

First Alternative Co-op

BUDGET BITES

Vol. 3, Issue #5:
May 2012

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



Menu:

Saturday: Chowd Noodles

Sunday: Chef Salad

Monday: Chili Mac


Tuesday: Kedgerree

Wednesday: Hungarian Mushroom Soup

Thursday: Unstuffed Pepper Salad

BUDGET BITES VOL. 3 #5

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
* Chowd Noodles with Nutty Sauce	* Chef Salad	* Chili Mac * Easy Cabbage slaw	* Kedgerree * Green Salad	* Hungarian Mushroom Soup * Cheddar Scallion Scones	* Unstuffed Pepper Salad
In the fridge for future meals: Cabbage Green onions Tip: Choose whole wheat pasta for better nutrition; choose shape that works here and for Monday's Chili Mac for economy.	In the fridge for future meals: Hard boiled eggs Lettuce Tip: Boil 4 eggs now, save 2 for Tuesday.	In the fridge for future meals: ½ recipe beef, onion, pepper, garlic mix Tip: Mix 1 Tbsp vinegar, 2 Tbsp mayonnaise, ½ tbsop sugar and salt and pepper to taste. Pour over ½ head shredded cabbage.	In the fridge for future meals: Cilantro Tip: Smoked fish is traditional in this recipe, but tuna is a quick substitute. You can make this as spicy as you like, or reduce the spice to just a whisper.	Tip: These scones are delicious made with whole wheat flour, but won't brown as well – just brush the tops with butter if you like that crispy look	

 Indicates product from the 6 local counties!

SHOPPING & RECIPES

We shopped this list at the Co-op on April 6, 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: \$49.26


IN THE PANTRY:

oil	cumin
garlic	oregano
broth powder	dried dill
salt & pepper	paprika
tamari	milk
red pepper flakes	butter
honey	baking powder
salad dressing	dry mustard
chili powder	curry powder

DAIRY & CHEESE:

___ 4 eggs 
 ___ ½ lb. shredded cheddar

MEAT/ISH



___ ½ lb. assorted deli meats
 ___ 1 lb. ground beef or substitute 

GROCERY:



___ 14.5 oz fire roasted tomatoes
 ___ 1 can tuna

BULK:

___ ½ lb rice noodles
 ___ ½ cup peanut butter
 ___ ½ lb macaroni noodles
 ___ ¼ cup sunflower seeds

___ ¾ cup flour 
 ___ 1 ½ cups rice
 ___ ¾ cup corn 
 ___ ½ cup sliced olives

PRODUCE:

___ 2 bunches green onions
 ___ 1 zucchini
 ___ 1 carrot
 ___ 1 head cabbage 
 ___ 1 bunch cilantro 
 ___ 1 head lettuce
 ___ 2 tomatoes
 ___ 20 mushrooms
 ___ 1 cucumber
 ___ 2 onions
 ___ 1 bell pepper
 ___ 1-inch piece ginger
 ___ 2 lemons

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



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First Alternative
NATURAL FOODS CO-OP



Recipes

Chowed Noodles

8 oz rice noodles
2 tsp oil
2 cloves garlic, pressed
4 green onions, julienned
1 zucchini, julienned
1 medium carrot, julienned
½ head cabbage, shredded
¾ cup broth
6 Tbsp nut butter
1 ½ Tbsp tamari
1 tsp red pepper flakes
1 Tbsp honey
½ cup cilantro, chopped

Cook rice noodles according to package instructions. Sauté carrots, squash and green onions 1 minute in hot oil. Add garlic and cabbage, cover pan, and cook 3 minutes. Mix broth, nut butter, tamari, red pepper flakes, and honey together to make sauce. Add sauce and noodles to vegetables and stir. Garnish with cilantro and serve.

Chef Salad

4 cups lettuce, cleaned and chopped
2 hard boiled eggs, sliced
½ lb sliced deli meat, chopped
½ cup cheddar cheese, grated
1 tomato, diced
1 green onion, chopped
1 cucumber, sliced
¼ cup sunflower seeds

Arrange lettuce on plates. Prepare remaining ingredients. Assemble salads and serve with your favorite dressing.

Chili Mac!

½ lb quinoa corn macaroni
1 lb ground beef
1 onion, diced
1 bell pepper, diced
2 cloves garlic

1 tsp chili powder
½ tsp cumin
1 tsp dried oregano
14.5 oz fire-roasted tomatoes
salt and pepper to taste
½ cup grated cheddar

Boil water and cook pasta to taste. Brown beef until cooked through. Add pepper and onion and sauté until tender. Add garlic and cook 1 minute. Remove ½ of mixture for Unstuffed Pepper Salad. Add tomatoes, spices and salt and pepper. Stir in pasta and serve with grated cheddar.

Kedgeree

1 ½ cups rice
2 Tbsp butter
1 Tbsp ginger, grated
1 tsp dry mustard
2 tsp curry powder
¼ tsp salt
1 clove garlic, minced
4 green onions
1 tomato, chopped
1 can tuna
2 boiled eggs, peeled & quartered
chopped cilantro
lemon for serving

Prepare rice (reserve half for Unstuffed Pepper Salad). Cook spices and garlic in butter until fragrant, 2-3 minutes. Add onion and tomato and cook 5 minutes. Stir in rice, tuna and eggs. Cover and cook until heated through. Stir in cilantro and serve with lemon.

Hungarian Mushroom Soup

20 mushrooms, sliced thin
½ onion
1 Tbsp butter
½ Tbsp paprika
2 tsp dried dill
1 cup milk
1 cup broth

½ lemon, juiced
salt & pepper to taste

Sauté onion and mushrooms in butter 2-3 minutes. Add paprika and dill and sauté until fragrant. Add broth and milk. Reduce heat and simmer 15 minutes. Season to taste with lemon, salt & pepper.

Cheddar Scallion Scones

2 Tbsp cold butter
¾ cup flour
1 ½ tsp baking powder
½ tsp salt
1 tsp dry mustard
¼ cup grated cheddar
2 scallions, finely sliced
½ cup milk

Mix flour, baking powder, mustard and salt together. Cut the butter into the flour. Stir in cheese & scallions. Add the milk and stir. Knead a bit, then shape into a circle a little bigger than a CD. Cut into six wedges. Separate and place on an ungreased cookie sheet. Bake at 350° for approx. 12 minutes.

Unstuffed Pepper Salad

½ beef & veggie mix from Chili Mac
½ tsp. ground cumin
¾ cup frozen corn
1 cup cooked rice
2 tsp lemon juice
1 Tbsp oil
¼ tsp salt or to taste
½ cup fresh cilantro, minced
½ cup sliced olives

Reheat beef, pepper & onion mixture. Stir in cumin, corn and rice and heat through. Whisk together oil, lemon juice and salt. Put all ingredients in a bowl and toss to combine.

Budget Bites archives are available at Customer Service & online at www.firstalt.coop