

First Alternative Co-op

# BUDGET BITES

Vol. 3, Issue #6:  
June 2012

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



## Menu:

Saturday: Stuffed Bell Peppers

Sunday: Avocado Bahn Mi

Monday: Cauliflower Ravioli

Tuesday: Shepherd's Pie

Wednesday: Oregon Dal

Thursday: Super Quick Salad Trio

Want to know a secret?

This can easily adapt to being a vegan menu!

# BUDGET BITES VOL. 3 #6

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> <li>☼ Stuffed Bell Peppers</li> <li>☼ Green salad</li> </ul>	<ul style="list-style-type: none"> <li>☼ Creamy Roasted Tomato Soup</li> <li>☼ Avocado Bahn Mi</li> </ul>	<ul style="list-style-type: none"> <li>☼ Cauliflower Ravioli</li> <li>☼ Sliced kiwi</li> </ul>	<ul style="list-style-type: none"> <li>☼ Shepherd's Pie</li> <li>☼ Green salad</li> </ul>	<ul style="list-style-type: none"> <li>☼ Oregon Dal</li> <li>☼ Rice</li> <li>☼ Peas</li> </ul>	<ul style="list-style-type: none"> <li>☼ Almost instant salad trio</li> </ul>
<p>In the fridge for future meals: cooked rice, green salad ground beef Tips: Cook all rice today Roast tomatoes for tomorrow's soup while you cook peppers.</p>	<p>In the fridge for future meals: baguette cilantro basil Tip: Slice the rest of the baguette and freeze to use later in the week.</p>	<p>Tip: Pasta is better when drained and allowed to cook in the sauce for a minute or two.</p>	<p>In the fridge for future meals: green salad, carrots, pepper Tip: Use both flowerets and stem from broccoli. Peel off the outer tougher layer and leaves from stem; then slice</p>	<p>In the fridge for future meals: cooked rice Tip: Leftover dal is great the next day baked with tortillas and cheese, or wrapped in phyllo dough with cheese and sour cream and baked until crisp.</p>	<p>Green salad will be the 3rd in the trio, alongside the Panzanella and Rice Salads  Tip: Serve the Panzanella and Rice Salads on a bed of lettuce to catch extra dressing.</p>

**LOCAL PRODUCE**  
Indicates product from the 6 local counties!

\*Meals this week have provided generous enough portions to have leftovers for Friday's dinner and lunches!

## SHOPPING & RECIPES

We shopped this list at the Co-op on May 15, 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: \$49.72.

## IN THE PANTRY:

olive oil                      dried thyme  
mayonnaise                  red pepper flakes  
vinegar                        garlic  
salt & pepper                prepared mustard  
ground cumin                butter  
chile powder                salad dressing  
dried oregano

## MEAT/ISH

\_\_\_ 1 lb ground beef ☼

## GROCERY:

\_\_\_ 1 Big River seeded baguette ☼  
\_\_\_ 8 oz pkg Rising Moon ravioli ☼

## BULK:

\_\_\_ 1/4 lb vegetable broth powder  
\_\_\_ 1.25 lb short brown rice  
\_\_\_ 1/4 lb brown lentils  
\_\_\_ 1/4 cup raisins  
\_\_\_ 1 cup frozen peas  
\_\_\_ 1 block tofu

## PRODUCE:

\_\_\_ 2 kiwis  
\_\_\_ 3 onions  
\_\_\_ 12 crimini mushrooms ☼  
\_\_\_ 2 tomatoes  
\_\_\_ 5 small bell peppers  
\_\_\_ 4 Roma tomatoes  
\_\_\_ 1 avocado  
\_\_\_ 1 bunch cilantro  
\_\_\_ 1 bunch basil  
\_\_\_ 1 carrot  
\_\_\_ 1 jalapeno  
\_\_\_ 1/2 lb. sweet potatoes  
\_\_\_ 1 small head cauliflower  
\_\_\_ 1/2 lb broccoli  
\_\_\_ 1 lb Yukon Gold potatoes  
\_\_\_ 1 head lettuce ☼

# 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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## Recipes

### Stuffed Bell Peppers

1/2 lb ground beef  
1/2 onion, chopped  
6 mushrooms, sliced  
1.25 lb uncooked rice  
1 large tomato, chopped  
1 clove garlic, chopped  
1/2 tsp oregano  
1/2 tsp salt  
4 small bell peppers  
1 cup hot water mixed w/ 1 Tbsp veg broth powder  
Cook all rice by mixing 1 part rice to 1 1/2 parts water and simmering for 45 mins. Use 2 cups cooked rice now and set the rest aside for later recipes. Brown ground beef. Remove 1/2 to use in Shepherd's Pie. Add onion and mushrooms to ground beef in skillet, sauté until tender. Add rice, tomato, garlic, oregano and salt. Core and seed peppers. Fill peppers; place in casserole. Place remaining filling in casserole, alongside peppers. Pour broth over all. Bake, covered, at 375° for 30 minutes. Remove cover and bake 10 more mins.

