

First Alternative Co-op

BUDGET Bites

Vol. 4, Issue #9
September 2013

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

Menu:

Eggplant Carpaccio & Kofta Kebabs

Bean & Rice Salad Bowls

Mushroom Stroganoff

Tofu with Peanut Sauce

Mushroom Cheddar Stuffed Burgers

Super Nachos

BUDGET BITES VOL. 4 #9

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Eggplant Carpaccio Kofta Kebabs Green Salad	Bean & Rice Salad Bowl	Mushroom Stroganoff Green Salad	Tofu with Peanut Sauce Sweet & Sour Cucumbers	Mushroom Cheddar Stuffed Burgers Tomato Basil Bisque with Rice	Super Nachos Green Salad
In the fridge for later: ½ lb. ground beef ½ ciabatta loaf Tip: Don't forget to soak the beans tonight!	In fridge for later: 1 cup cooked rice 1 cup cooked beans ½ cup each: salsa & olives ¾ cup sour cream cheese	In fridge for later: ¼ cup sautéed mushrooms & onions ¼ cup sour cream		Tip: Heat 1 cup rice with 1 can tomato basil bisque and season to taste with salt & pepper.	For nachos, spread corn chips on an oven proof plate. Top with cooked beans, jalapenos, olives and cheese. Bake till bubbly and serve with olives, salsa and sour cream.

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

IN THE PANTRY:

high heat oil
red chili flakes
toasted sesame oil
fish sauce
tamari
rice wine vinegar
brown sugar
peanuts
bay leaf
chili powder
salt & pepper
garlic
broth powder
corn starch
oregano
cinnamon
cumin
sugar
allspice
ground coriander
skewers
ground ginger
condiments
salad dressing
butter
vinegar

BULK:

___ 1 block tofu OG 🇺🇸
___ ¼ cup peanut butter OG
___ 1 cup black beans OG
___ 1 cup rice OG
___ 1 cup sliced olives
___ 1 cup salsa OG 🇺🇸
___ ¼ cup olive oil OG
___ 3 cups Carmen's chips 🇺🇸
___ 6 cups egg noodles OG
___ ¼ cup pickled jalapeños

GROCERY:

___ 1 small can coconut milk
___ 1 ciabatta loaf 🇺🇸
___ 1 can Wolfgang Puck's tomato basil bisque OG

MEAT:

___ 1 lb. ground beef 🇺🇸

CHILL:

___ ½ lb. cheddar cheese
___ 1 cup sour cream 🇺🇸

PRODUCE, 100% OG

___ 2 onions 🇺🇸
___ 1 bell pepper 🇺🇸
___ 1 head lettuce 🇺🇸
___ 1 bunch cilantro 🇺🇸
___ 12 mushrooms
___ 1 large eggplant 🇺🇸
___ 1 tomato 🇺🇸
___ 1 cucumber 🇺🇸
___ 1 lime

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

Eggplant Carpaccio

1 large eggplant
3 cloves garlic, minced
¼ cup olive oil
1 tbsp vinegar
1 tsp oregano
½ tsp salt & pepper

Slice eggplant into ¼-inch slabs lengthwise. Boil in salted water until transparent. Mix remaining ingredients together. Drain eggplant, pressing as much liquid out as you can, and add to marinade. Marinate at least one hour before serving with crusty bread.

Kofta Kebabs

½ lb. ground beef
2 cloves garlic, minced
½ tsp ea: salt, cinnamon, cumin, coriander, allspice, ginger & pepper
¼ cup minced cilantro
¼ onion, grated
4 skewers
Oil for cooking

Mix all ingredients together in a bowl. Divide into 4 and shape each one like a sausage around as skewer. Grill over high heat on an oiled grill and serve.

Bean & Rice Bowl

1 cup dry beans, cleaned and rinsed
1 bay leaf
½ onion, diced
½ red bell pepper, diced
4 cloves garlic, minced
1 tsp cumin

1 tsp chili powder
salt to taste
1 ½ cups rice
4 large lettuce leaves
½ cup each: shredded cheese, salsa & sliced olives
¼ cup sour cream & cilantro
Soak beans overnight in a generous amount of water. Drain & cover with at least 2 inches of water and bring to a boil. Boil for 5 minutes and reduce heat to low. Add bay leaf and simmer for 1 hour or until tender.

Prepare rice and set 1 cup aside. In a saucepan, sauté onion, pepper and garlic until onions are tender. Add cooked beans and season with cumin, chili powder, and salt. Set half aside.

Layer bowls with lettuce, rice, beans, cheese, salsa, olives and sour cream. Garnish with cilantro and serve.

Mushroom Stroganoff

3 cups dry egg noodles
12 button mushrooms, thinly sliced
2 Tbsp butter
2 cloves garlic
½ onion, chopped
1 cup cold water
2 tsp broth powder
1 tsp cornstarch
½ cup sour cream
Salt & pepper to taste

Cook noodles to taste. Sauté mushrooms in butter until tender, add onion and garlic and sauté until

brown. Set aside ¼ cup of mixture for later.

Stir water, broth powder and cornstarch together. Add to mushroom mix and cook until thickened.

Remove from heat and stir in sour cream. Season & serve

Tofu with Peanut Sauce

3 cups dry egg noodles, or your favorite high-heat oil
1 block tofu, cubed
½ onion, sliced
½ red bell pepper, sliced
2 garlic cloves, minced

Peanut sauce

1 small can coconut milk
¼ cup peanut butter
1 tsp ea. red chili flakes & fish sauce (optional)
1 Tbsp toasted sesame oil
1 Tbsp tamari
1 Tbsp brown sugar
2 garlic cloves, pressed
Ground peanuts, sliced lime and cilantro for garnish

Prepare the noodles to taste. In a small saucepan, mix the peanut sauce ingredients together and heat gently.

Fry tofu in a generous amount of oil over medium heat until golden. Turn up to high and add the bell peppers, onion, and garlic. Fry quickly until slightly toasted on the edges but still crisp-tender.

Toss noodles with peanut sauce and top with sautéed veggies. Serve garnished with peanuts, lime & cilantro.

Sweet & Sour Cucumbers

1 cucumber
2 Tbsp rice wine vinegar
½ tsp sugar
½ tsp sesame oil
chili flakes

Peel and dice the cucumber. Add all ingredients and serve with chili flakes on the side.

Mushroom Cheddar Stuffed Burgers

½ ciabatta loaf
½ lb. ground beef
¼ cup mushroom sauté
2 thick slices cheddar
Lettuce, onion, tomato & condiments

Divide beef into four balls. Place 1 ball between two pieces of parchment and press with a flat bottomed plate to a 4 inch round. Remove top paper and arrange ½ mushrooms and one slice of cheddar in the center. Place a second ball of beef over mushrooms and cheese, sealing edges. Cover with paper and press again to about 6". Repeat with second stuffed burger. Grill over medium high heat to desired finish and serve on ciabatta toast with all the fixins.