

First Alternative Co-op

BUDGET BITES



Issue #12:
December 2010

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



Menu:

Saturday: Tex-Mex Beans & Cornbread

Sunday: Stuffed Bell Peppers

Monday: Sausage Gravy & Muffins

Tuesday: Teriyaki Tofu & Veggie Fried Rice

Wednesday: Chili Mac & Carrot Salad

Thursday: English Muffin Pizzas

BUDGET BITES #12

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> ■ Tex-Mex Beans ■ Cornbread ■ Green Salad 	<ul style="list-style-type: none"> ■ Stuffed Bell Peppers ■ Brown Rice 	<ul style="list-style-type: none"> ■ Sausage Gravy & Muffins ■ Green Salad 	<ul style="list-style-type: none"> ■ Teriyaki Tofu ■ Veggie Fried Rice 	<ul style="list-style-type: none"> ■ Chili Mac ■ Carrot Salad 	<ul style="list-style-type: none"> ■ English Muffin Pizzas ■ Carrot Salad
<p>In the fridge for future meals: Chili lettuce Tip: Rinse all the lettuce and store extra in the salad spinner or a container in the fridge for easy access.</p>	<p>In the fridge for future meals: leftover rice Tip: Vegetarian option: substitute tofu crumbled with a bit of soy sauce.</p>	<p>In the fridge for future meals: Muffins Tip:</p>	<p>In the fridge for future meals: Tip: Kids generally like this version of tofu very well. Adults might like a spicier dipping sauce.</p>	<p>In the fridge for future meals: Carrot Salad Tip: Cook the macaroni al dente and place in baking dish. Stir in Tex-Mex beans & top with cheese. Bake for 20 minutes until golden brown.</p>	<p>In the fridge for future meals Tip: In case you missed this bit of Americana - lightly toast muffins, then spread with pasta sauce & top with grated cheese & pizza fixings - we like sliced olives and onion.</p>

SHOPPING & RECIPES

We shopped this list at the Co-op on November 24, 2010. 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: \$48.89.

IN THE PANTRY:

salad dressing	baking powder
salt & pepper	garlic granules
soy sauce	garlic
vinegar	milk
sugar	red pepper flakes
oil	
ground cumin	
oregano	
hot sauce	

PRODUCE, 100% Organic!

- ___ 3 onions
- ___ 18 mushrooms
- ___ 4 small bell peppers
- ___ 5 large carrots
- ___ 2 limes
- ___ 2 heads lettuce

GROCERY:

- ___ 1 small jar pasta sauce
- ___ 1 pkg. English muffins

MEAT:

- ___ 16 oz ground sausage (pork or Gimme Lean)

BULK:

- ___ ½ lb. dried beans (pinto, black or kidney)
- ___ 1/3 cup raisins

- ___ 3 cups rice
- ___ 1 cup cornmeal
- ___ ½ cup whole wheat flour
- ___ ¼ cup brown sugar
- ___ 1/3 cup rice flour
- ___ ½ cup olives
- ___ 1 block extra-firm tofu
- ___ 2 ½ cups frozen corn
- ___ 1 cup frozen peas
- ___ 2 cups quinoa corn macaroni

DAIRY & CHEESE:

- ___ 1 stick butter
- ___ 1 cup sour cream
- ___ 2 eggs
- ___ 8 oz cheddar
- ___ 4 oz. mozzarella

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, providing 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! Many of the meals will also make enough for lunch the next day.

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

Bon Appetit!



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The Recipes

Tex-Mex Beans

½ lb. dried beans
1 tsp oil
3 cloves garlic, minced
1 large onion, diced
1 tsp. salt
1 tsp. red pepper flakes
1 tsp. dried ground cumin
2 tsp. dried oregano
dash of hot pepper sauce
Pick over the beans and soak in water overnight or for 6-8 hours. Drain and rinse thoroughly.
Heat oil in a large saucepan cook onion 5 minutes. Add garlic, red pepper flakes, cumin and oregano and cook 1 minute. Add beans and cover with water 1-2 inches higher than the beans. Simmer 2-3 hours, stirring occasionally and adding water as needed. Add hot sauce and salt before serving. Top with sour cream if desired.

Corn Bread

1 cup cornmeal
1 cup whole wheat flour
¼ cup brown sugar
1 Tbsp. baking powder
½ tsp. salt
1 cup sour cream
¼ cup milk
2 eggs
¼ cup vegetable oil
Grease an 8x8 pan. Heat oven to 425°. In a large bowl, mix together the cornmeal, flour, sugar, baking powder and salt. In a cup, mix together sour cream, milk, eggs and oil. Pour the wet mixture into the dry and stir until just combined. Bake 20 minutes.

Stuffed Peppers

4 small bell peppers
8 oz. ground pork or Gimme Lean
1 onion, chopped
12 mushrooms, sliced
salt
1 clove garlic
1 tsp. thyme
2 cups frozen corn
¼ cup vegetable broth
⅓ cup cheddar
Core and seed peppers. Cook pork or Gimme Lean until done but not overly browned. Sauté onion and mushrooms until tender. Add garlic, thyme & salt. Mix all ingredients. Stuff pepper. Bake, covered, at 375° for 20 minutes. Remove cover, top with cheddar and bake an additional 10 minutes or until tender.

Sausage Gravy & Muffins

½ lb. pork sausage
¼ cup flour
2 cups milk
salt & pepper to taste
Brown sausage, reserving fat in skillet. Mix milk and flour until smooth; stir into sausage until it begins to thicken. If there is still fat that has not been absorbed, add more flour and milk; if the gravy is too thick, stir in more milk until desired consistency is reached. Season with salt and pepper. Serve over toasted English muffins.

Teriyaki Tofu

12 oz extra-firm tofu
¼ cup vegetable oil
½ cup soy sauce
1 tsp garlic granules
2 Tbsp brown sugar
½ cup rice flour
Cut tofu into about 16 long thin strips. Heat oil in a large pan. Mix soy

sauce, garlic granules & brown sugar. Dip tofu strips in sauce. Dip in rice flour to coat. Drop carefully in hot pan. Cook, turning once, until golden brown on all sides, about 2 minutes. Serve at once with additional soy sauce for dipping.

Veggie Fried Rice

2 Tbsp. oil
1 onion, thinly sliced
1 carrot, thinly sliced
6 mushrooms, quartered
1 cup frozen corn
1 cup frozen peas
2 cups cooked rice
1 Tbsp. soy sauce
1 tsp. vinegar
½ tsp. sugar
¼ tsp. red pepper flakes
Cook onions & carrots in 1 Tbsp. oil for 2 minutes. Add mushrooms and cook two minutes. Throw in corn & sprouts and cover pan. Let steam 4 minutes. Remove lid and push vegetables to edges of pan. Pour remaining tablespoon of oil in center of pan and add rice. Cook, stirring frequently, until rice is hot through, about 2 minutes. Mix remaining ingredients together and drizzle over rice. Stir and serve.

Carrot Raisin Salad

4 large carrots
⅓ cup raisins
2 Tbsp. lime juice
2 Tbsp. olive oil
¼ tsp. salt
Pour 1 ½ cups boiling water over raisins and let stand 10 minutes. Meanwhile, wash, scrape and grate carrots. Stir together lime juice, oil and salt. Drain raisins and add carrots and raisins to dressing.

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