

First Alternative Co-op

BUDGET Bites

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BUDGET BITES VOL. 5 #10

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Sweet Potato Bake	Pumpkin Gnocchi with Verde Sauce	Harvest Chili	Pumpkin Patty Pita Melts	Far Out Polenta	Chili Squash Boats
Tip: Use veggie broth powder to make the "broth" for this recipe. To do: Make pumpkin puree-recipe provided on back page.	To Do: Soak 3 cups chili beans in 9 cups of water overnight.	In the fridge for later: 2 cups of chili		Tip: Use veggie broth powder to make the "broth" for this recipe.	

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

Menu:

Sweet Potato Bake

Pumpkin Gnocchi with Verde Sauce

Harvest Chili

Pumpkin Patty Pita Melts

Far Out Polenta

Chili Squash Boats

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:

salt & pepper garlic salt
olive oil oregano
butter chili powder
garlic
thyme
balsamic vinegar
cayenne
veggie broth powder
flour
brown sugar

BULK

___ 3 cups chili beans
___ 2 Tbsp smoked salt
___ 1 cup polenta

GROCERY/DELI:

___ 1 Greek Gods Lebne (North Store only)
___ (2) 28 oz can diced tomatoes
___ 1 pkg pita bread
___ 2 slices ham

DAIRY & CHEESE:

___ 4 eggs
___ 1 cup Monterey Jack
___ 1/4 cup parmesan

PRODUCE:

___ 2 sweet potatoes
___ 1/2 # potatoes
___ 1 bunch fresh sage
___ 1 leek
___ 1 small pie pumpkin
___ 5-7 tomatillos
___ 1 jalapeño
___ 1 lime
___ 1 medium onion
___ 3 sweet peppers
___ 1/2 lb eggplant
___ 1 small red onion
___ 1 small shallot
___ 1 bunch green onions
___ 1 large delicata squash

BUDGET Bites

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! All that for \$50 or less!

Home-made pumpkin puree

Making your own pumpkin puree is simple! A 3 pound pumpkin will yield about 4 cups of puree. If you need more than that, choose a bigger pumpkin. Simply line a baking sheet with parchment paper or foil. Preheat oven to 375°. Slice the pumpkin in half, scoop it out and save the seeds for roasting. Place pumpkin cut-side up on baking sheet for 60-90 minutes until tender and slightly golden on the edges. Allow to cool. Scoop out the flesh into a large bowl. Smash the flesh with a spoon until it's the desired texture. Roasting the pumpkin prevents additional water from getting into the pumpkin flesh. Steaming or boiling works too but results in a more watery puree. Store in fridge or freezer.

Recipes

Sweet Potato Bake

2 sweet potatoes, sliced
 ½ lb potatoes, sliced
 2 deli ham slices, diced
 2 Tbsp olive oil
 1 tsp thyme
 1 Tbsp chopped fresh sage
 1 leek, sliced
 ¾ cup broth

Toss all of the ingredients except the broth in a bowl. Transfer mixture to a baking dish. Pour broth over the mix. Cover tightly and bake in 350° oven for 40 minutes. Remove cover and bake another 20 minutes.

Verde Sauce

1 cup cooked tomatillos
 ½ cup Lebne, or plain Greek yogurt
 1 garlic clove
 1 jalapeño
 ¼ lime juiced
 1 tsp salt

Puree all ingredients in a blender until smooth.

Pumpkin Gnocchi with Verde Sauce

1 cup pureed pumpkin
 1 cup Lebne, or plain Greek yogurt
 2 large eggs, beaten
 3 tsp salt
 ¼ cup shredded parmesan
 3-4 cups all-purpose flour
 3 tsp fresh sage, minced
 4 Tbsp butter

In a large bowl combine eggs, Lebne, pumpkin,

cheese & 2 tsp salt. Stir in 2 ½ cups flour and mix well. Gently fold in additional ¼ cup flour at a time until the mix is sticky but will hold a log shape. Set log aside and bring a large pot of salted water to a boil, allow to simmer while shaping the gnocchi. Transfer the log to a LIGHTLY floured surface & cut into 4 even pieces. Cut each piece in half,

lengthwise. One at a time, roll each piece out to the thickness of your thumb or smaller. Cut into 1 inch sections. Place a fork face down on your surface. Roll each 1" piece over the tines with one finger; allow to drop down and set on a baking sheet until all of the dough is shaped. Bring water back up to boiling, drop in 8-10 pieces at a time. They will float when they are cooked. Remove from water; place on a cooling rack or perforated surface to dry. Repeat until all gnocchi are cooked. Heat 1 Tbsp butter at a time in a frying pan, place gnocchi, single layer on the pan until crispy on one side, flip for 1 minute then place in oven to keep warm until all gnocchi have been browned. Toss finished gnocchi with chopped sage and Verde Sauce, heating as needed. Serve hot.

Harvest Chili

1 medium onion, chopped
 2 ½ cups chopped sweet peppers
 9 cups soaked beans, rinsed
 2 -28 oz cans diced tomatoes
 4-6 cups water

2 Tbsp brown sugar
 2 Tbsp balsamic vinegar
 2 Tbsp smoked salt
 2 Tbsp chili powder
 ½ tsp cayenne
 ½ tsp black pepper
 Place beans in a 5 quart pot and add water so that the beans are totally submerged. Cook for 40 minutes on medium-low. Add veggies, tomatoes and more water if needed. Bring to a boil and reduce heat to low for 1 hour. Add remaining ingredients and cook on low until flavors are developed, about another 30 minutes.

Pumpkin Patty Melts

1 ¼ cups pureed pumpkin
 1 cup tightly packed shredded raw eggplant
 ¼ cup diced red onion
 ½ cup chopped sweet peppers
 2 eggs beaten
 1 Tbsp chopped fresh sage
 1 ½ tsp salt
 1 ½ cups flour
 1 tsp garlic salt
 1 tsp oregano
 4 Tbsp olive oil
 1/2 cup Monterey Jack
 1 pkg pita bread

Combine ¾ cup flour, garlic salt and oregano to make seasoned flour; set aside. In another bowl, combine remaining ingredients except flour and pitas, mix well, then add flour. Flour your hands, form ½ cup mixture into a patty, dust with seasoned flour on both sides then place on a greased cookie sheet. Bake 20 minutes in 350° oven. Heat 1 Tbsp oil in a skillet, brown patty on both sides. Top with cheese and serve

in pitas.

Far Out Polenta

8 garlic cloves, diced
 1 shallot, diced
 4 green onions, chopped
 4 cups broth
 1 cup polenta
 black pepper

Bring broth to a boil then slowly whisk in polenta until it thickens. Add garlic, shallot, ½ green onions & pepper. Cover the polenta, reduce the heat to low or medium-low. Cook for 30-40 minutes. If needed, reduce the heat. Stir every 10 minutes, scraping the bottom of the pan each time. Remove from heat, stir in remaining green onions. Serve hot. Left-overs should be stored in a container like a loaf pan because polenta hardens as it cools.

Chili Squash boats

1 delicata squash
 1 Tbsp olive oil
 ½ tsp salt
 2 cups Harvest Chili
 ½ cup grated Monterey Jack
 2 green onions, chopped
 Pre-heat oven to 400°, slice the squash in half, lengthwise. Remove seeds, brush with oil and salt. Lay cut side up on a lined cookie sheet and bake 25 minutes. Remove from oven, fill each half with 1 cup of chili. Return to oven and bake 20 more minutes until chili is hot. Top with cheese and bake until cheese is melted. Remove from oven and garnish with green onions.



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