

First Alternative Co-op

BUDGET BITES

Vol. 4, Issue #3
March 2013

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



Menu:

Mushroom Mac
Ginger Garlic Broccoli Tofu
Southern White Beans with Ham
Broccoli Cheese Bakers
Sushi Bites & Sesame Glazed Carrots
Baked Potato Corn Chowder

BUDGET BITES VOL. 4 #1

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Mushroom Mac	Ginger Garlic Broccoli Tofu	Southern White Beans with Ham	Broccoli Cheese Bakers	Sushi Bites & Sesame Glazed Carrots	Baked Potato Corn Chowder
In the fridge for later: 1 cup cheese sauce Tip: Freeze the tofu overnight, thaw in the morning.	In the fridge for later: 2 cups cooked rice 1/2 head steamed broccoli	In the fridge for later: 2/3 ham steak	In the fridge for later: Baked Potato Tip: Make your cheese sauce zippy by adding a few pickled jalapeños.	Tip: Substitute plain nori rolls from bulk for the wasabi snacks if you prefer a milder flavor. Brown the ham in the carrot skillet for extra flavor.	

SHOPPING & RECIPES

We shopped this list at the Co-op on February 7, 2013. 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: \$49.18

IN THE PANTRY:

Butter	Tamari
Flour	Broth
Garlic	Cornstarch
Thyme	Chili flakes
Fennel seed	Brown sugar
Marjoram	Hot sauce
Oil	Dried dill
Salt & pepper	Rice vinegar

PRODUCE, 100% OG

- ___ 16 mushrooms
- ___ 1 leek
- ___ 1 onion
- ___ 5 carrots
- ___ 1 celery stalk
- ___ 1 head broccoli
- ___ 1-inch piece ginger
- ___ 3 russet potatoes
- ___ 1 avocado
- ___ 1 daikon

MEAT

- ___ 1 ham steak

GROCERY:

- ___ 1 pkg. Annie Chun's Wasabi Seaweed Snacks

DAIRY & CHEESE:

- ___ 1 quart milk 6
- ___ 1/2 lb. cheddar
- ___ 1 cup sour cream 6

BULK:

- ___ 3 cups dried pasta shapes
- ___ 2 cups jasmine rice
- ___ 1 cup sushi rice
- ___ 1 cup Vermont cranberry beans 6
- ___ 6 sundried tomato halves
- ___ 1 block tofu 6
- ___ 2 Tbsp Bac 'un Bits
- ___ 1 Tbsp sesame seeds
- ___ 1 cup frozen corn 6
- ___ 1/2 cup seaweed sauerkraut

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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First Alternative
NATURAL FOODS CO-OP



Recipes

Mushrooms & Mac

3 cups pasta shapes
¼ cup butter, divided
3 Tbsp flour
3 cloves garlic, minced
3 cups milk
1 tsp salt
1 ½ cups cheese, grated
10 mushrooms, sliced
1 leek, top only, sliced

Prepare pasta to taste. Melt 3 Tbsp butter in saucepan and stir in flour and salt. Cook, stirring constantly, 2 minutes, and slowly add milk. Whisk til smooth and gently bring to a simmer. Reduce heat; add 1 cup cheese and garlic.

Meanwhile, sauté mushrooms and leeks in remaining 1 Tbsp butter. Transfer pasta to a small greased baking dish. Top with mushroom & leek sauté and cheese sauce, reserving 1 cup for broccoli cheese bakers. Top with remaining cheese and broil until golden.

Ginger Garlic Broccoli Tofu

1 block tofu, frozen and thawed
6 mushrooms, quartered
2 Tbsp oil
2 cloves garlic, minced
2 Tbsp tamari
½ cup broth
2 tsp cornstarch
1 Tbsp ginger, minced
½ tsp chili flakes
1 Tbsp brown sugar
½ head broccoli, steamed
2 cups cooked rice
Stir fry tofu and mushrooms in oil until golden. Stir together garlic, tamari, broth, cornstarch, ginger, chili flakes and brown sugar. Pour into pan and cook until thickened. Add broccoli and heat until warm. Serve over warm rice.

Southern White Beans with Ham

1 ½ cups jasmine rice, uncooked
1 cup dried Great Northern or other small white beans, sorted and washed
½ tsp dried thyme
½ tsp ea: fennel and marjoram, crushed
6 sun-dried tomato halves, chopped
½ Tbsp olive oil
1 leek, white and light green portions, chopped
½ onion, chopped
1 carrot, chopped
1 cup ham, diced
2 cloves garlic, minced
1/2 cup chopped celery
salt and pepper to taste

Soak beans overnight. Transfer to a heavy cooking pot and cover with 1 inch of water. Add thyme, fennel, marjoram and sundried tomatoes. Reduce heat and cook until tender, about 2 hours. Add more water as necessary.

Cook rice. Sauté leek, onion, carrot, ham, celery and garlic in a saucepan. Cook until lightly browned around edges and combine with finished beans. Serve with rice, reserving ½ rice for later.

Broccoli Cheese Bakers

3 russet potatoes
Olive oil
½ head broccoli, chopped and steamed
1 cup cheese sauce
Sour cream
Bacon bits
Salt & pepper
Hot sauce
Clean potatoes and prick skin with a fork. Rub with olive oil and salt and bake on oven rack at 400° for 1 hour. Chop and steam the broccoli, reserving ½ for tofu stir fry. Heat cheese sauce and top your potatoes with all your favorite toppings. Reserve 1 potato for later.

Sushi Bites

1 cup sushi rice
2 Tbsp rice vinegar
1 pkg. Seaweed Snacks or 4 nori sheets
1 avocado, julienned
1 daikon, julienned
½ cup seaweed kraut
4 strips of ham, browned
Rinse rice 5 times in cold water. Combine rice with 1 cup water in a saucepan and cover. Bring to a boil, reduce heat, and cook for 20 minutes. Remove from heat and stir in vinegar. When rice is cooled enough to touch, scoop a spoonful out with wet fingers and place on one side of the seaweed snack. Top with avocado, daikon, seaweed and ham, and roll, using more water to seal. Serve with tamari.

Sesame Glazed Carrots

3 carrots, sliced into medallions
Dash of water
1 Tbsp butter
1 Tbsp sesame seeds
1 Tbsp tamari
1 clove garlic, minced
1 Tbsp brown sugar
Combine all ingredients in a skillet over medium low heat and cook, covered, until tender.

Baked Potato Corn Chowder

2 tsp butter
1 cup ham, diced
½ onion, diced
1 carrot, diced
1 baked potato, diced
1 cup broth
1 cup corn
Salt & pepper
1 tsp dried dill
1 cup milk
Cheddar & sour cream for garnish
Sauté ham, onion and carrot in butter. Add baked potato, broth and corn. Bring to a simmer and cook until thickened, about 10 minutes. Remove from heat and slowly stir in milk. Season with dill, salt and pepper.