

First Alternative Co-op

# BUDGET Bites

Vol. 5, Issue #5  
May 2014

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

## Menu:

**BBQ Chicken with Potato Medallions**

**Baked Bonzos & Cañihua Salad**

**Spring Veggie Stir Fry**

**BBQ Chicken Quesadillas**

**Raab & Rice Casserole**

**Garbanzo Tikka Masala**

# BUDGET BITES VOL. 5 #5

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
BBQ Chicken Potato Medallions Green salad	Baked Bonzos Cañihua Salad	Spring Veggie Stir-fry Miso Soup	BBQ Chicken Quesadillas Green salad	Raab & Rice Casserole Green salad	Garbanzo Tikka Masala Hot buttered tortillas
In fridge for later: 2 pieces chicken 2 cups bbq sauce 1 cup pineapple Lettuce	In fridge for later: 2 cups cooked garbanzo beans ½ bunch raab 1 cup bbq sauce	In fridge for later: 4 cups cooked rice Mushrooms Tip: For miso soup, heat water and add broth powder and 2 Tbsp miso. Slice one green garlic and 2 mushrooms and add to bowls and pour miso broth over it.	In fridge for later: 2 tortillas Lettuce	In fridge for later: Lettuce	

## SHOPPING & RECIPES

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.

### IN THE PANTRY:

salad dressing    smoked salt  
garlic                mustard  
olive oil             ketchup  
broth powder      high heat oil  
miso paste         tamari  
salt & pepper      brown sugar  
butter                Italian herbs  
cider vinegar      hot sauce  
molasses  
honey  
paprika

### BULK:

\_\_\_ 2 cups garbanzo beans <sup>6</sup>  
\_\_\_ 1 cup cañihua (baby quinoa)  
\_\_\_ ½ cup hazelnuts <sup>6</sup>  
\_\_\_ ½ cup cranberries  
\_\_\_ 3 cups brown rice  
\_\_\_ 1 block tofu <sup>6</sup>  
\_\_\_ ¼ cup black olives  
\_\_\_ ½ cup frozen corn <sup>6</sup>

### DAIRY & CHEESE:

\_\_\_ ½ lb. cheese  
\_\_\_ 1 cup yogurt <sup>6</sup>

### MEAT:

\_\_\_ 1 pkg. chicken breasts

### GROCERY:

\_\_\_ 1 can root beer

\_\_\_ 1 can tomato paste  
\_\_\_ 1 can pineapple  
\_\_\_ 1 cont. condensed  
   mushroom soup mix  
\_\_\_ 1 pkg. tikka masala mix  
\_\_\_ 1 can stewed tomatoes  
\_\_\_ 1 pkg. large tortillas <sup>6</sup>

### PRODUCE:

\_\_\_ 1 piece fresh ginger  
\_\_\_ ½ lb. potatoes <sup>6</sup>  
\_\_\_ 2 onions  
\_\_\_ 2 carrots  
\_\_\_ 2 bunches raab <sup>6</sup>  
\_\_\_ 1 lemon  
\_\_\_ ¼ lb. mushrooms  
\_\_\_ 1 bunch green garlic <sup>6</sup>  
\_\_\_ 1 cucumber  
\_\_\_ 1 head lettuce <sup>6</sup>

# BUDGET Bites

Introducing two new bulk products!

**Sayer & Sons Local Transitional Garbanzo Beans:**  
Grown using organic methods in Brownsville, OR on land that is transitioning to organic.

**Cañihua:** Andean pseudograin related to quinoa, cañihua is also called kaniwa or baby quinoa. Unlike quinoa, it does not need to be rinsed before use.

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, offering 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! Planning is everything when sticking to a food budget, so we have simplified that part for you. These menus assume you have some cooking skills, own a basic reference cookbook and have a few staples on hand in the pantry.

Many of the recipes will even yield enough for a tasty lunch the next day!