### Creamy Roasted Tomato Soup

4 Roma tomatoes  
olive oil  
3/4 tsp dried oregano  
1/2 tsp dried thyme  
1/8 tsp salt  
1/2 onion, cut in 4 pieces  
2 cloves garlic, flattened

5 oz tofu  
3 cups hot water mixed w/ 3 Tbsp vegetable broth powder basil for garnish  
Cut tomatoes in half and remove seeds. Place in a baking dish, cut side up, and drizzle with oil. Add herbs and salt. Bake at 350° for 45 minutes. Add onions and garlic to pan, brush with olive oil and bake an additional 45 minutes. Let cool, then purée with tofu. Heat in a soup pot; whisk broth in slowly. Add salt & pepper to taste. Garnish soup bowls with basil.

### Avocado Bahn Mi

1/2 of the baguette  
1 avocado, sliced  
cilantro  
basil  
carrots, julienned  
mayonnaise  
jalapeno, sliced, seeds & vein removed (optional)  
Cut bread in half then slice horizontally. Spread with mayo and layer other ingredients.

### Cauliflower Ravioli

1 small head cauliflower, cut into flowerets and steamed until tender  
1 Tbsp olive oil  
6 mushrooms, sliced  
1/2 onion, chopped  
red pepper flakes to taste  
8 oz. ravioli  
salt & pepper to taste  
Cook ravioli according to package instructions; drain. Cook mushrooms in olive oil until tender. Add

cauliflower, onion and red pepper flakes. Add ravioli. Let stand over low heat 2 mins.

### Shepherd's Pie

1 lb Yukon Gold potatoes  
1 1/2 cups hot water mixed w/ 4 1/2 Tbsp veggie broth powder  
1/4 tsp plus 1/8 tsp salt  
2 Tbsp. butter  
1 Tbsp. oil  
1 clove garlic, minced  
1/2 lb ground beef (substitute tofu to make vegan)  
1/2 cup diced onion  
1/2 bell pepper, diced  
1 cup broccoli, chopped  
Cut potatoes into cubes (peeled or not, your choice) and cook in water until tender; drain. Place in mixing bowl and mash with 1/4 cup broth and butter. Season with 1/4 tsp salt. Sauté garlic and onion in oil about 5 minutes. Add ground beef (from Saturday), garlic, onion, pepper, and broccoli and 1/8 tsp salt. Saute until vegetables are barely tender. Layer meat mixture in bottom of 8x8 casserole, pour remaining broth over top. Spread mashed potatoes over top. Bake at 350° for 35 minutes. Place 6" from broiler to brown top lightly.

### Oregon Dal

1/2 onion, peeled and chopped  
1 clove garlic  
1 Tbsp olive oil  
1/4 lb brown lentils

1/2 lb sweet potatoes, peeled and cubed  
1 tsp ground cumin  
1/4 tsp salt  
1/4 tsp chile powder  
1 1/2 cups hot water mixed w/ 1 1/2 Tbsp vegetable broth powder  
1/4 cup raisins  
Heat a large, heavy saucepan over medium heat. Add oil, onion and garlic. Cook, stirring frequently, about 5 minutes. Add cumin, salt and chile powder and cook until fragrant, 1-2 minutes. Add broth, lentils and sweet potatoes. Bring mixture to a boil. Reduce heat, cover, and simmer. Cook until lentils are tender to the bite and sweet potatoes are tender when pierced, another 25-30 minutes. Add water in small amounts, as necessary. Stir in raisins. Serve over brown rice.

### Super Quick Salad Trio

**Panzanella:** Cut thawed baguette into cubes. Chop remaining tomato and toss with baguette cubes. Add salt, olive oil, balsamic vinegar to taste. Add torn basil just before serving.  
**Rice Salad:** Toss leftover brown rice with a bit of oil and a pressed clove of garlic and heat through. Remove from pan and toss with dressing of 1 part vinegar to 2 parts oil, a bit of mustard and a bit of honey. Add a big handful of cilantro and some jalapeno.