

First Alternative Co-op

BUDGET Bites

Vol. 5, Issue #1
January 2014

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

Menu:

Tempeh Banh Mi
Wasabi Tempeh Salad
Five Spice Seitan Stir Fry
Bird Nest Soup
Tamagoyaki
Spinach & Shiitake Soba

BUDGET BITES VOL. 5 #1

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Tempeh Banh Mi Miso Soup	Wasabi Tempeh Salad Mung Bean Pancakes	Five Spice Seitan Stir Fry	Bird Nest Soup Garlic Toast	Tamagoyaki Miso Soup	Spinach & Shiitake Soba
In fridge for later: ½ baguette cabbage ½ cucumber Tip: Make ponzu sauce and soak mung beans and rice. For miso, combine 2 Tbsp miso, warm broth, a slivered green onion and a slivered shiitake.	In fridge for later: 2 mung bean cakes ½ cup ponzu sauce.		Tip: Spread sliced baguette with butter and minced garlic. Toast until golden and enjoy.	Tip: For miso, divide 2 Tbsp miso paste, 1 slivered green onion, and 1 slivered shiitake mushroom between two bowls. Top with 3 cups warm broth.	

We shopped this list at the Co-op on December 20, 2013. We chose organic (marked "OG") and local (marked "6") 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: \$38.88

IN THE PANTRY:

salt & pepper
garlic
garlic powder
onion powder
sesame oil
tamari
chili flakes
peanuts
mayonnaise
wasabi

rice vinegar
coconut oil
rice wine
cayenne
broth powder
Chinese 5-spice
powder
cornstarch
sugar

BULK:

___ ¾ cup mung beans OG
___ 1 cup sushi rice OG
___ ¼ cup Calrose rice
___ 1 piece kombu
___ 2 sheets nori OG
___ 4 oz. udon noodles* OG
___ 4 oz. soba noodles*
___ 4 Tbsp miso OG

GROCERY:

___ 1 Breadstop French Loaf
___ 1 pkg. Seitan**
___ 1 pkg. Surata Tempeh OG 6

CHILL:

___ 6 eggs 6

PRODUCE, 100% OG

___ 1 Napa cabbage
___ 1 bunch cilantro
___ 2 bunches green onion
___ 1 cucumber
___ 4 carrots
___ 1 lemon
___ 1 lime
___ 1 onion 6
___ 1 celery stick
___ 1 large piece ginger
___ ¼ lb. shiitake mushrooms 6
___ ¾ lb. button mushrooms
___ 1 bunch spinach

* for gluten free options, try
brown rice spaghetti

** for gluten free, try tempeh

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

Tofu Banh Mi

½ Breadstop French baguette
1 block tempeh, cut to ¼ inch slices
½ tsp garlic powder
½ tsp onion powder
1 Tbsp sesame oil
2 Tbsp tamari
Pinch of chili flakes
1 cucumber, sliced
½ cup shredded cabbage
½ cup chopped cilantro
mayonnaise
½ cucumber, sliced thin
Sprinkle tempeh with onion and garlic powder and sauté in oil until crispy and golden. Flip and cook the other side. Sprinkle with tamari and chili flakes. Reserve ½ of tempeh for salad. Assemble on baguette with mayo, cilantro, cucumber, and cabbage.

Wasabi Tempeh Salad

½ recipe garlic tempeh
2 hard boiled eggs, crumbled
3 cups cabbage, shredded
2 carrots, shredded
2 green onions, shredded
¼ cup peanuts, crushed
3 Tbsp mayonnaise
1 tsp wasabi powder
1 Tbsp rice vinegar
Top cabbage with carrots, onions, peanuts, eggs and tempeh. Mix mayo, wasabi and rice vinegar and dress to taste. Enjoy.

Mung Bean Pancakes

¾ cup mung beans
¼ cup Calrose rice
2 lb. Napa cabbage

½ bunch green onions
½ tsp salt
½ tsp black pepper
2 cloves garlic, minced
½ Tbsp sesame oil
high heat oil for frying
Rinse beans and rice several times, then soak overnight in 4 cups water. Next day, drain mixture and puree in a food processor. Transfer to a large bowl.
Quarter cabbage and blanch for 3 minutes. Rinse and finely chop. Add to bowl and stir in remaining ingredients. Drop spoonfuls of batter onto hot oiled skillet. Cook 2-4 minutes on each side. Transfer to paper towel-lined plate. Serve with ponzu sauce.

Ponzu Sauce

1 lemon, juiced
1 lime, juiced
1 Tbsp rice vinegar
½ cup tamari
2 Tbsp rice wine
1 ½-inch piece kombu
pinch cayenne
Combine all ingredients in a bowl. Refrigerate for 2 hours or overnight.

Five Spice Stir Fry

4 oz. udon noodles
1 pkg. seitan
½ cup ponzu sauce
1 tsp Chinese 5-Spice
1 tsp cornstarch
4 shiitake mushrooms, sliced
3 tbsps coconut oil
2 eggs, beaten
4 cloves garlic, minced
1 carrot, matchstick
½ onion, sliced
1 cup shredded cabbage

cilantro for garnish
Combine seitan, 5-spice, cornstarch and ponzu sauce and set aside.
Cook noodles to desired finish. Drain and place in a cold water.
Meanwhile, add 2 Tbsp oil to pan. Cook egg until firm and set aside. Heat 1 Tbsp oil and add garlic. Pour in seitan, marinade, onion and carrot and cook until tender. Stir in cabbage and sliced mushrooms. Add noodles and warm. Serve with sliced egg and cilantro.

Bird Nest Soup

1 Tbsp oil
½ onion, chopped
1 carrot, chopped
1 celery stick, chopped
1 Tbsp fresh ginger
2 garlic cloves, chopped
2 mung bean pancakes
2 cups broth
minced cilantro and green onion for garnish
Sauté onion, carrot and celery in oil until tender and fragrant. Add ginger, garlic, pancakes and broth and bring to a simmer. Transfer to bowls and garnish with cilantro and green onion.

Tamagoyaki

1 cup sushi rice
1 Tbsp rice vinegar
sugar & salt to taste
4 eggs, beaten
3 Tbsp veggie broth
2 Tbsp sugar
2 Tbsp sesame oil
2 sheets nori, cut into 1-inch strips
Wasabi & tamari

Rinse sushi rice and cook with 1 cup of water. When it's tender, remove from heat and add 1 Tbsp rice vinegar and salt & sugar to taste. Prepare wasabi.
Beat eggs. Add broth and sugar and mix well. Heat oil in a skillet over medium and gently pour in a little of the egg mixture. When it firms, fold it over to one side and add more egg. Continue until you have built up a layered omelet. Remove from heat and slice into strips. To assemble, mound 2 Tbsp rice on a strip of seaweed, top with a strip of egg, and twist seaweed over the top. Serve with wasabi and tamari.

Spinach & Mushroom Soba

4 oz. soba noodles
1 Tbsp coconut oil
20 mushrooms, halved
2 green onions
2 Tbsp fresh ginger, minced
2 garlic cloves
1 bunch spinach
1 Tbsp tamari
2 tsp sesame oil
Cook noodles to desired finish. Drain and place in a cold water. Sauté mushrooms in coconut oil until lightly golden. Add green onions, ginger and garlic and saute until fragrant. Add drained noodles and spinach to skillet and heat until spinach wilts and noodles are warmed through. Season with tamari and sesame oil and serve.