

First Alternative Co-op

# BUDGET BITES

Vol. 2, Issue #6:  
June 2011

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



## Menu:

Saturday: Bean & Cheese Tacos

Sunday: Hot Dogs & Grilled Zucchini

Monday: Tofu Curry & Rice

Tuesday: Chili Dogs & Crunch Salad

Wednesday: Green Chili Tortilla Pie

Thursday: Berry Baby with Grapefruit

# BUDGET BITES VOL. 2 #6

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> <li>★ Black Bean &amp; Cheese Tacos</li> <li>★ Spanish Rice</li> </ul>	<ul style="list-style-type: none"> <li>★ Hot Dogs</li> <li>★ Grilled Zucchini</li> <li>★ Chips &amp; Salsa</li> </ul>	<ul style="list-style-type: none"> <li>★ Tofu Curry</li> <li>★ Rice</li> </ul>	<ul style="list-style-type: none"> <li>★ Chili dogs</li> <li>★ Crunch Salad</li> </ul>	<ul style="list-style-type: none"> <li>★ Green Chili Tortilla Pie</li> <li>★ Crunch Salad</li> </ul>	<ul style="list-style-type: none"> <li>★ Berry Baby</li> <li>★ Grapefruit</li> </ul>
<p><i>In the fridge for future meals:</i> beans cheese tortillas rice Tip: Cook 2 cups of rice now to save time on Monday! Stir ½ cup salsa into half of the cooked rice make Spanish Rice.</p>	<p><i>In the fridge for future meals:</i> hot dogs buns Tip: Slice 2 zucchini thin and brush with olive oil and herbs. Grill until bright green and tender.</p>	<p>Tip: If you don't care for tofu, ground turkey is great in this – cook until nicely browned, reserve, and build your curry sauce in the same pan.</p>	<p><i>In the fridge for future meals:</i> Crunch Salad Tip: Cook hotdogs and toast buns while the chili warms. Pop the dog into a buttered bun, top with chili and add chopped onion and grated cheese.</p>		<p>Tip: Any fresh fruit will go great with this! If you have leftover hot dogs, cook them up for a side dish.</p>

## SHOPPING & RECIPES

We shopped this list at the Co-op on May 13, 2011. 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: \$47.68.

## IN THE PANTRY:

oil	hot sauce
garlic, fresh	butter
cumin	flour
garlic granules	milk
dijon mustard	powdered sugar
salt and pepper	baking powder
honey	vanilla
curry powder	

## GROCERY -

- \_\_\_ Hot dog buns
- \_\_\_ Hatch Green
- \_\_\_ Enchilada Sauce
- \_\_\_ 1 can chili
- \_\_\_ 13.5 oz. coconut milk

## BULK -

- \_\_\_ 1 cup frozen peas
- \_\_\_ 1 cups pinto beans
- \_\_\_ 1 block tofu
- \_\_\_ 2 cups Mexi-Snax chips
- \_\_\_ 2 cups salsa
- \_\_\_ 2 cups brown rice
- \_\_\_ ½ cup olives
- \_\_\_ ½ cup frozen berries

## PRODUCE - 100% ORGANIC!

- \_\_\_ 1 head lettuce
- \_\_\_ 3 onions
- \_\_\_ 2 lemons
- \_\_\_ 1 finger fresh ginger
- \_\_\_ 1 small head cabbage
- \_\_\_ 3 carrots
- \_\_\_ 1 cucumber
- \_\_\_ 2 grapefruit
- \_\_\_ 6 zucchini

## DAIRY & CHEESE -

- \_\_\_ 1 pkg. hot dogs
- \_\_\_ ½ lb. jack cheese
- \_\_\_ Carmen's corn tortillas
- \_\_\_ 3 eggs
- \_\_\_ 8 oz Nancy's sour cream

# 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 2011!

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)



**SOUTH CORVALLIS**  
1007 SE 3rd  
541.753.3115

**NORTH CORVALLIS**  
2855 NW Grant  
541.452.3115

[www.firstalt.coop](http://www.firstalt.coop)



## Recipes

### Refried Beans

1 cup pinto beans  
3 quarts water  
2 Tbsp olive oil  
½ onion, minced  
salt to taste  
Spices as desired  
Clean and rinse beans. Place in pot with water and bring to a boil. Cook for 2 ½ hours or until beans are tender and skins are beginning to peel away. Drain water, reserving ¼ cup. Sauté olive oil and onion in a large, heavy pot until onion is translucent. Add cooked beans and water and mash with a potato masher until you have your desired consistency. Season with salt and other spices such as miso, cumin, chili powder, or smoked paprika.

### Bean & Cheese Tacos

4 corn tortillas  
1 ½ cups grated cheese  
thinly sliced onion  
2 cups refried beans  
1 carrot, grated  
salsa  
sour cream  
lettuce  
Put corn tortillas on a cookie sheet. Top with grated cheese and sliced onion. Bake 3-4 minutes, then fill with warm refried beans, grated carrot, salsa sour cream and lettuce.

### Tofu Curry

1 tsp. vegetable oil  
1 onion, sliced  
2 tsp. fresh ginger, finely chopped

3 tsp. curry powder  
2 tsp. cumin  
1 tsp. hot sauce  
1 can (13.5 oz) coconut milk  
1 block tofu, cubed  
1 cup frozen peas  
salt to taste  
Heat oil in frying pan and sauté onions and tofu 1-2 minutes. Reduce heat. Add ginger, tofu and spices and cook until tofu is brown. Add coconut milk, hot sauce and peas. Cover and cook gently for 20 minutes. Salt to taste and serve over rice.

### Creamy & Crisp Slaw

1 small Napa cabbage, about 1 lb.  
2 carrots, peeled  
1 cucumber, peeled & seeded  
½ onion, very thinly sliced  
½ cup sour cream  
1 tsp. honey  
1 tsp. granulated garlic  
1 tsp. prepared mustard  
1 Tbsp. lemon juice  
salt and pepper to taste  
Clean and shred all the vegetables. Mix together. Blend dressing ingredients. Toss together immediately before serving.

### Zucchini Tortilla Pie

oil  
4 small zucchini  
1 cup grated cheese  
1 can Hatch Green Enchilada Sauce  
½ cup olives  
½ onion, chopped  
1 tsp cumin  
1 cup refried beans  
8 tortillas  
Sauté onion and cumin in oil for 5 minutes. Add zucchini and cook until slightly tender. Coat the bottom of an

8x8 baking pan with a thin layer of enchilada sauce. Layer four tortillas and spread refried beans over the top. Top with zucchini-onion mix, ½ sauce and ½ cheese. Cover with remaining 4 tortillas and pour on remaining enchilada sauce. Bake at 350° for 20 minutes, top with remaining cheese and olives and broil until cheese is brown and bubbly.

### Berry Baby

2 Tbsp butter  
3 eggs  
½ cup milk  
½ cup flour  
1 tsp vanilla  
2 Tbsp honey  
1 tsp lemon zest  
¼ tsp baking powder  
½ cup marionberries, thawed and crushed slightly  
Lemon juice and powdered sugar or honey for sprinkling on top  
Preheat oven to 375°. Place butter in an 8" cast-iron skillet in the oven until melted. Set skillet aside. Whisk together eggs, milk, flour, zest, baking powder, honey and vanilla. Pour into preheated pan and gently add marionberry puree by the spoonfuls. Swirl to distribute but avoid mixing.  
Bake 15-20 minutes, until edges are puffed and brown. Sprinkle with lemon juice and powdered sugar and serve.

**Budget Bites archives are available at Customer Service & online at [www.firstalt.coop](http://www.firstalt.coop)**