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## The Recipes

### Rich & Smoky Barbecue Sauce

*Yield: 3 1/2 cups*

1 can root beer  
1 can tomato paste  
1/2 can pineapple chunks and juice  
1 Tbsp apple cider vinegar  
1 Tbsp molasses  
1 Tbsp fresh ginger, grated  
1 garlic clove, grated  
2 Tbsp honey  
1 tsp paprika  
2 tsp smoked salt

Combine all ingredients in a saucepan. Bring to a simmer and cook 30 minutes. Blend until smooth. Keeps 7 days in refrigerator or 6 months in freezer.

### Grilled Chicken

1 lb. chicken breast  
1 1/2 cup BBQ sauce  
For grilled chicken, cut 1 lb. chicken into 4 strips each and marinate in 1/2 cup sauce for 20 minutes. Grill and serve with additional sauce. Reserve 2 chicken strips for quesadillas.

### Potato Medallions

2 russet potatoes, parboiled  
1/4 cup olive oil  
1 clove garlic, crushed  
1/2 tsp salt  
Wash potatoes and cut lengthwise, about 1/4 inch thick or less. Mix oil, garlic and salt in a bowl and brush each potato with oil mixture. Grill over medium heat until finished, about 15 minutes.

### Baked Bonzos

2 cups dry garbanzo beans, sorted and rinsed  
1/2 onion, diced

1 carrot, diced  
1 clove garlic, minced  
1 cup bbq sauce  
salt & pepper  
1 tsp mustard  
2 Tbsp ketchup  
Soak beans in a generous amount of water overnight. Drain and place in a large cooking pot. Bring to a boil and reduce heat to a simmer. Cook 1 hour. Reserve 2 cups beans (and enough liquid to cover) for later in the week. Sauté onion, carrot and garlic in an ovenproof skillet until tender. Stir in remaining ingredients and bake at 350° until bubbly, about 10 minutes.

### Cañihua Salad

1 cup cañihua  
1/2 bunch raab, chopped  
1 lemon  
1 clove garlic, pressed  
2 Tbsp olive oil  
1/2 cup roasted hazelnuts, chopped  
1/2 cup dried cranberries, chopped  
salt & pepper  
Cook cañihua in 1 1/2 cups water as you would rice. Toss with remaining ingredients and enjoy.

### Spring Veggie Stir Fry

3 cups brown rice  
1/2 block tofu, cubed  
3 Tbsp high heat oil  
1/2 onion, sliced  
1 bunch raab, chopped  
1 cup pineapple  
2 stalks green garlic, sliced  
1/4 cup tamari  
2 cloves garlic  
1 Tbsp ginger, grated  
1 Tbsp brown sugar  
Prepare rice, setting 4 cups aside for casserole. Brown tofu in oil until golden and crispy. Add onion and cook until slightly tender; then add remaining ingredients and cover. Steam until finished and serve over rice.

### BBQ Quesadillas

2 large tortillas  
1 cup grated cheese  
1/2 cup frozen corn  
1/2 cup bbq sauce  
1 stalk green garlic, chopped  
1/4 cup black olives, sliced  
Sprinkle 2 tortillas with grated cheese, chopped bbq chicken, corn, bbq sauce, green garlic and olives. Cook until melty and serve with yogurt and hot sauce.

### Raab & Rice Casserole

2 Tbsp butter  
1/2 onion  
1/4 lb. mushrooms, chopped  
1/2 bunch raab, chopped  
1 clove garlic, minced  
2 cups rice  
1 container condensed soup mix  
2 tsp Italian herb mix  
2 cups grated cheese  
In an ovenproof skillet sauté onion, mushrooms, raab and garlic in butter; adding a splash of water or white wine if dry. When the veggies are tender, add rice, soup mix and herbs. Stir well and top with grated cheese. Cook at 350° for 20 minutes or until golden brown.

### Garbanzo Tikka Masala

2 cups rice, warmed  
1/2 block tofu, cubed  
2 cups cooked garbanzo beans  
1/2 onion, chopped  
2 cloves garlic, minced  
2 Tbsp ginger, minced  
1 carrot, diced  
1 can stewed tomatoes  
1 pkg. tikka masala mix  
Yogurt, cucumber, tortillas for garnish  
Combine ingredients except garnish and simmer until finished. Serve over rice with warm buttered tortillas, cucumber slices and a dollop of yogurt.