

First Alternative Co-op

BUDGET Bites

Vol. 4, Issue #11
November 2013

**Meal plan, shopping & recipes for
2 adults, 6 nights, under \$50.**

Menu:

Beef Enchiladas

Autumn Quinoa Salad

Hamburgesa Cazuela

Chinese Tofu Soup

Santa Fe Breakfast Tacos

Maccheroni Al Forno

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Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Beef Enchiladas Cabbage & Cilantro Salad	Autumn Curry Quinoa Salad Pumpkin Spice Lentil Soup	Hamburgesa Cazuela Cabbage & Cilantro Salad	Chinese Tofu Soup Autumn Curry Quinoa Salad	Santa Fe Breakfast Tacos Pinto Beans	Maccheroni al Forno Cabbage & Cilantro Salad
In fridge for later: Cooked beef Tortillas Cheese Cabbage & Cilantro ½ can tomato sauce Tip: combine shredded cabbage & ½ cilantro for side salad. Prepare a enough to last the rest of the week.	In fridge for later: Autumn Quinoa Curry Salad	In fridge for later: Cheese Eggs		Tip: add oregano, garlic salt and cumin to your beans for extra zip.	Tip: Use any combination of cheese for this dish. Variety adds spice!

We shopped this list at the Co-op on October 26, 2013. We chose organic (marked "OG") and local (marked "L") 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: \$49.84

IN THE PANTRY:

Butter
Salt & pepper
Milk
Rice flour
Garlic
Baking powder
Fish sauce
Tamari
Cumin
Oregano
Chili powder
Coconut oil
Broth powder
Curry powder
Maple Syrup
Garam Masala
Cinnamon
Salad Dressing
Dried Cranberries

BULK:

___ 1 cup salsa (L) OG
___ 2 cups quinoa corn pasta OG
___ 1 block tofu (L) OG
___ 1 cup cornmeal OG
___ 1 cup flour (L) OG
___ ½ cup roasted hazelnuts (L)
___ 1 cup quinoa OG
___ ⅓ cup lentils

GROCERY:

___ 1 pkg original muruku noodles (L)
___ 1 can green chilies OG
___ 1 14 oz. can tomato sauce OG
___ 1 5 oz. can coconut milk
___ 1 can Farmer's Market Pumpkin Puree (L)

MEAT:

___ 1 lb. lean hamburger (L)

CHILL:

___ 9 eggs (L)
___ 1 cup sour cream (L) OG
___ 1 lb. Rumiano jack cheese

PRODUCE, 100% OG

___ 1 bunch kale or chard (L)
___ 3 onions (L)
___ 1 bell pepper (L)
___ 1 small head broccoli
___ 1 carrot (L)
___ 1 bunch cilantro
___ ½ head cabbage (L)
___ 1 orange
___ 1 apple (L)

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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Recipes

Corn-Flour Tortillas

1 ½ cups cold water
1 cup all-purpose flour
½ cup cornmeal
¼ tsp salt
1 egg

Beat ingredients together with a hand mixer until smooth. Heat a skillet or griddle over medium-low, adding oil if necessary. Pour ¼ cup of batter onto skillet and swirl to form a tortilla about 6" across. Cook until firm, flip, then cook second side until golden. Set aside and repeat process with remaining batter. Makes 12 tortillas.

Beef Enchiladas

6 tortillas
1 lb. hamburger
1 onion, diced
½ bell pepper, diced
¼ cup sour cream
1 cup grated cheese, divided
1 Tbsp cilantro, minced
½ tsp salt
pinch of pepper
½ can tomato sauce
1 tsp chili powder
⅓ cup water
¼ tsp oregano
¼ tsp cumin
1 can green chilies, chopped
1 clove garlic, minced
Prepare tortillas. Cook hamburger, onion and pepper until light brown. Remove from heat and set half aside. Add sour cream, ½ cup cheese, cilantro, salt and pepper.
Bring remaining ingredients to a boil, stirring occasionally. Simmer 5 minutes.

To assemble, dip tortillas in sauce, coating both sides. Spoon ¼ cup hamburger mix into tortilla and roll. Transfer to an ungreased 8x8 baking dish and repeat. Bake at 350° for 20 minutes. Top with remaining cheddar and serve with sour cream and salsa.

Autumn Quinoa Salad

1 cup quinoa
½ onion, minced
1 apple, minced
2 Tbsp coconut oil
Juice of 1 orange
1 tsp curry powder
¼ tsp salt
1 Tbsp maple syrup
½ bunch cilantro, chopped
½ cup roasted hazelnuts, chopped
¼ cup cranberries, chopped
Prepare quinoa. Sauté onion in coconut oil until tender. Add apples and reduce heat to low. Meanwhile, whisk together orange juice, curry powder, salt and maple syrup. Add quinoa to onion and apple and stir to combine. Transfer to a serving bowl and toss with curry dressing, cilantro, cranberries and hazelnuts and serve.

Pumpkin Spice Lentil Soup

½ onion
1 can pumpkin puree
1 can coconut milk
1 Tbsp coconut oil
1 cup vegetable broth
1 tsp garam masala
¼ tsp cinnamon
½ can tomato sauce
⅓ cup lentils
Salt & pepper to taste
Sauté onion in coconut

oil until translucent. Add remaining ingredients and gently simmer until lentils are tender, about 30 minutes.

Hamburgesa Cazuela

½ recipe hamburger
½ bunch greens, chopped
2 cloves garlic, minced
Salt, cumin, pepper and chili powder to taste
2 cups shredded cheese, divided
½ cup cornmeal
½ cup milk
¼ tsp baking soda
4 eggs
½ tsp salt
Sauté beef mixture with greens and garlic until greens wilt. Add salt, cumin, paprika and pepper to taste. Transfer to an 8x8 baking dish. Top with ½ cheese. Beat egg, cornmeal, milk, baking soda and salt together in a bowl. Pour the over the top of the cheese. Bake at 350° for 15 minutes, top with remaining cheese and broil to desired finish. Serve with salsa and sour cream.

Chinese Tofu Soup

4 cups broth
½ onion
1 block tofu, cubed
1 Tbsp fish sauce
1 Tbsp tamari
1 head broccoli, chopped
4 cloves garlic
1 carrot, sliced
1 pkg. muruku noodles
Bring broth to a simmer and add remaining ingredients except noodles. Cook until vegetables are tender. Serve with muruku noodles.

Santa Fe Breakfast

Tacos

½ onion, diced
½ bell pepper, diced
2 Tbsp butter
4 eggs
¼ tsp baking powder
2 Tbsp milk
¼ tsp salt
½ cup grated cheese
4-6 tortillas, warmed
Salsa & sour cream
Sauté onion and bell pepper in butter until tender. Beat together eggs, baking powder, milk, salt and cheese. Pour over peppers and onions and cook to desired finish. Serve on heated tortillas with salsa & sour cream.

Maccheroni al Forno

2 cups quinoa corn macaroni noodles
2 Tbsp butter
2 cloves garlic, minced
2 Tbsp rice flour
2 cups milk
1 cup grated cheese
Salt & pepper to taste
½ bunch greens, chopped
Cook pasta al dente, adding greens at the last minute to blanch. Drain and set aside. Melt butter in a saucepan and add garlic and flour. Stir to combine and slowly add in milk. Bring to a boil, whisking constantly, and cook until thickened. Remove from heat and add cheese, salt and pepper to taste.
Combine pasta and sauce and place in an 8x8 baking dish. Bake at 350° for 10 minutes. Broil until golden and serve.