup milk (approximately)
¼ onion, diced
1 tsp. olive oil
10 oz. frozen mixed vegetables
½ cup cheese, grated

Stir milk into biscuit mix to make a dough you can roll. Sauté onion in oil until soft. Add vegetables and cook 3-4 minutes. Turn dough out and divide into 4 parts. Roll dough into 7" circles. Place about ¼ cup vegetable mixture onto ½ of circle. Sprinkle with 2 Tbsp. cheese; fold dough over top, stretching carefully over filling; pinch edges together, using water to seal edges. Put turnovers on a cookie sheet. Bake for 30 minutes at 350°. Note: If you don't use all the vegetable mixture, add it to the fried rice later in the week.

Beef Stroganoff

1 tsp. olive oil
8 mushrooms, thinly sliced
½ tsp. salt
½ yellow onion, thinly sliced
5 oz. steak, thinly sliced
1 cup broth
1 Tbsp. ketchup
1 Tbsp. flour
¼ cup sour cream

Garden Time ribbons, cooked al dente
Heat a large, heavy skillet, and sauté onions in oil 2-3 minutes. Add mushrooms and sauté another 3-4 minutes; add steak and brown. Remove steak & veggies from pan. Add beef broth and ketchup; cook 5 minutes. Turn heat to low, add steak & veggies and cook 1 minute. Mix flour with sour cream; add to skillet; stir until sauce thickens slightly, about 1 minute. Serve over cooked pasta.

Summer Salad

1 can tuna, drained
¼ cup sliced black olives
1 cucumber, peeled & sliced
1 basket cherry tomatoes
Juice from 1 lime
⅓ cup olive oil
½ tsp. dried tarragon
⅛ tsp. salt
¼ cup mandarins, drained
Lettuce, washed & shredded

Mix together tuna, olives, cucumber and tomatoes. Whisk lime juice, olive oil, tarragon and salt together. Toss dressing with tuna mixture, and serve heaped on lettuce with cheese biscuits.

Creamy Garlic Soup

1 bunch spring garlic, cleaned and cut into 1-inch pieces (use stalk and bulb)
1 carrot, diced
4 Tbsp butter
½ cup flour
½ cup *Barefoot* Chardonnay
¼ cup bulk veggie broth powder dissolved in 5 cups water
1 cup milk
1 bunch spinach, chopped
salt and pepper to taste
Sauté garlic & carrots in butter until tender. Sprinkle in the flour and stir. Add wine and simmer 2 minutes. Add broth and simmer over medium heat until thickened. Add the milk and spinach. Use a handheld blender

or food processor to blend to desired consistency. Season with salt & pepper to taste. Serve with croutons, if desired.

Donna X's Spaghetti Sauce

¼ onion, diced
1 clove garlic, minced
1 Tbsp. olive oil
¼ cup celery, sliced
8 oz. tomato sauce
14.5 oz. diced tomatoes
salt & pepper to taste
½ tsp. oregano
1 tsp. Italian seasoning
1 tsp. sugar
2 tsp. paprika
1 large bay leaf

Sauté onion, garlic and celery in olive oil, until soft. Add tomato sauce, diced tomatoes and seasonings. Bring to a boil; lower heat and simmer 30 minutes or more (cooking for 1 to 1 ½ hours will create a more flavorful sauce). Remove bay leaf. Serve over spaghetti noodles.

Fried Rice with Vegetables

2 Tbsp. oil
¼ onion, thinly sliced
1 carrot, thinly sliced
¼ lb. snow peas
1 cup edamame
6 mushrooms, sliced
1 Tbsp. soy sauce
2 cups cooked rice, cooled
2 eggs, fried

Cook onions & carrots in 1 Tbsp. oil for 2 minutes, stirring constantly. Add snow peas and edamame; cook two minutes, stirring constantly. Add mushrooms; cook 2 minutes, stirring constantly. Push vegetables to edges of pan. Pour remaining tablespoon of oil in center of pan and add rice. Cook, stirring frequently, until rice is heated through, about 2 minutes. Add soy sauce. Stir and serve topped with a fried egg.