

First Alternative Co-op

BUDGET Bites

Vol. 4, Issue #10

October 2013

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

Menu:

Bacon & Egg Buddies

Mushroom Thyme Barley Soup

Caramelized Onion Risotto

BLT with Kale Pasta Toss

Risotto Stuffed Delicata

Colorful Chile Rellenos

BUDGET BITES VOL. 4 #10

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Bacon & Egg Buddies Fresh Wheat Bread Apple slices	Mushroom Barley Soup Garlic toast	Caramelized Onion Risotto Walnut Crouton Green Salad	BLT Kale Pasta Toss	Risotto Stuffed Delicata Green Salad	Colorful Chile Rellenos Beans
In the fridge for later: bread ½ pkg. bacon ¾ bunch kale cheese eggs	In the fridge for later: bread	In the fridge for later: bread, salad, risotto Tip: Toss bread chunks with oil and salt; toast. Top salad greens with chopped walnuts, currants and croutons for a satisfying side salad.	In the fridge for later: lettuce Tip: Splurge on an avocado to take your BLT to the next level. If you have basil, it also makes a good addition.	Tip: rinse and clean Delicata seeds. Toss with olive oil and salt and toast at 400° for 10 minutes. Add to your green salad for a delicious crunch!	Tip: add ½ cup salsa to your beans to instant flavor!

We shopped this list at the Co-op on September 18, 2013. We chose organic (marked "OG") and local (marked "🌱") 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: \$44.01

IN THE PANTRY:

yeast	veggie broth
sugar	powder
salt	thyme
pepper	mayonnaise
brown sugar	olive oil
canola oil	baking powder
milk	flour
tamari	dressing
dry sherry	
garlic	
butter	

BULK:

- ___ 2½ cups bread flour OG
- ___ 3 cups ww flour 🌱 OG
- ___ ½ cup barley OG
- ___ 1 cup Arborio rice OG
- ___ ¼ cup walnuts OG
- ___ 1 cup salsa 🌱 OG
- ___ 1 cup brown rice penne OG
- ___ ¾ cup currants OG

GROCERY:

- ___ 1 can beans 🌱

MEAT:

- ___ 1 lb. turkey bacon or Turtle Island Smoky Maple Bacon
- ___ Tempeh Strips

CHILL:

- ___ ½ lb. jack cheese

- ___ 1 cup sour cream 🌱
- ___ 5 eggs 🌱
- ___ 1 cup parmesan cheese

PRODUCE, 100% OG

- ___ 1 bunch kale 🌱
- ___ 3 onions 🌱
- ___ 10 mushrooms
- ___ 2 carrots 🌱
- ___ 1 stalk celery
- ___ 1 head lettuce 🌱
- ___ 1 tomato 🌱
- ___ 1 delicata squash 🌱
- ___ 1 lb. assorted peppers 🌱
- ___ 1 beet 🌱
- ___ 1 apple 🌱

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**



**SOUTH
CORVALLIS**
1007 SE 3rd
541.753.3115

**NORTH
CORVALLIS**
2855 NW Grant
541.452.3115
www.firstalt.coop

Recipes

Farmer's Kitchen Wheat Bread

My parents baked this bread fresh every day to serve at their restaurant when I was growing up. Nothing tastes better with strawberry jam!

½ Tbsp yeast
1 ½ cup warm water
1 Tbsp sugar
1 tsp salt
2 cups bread flour
¼ cup hot water
¼ cup brown sugar
1 ½ Tbsp canola oil
2-3 cups whole wheat flour

Dissolve yeast in warm water. Add sugar, salt & flour. Set in a warm place and allow to double. Mix brown sugar and oil with hot water, set aside to cool.

Add brown sugar mix to yeast mixture. Slowly add wheat flour, kneading to form an elastic dough. Return to bowl and double again.

Knead again and place in greased loaf pan. Allow to rise for 20 minutes and bake at 350° for 45 minutes.

Bacon & Egg Buddies

3 Tbsp butter, divided
4 slices turkey bacon (or Turtle Island Smoky Maple Bacon Tempeh Strips)
3 eggs
¼ cup milk

½ cup shredded cheese
1 Tbsp flour
½ cup kale, minced
¼ onion, chopped
Pinch of salt & pepper

Butter 4 cups in a muffin tin and line the sides with bacon or tempeh. Sauté onion in remaining butter until translucent. Add kale and wilt. Beat eggs, milk, cheese and flour together and stir in sautéed onions. Pour evenly into the 4 lined cups. Bake at 350° for 30 minutes.

Mushroom Thyme Barley Soup

½ cup barley
1 quart water, divided
2 Tbsp butter
½ onion, diced
1 carrot, sliced
1 stalk celery, sliced
10 mushrooms, sliced
1 tsp dried thyme (1 Tbsp fresh)
2 cloves garlic, minced
2 Tbsp tamari
2 Tbsp sherry
Salt & pepper

In a saucepan, boil barley in 1 ½ cups water until softened, about 15 minutes. Meanwhile, sauté onion, carrots and celery in butter in a soup pot until tender. Add mushrooms, thyme and garlic and continue cooking until soft. Add barley, remaining water, tamari and sherry. Season with salt & pepper. Simmer 20 minutes and serve with garlic toast.

Kale & Pasta Toss

1 cup brown rice penne
¼ bunch kale
2 garlic cloves
½ cup parmesan cheese
¼ cup currants
salt to taste

Cook pasta to taste. Saute garlic and kale in butter until slightly browned, add currants, parmesan and pasta and season to taste with salt.

Caramelized onion risotto with kale

2 Tbsp butter
2 onions, sliced
1 tsp sugar
1 cup Arborio rice, heated
4 cups veggie broth
1 tsp thyme (1 Tbsp fresh)
1 clove garlic
½ bunch kale

Melt butter in soup pot and add onions and sugar. Cook, over medium high, until browned, about 10 minutes. Add rice and cook an additional 10 minutes. Add garlic, thyme and 1 cup broth. Simmer, stirring regularly, until moisture reduces. Continue adding broth at intervals until rice is tender. Stir in kale and remove from heat.

Risotto Stuffed Delicata

1 delicata squash
½ recipe risotto
½ cup Parmesan cheese
Cut squash in half and remove seeds. Place cut side down in a baking dish and

bake with ¼ inch water at 400° for 20 minutes.

Remove from heat, flip and fill with risotto. Return to oven and bake 15 minutes. Top with cheese and broil until golden.

Colorful Chile Rellenos

4 assorted peppers: Anaheim, Poblano, Italian Sweet, all are great!
2 eggs
¼ cup flour
¼ cup milk
¼ tsp baking powder
1 clove garlic
1 cup shredded cheese
1 carrot, grated
1 beet, grated

Blacken peppers under broiler and put them in a plastic bag to cool. Whisk eggs, milk, flour and baking powder. In a separate bowl mix garlic, cheese, carrot and beet. Peel off skin and stuff with cheese mixture. Place in a greased 8x8 pan and top with batter. Bake at 350° for 20-30 minutes.

Serve with salsa and sour cream.