

First Alternative Co-op

BUDGET Bites

Vol. 5, Issue #9
September 2014

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

Menu:

Mediterranean Wraps
Minestrone Soup
Not Yo' Mamma's Chef Salad
Southwestern Fried Rice
Grilled Veggie-dillas
Glorious Garbanzos

BUDGET BITES VOL. 5 #9

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Mediterranean Wraps	Minestrone Soup	Not yo' mamma's Chef Salad	Southwestern Fried Rice	Grilled Veggie-dillas with Southwestern Fried Rice	Glorious Garbanzos
In the fridge for later: Remaining grilled veggie mix; olive mix; lettuce, tortillas, parsley and lemon.	In the fridge for later: 3 cups cooked garbanzos; 2 cups cooked red beans; remaining parsley	In the fridge for later: Remaining grilled veggie mix; 2 1/2 cups cooked garbanzos, remaining parsley	In the fridge for later: Leftover fried rice and 2 cups plain cooked rice		
TO DO: Soak garbanzos and red beans over-night.	Tip: Use veggie powder to make the broth needed here.				

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 coriander
olive oil chili powder
butter
garlic
Italian seasonings
balsamic vinegar
red chili flakes
veggie broth powder
paprika
cumin

BULK

___ 1/2 cup mixed olives
___ 1 cup elbow pasta
___ 3 cups basmati rice
___ 1/2 cup sun-dried tomatoes
___ 2 Tbsp sesame oil
___ 1 lb garbanzo beans ⁶
___ 2 Tbsp tamari
___ 1 lb small red beans

GROCERY/DELI:

___ 14 oz can coconut milk
___ 28 oz can diced tomatoes
___ 1 jar pepperoncinis
___ 1 pkg burrito size tortillas ⁶
___ 2 slices pastrami ⁶

DAIRY & CHEESE:

___ 3 eggs ⁶
___ 1 cup Monterey Jack

PRODUCE:

___ 1 lb eggplant ⁶
___ 2 tomatoes ⁶
___ 1 lemon
___ 2 sweet peppers ⁶
___ 1 small cucumber ⁶
___ 1 bunch parsley ⁶
___ 3 large onions
___ 1 head lettuce ⁶
___ 1/2 lb red potatoes
___ 1 lb summer squash ⁶
___ 2 medium carrots ⁶
___ 2 stalks celery
___ 2 jalapeños ⁶
___ 1 bunch kale or chard, ⁶
___ 1 bell pepper
___ 2 ears corn ⁶
___ 1 Tbsp ginger root
(about 2 inches)

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!

Stock your pantry!

Having a well stocked pantry is key to being able to whip together meals without having to run to the grocery store. We recommend having a few varieties of dried beans, pasta, rice, canned tomatoes, bouillon cubes/powder or homemade broth/stock.

A super easy way to have homemade stock on hand is to save all of your trimmings when you are prepping veggies. Save the stems, ends, stalks, onion peels, etc... in a one-gallon freezer bag. Keep the bag in your freezer and add to it every time you prep veggies. When the bag is full, place all of the ingredients in a saucepan with 4-6 cups of water. Bring it to a boil, reduce heat and simmer over-night. Cool and strain the liquid. Divide into usable sized portions and freeze! You'll have fresh delicious stock anytime you need it!

Recipes

Mediterranean Wraps

1 lb eggplant, sliced lengthwise
 ½ lb tomatoes, quartered
 1 lb medium summer squash, sliced lengthwise
 2 sweet peppers, halved
 1 large onion, quartered
 1/3 cup olive oil salt & pepper
 2 large pepperoncinis
 ½ cup chopped parsley
 ½ cup mixed olives, pits removed
 squeeze of lemon juice
 tortillas
 2 lettuce leaves, chopped
 splash of balsamic vinegar

Toss veggies in oil, salt and pepper; then grill until tender. Cool, then chop into bite size pieces, add splash of balsamic and extra olive oil or salt if desired. Place pepperoncinis, olives, parsley and lemon juice in a food processor. Pulse until olives are minced. Warm tortillas, spread 1-2 Tbsp olive mix down the center; top with 1 cup veggies and lettuce. Tuck sides in toward the center then roll from the bottom towards the top to form a wrap.

Minestrone Soup

1 lb garbanzos
 1 lb small red beans
 1 cup pasta
 2 Tbsp olive oil
 2 Tbsp butter
 2 medium carrots, diced
 ½ large onion, diced
 4 garlic cloves, chopped

2 celery stalks, diced
 4 cups broth
 1 tsp paprika
 1 Tbsp Italian seasoning
 ½ lb potatoes
 28 oz can diced tomatoes salt and pepper
 2 Tbsp chopped parsley

Place garbanzos and beans in separate medium sized sauce pans. Fill ¾ of pan with water. Bring to a boil, reduce heat, cover and cook 40-60 minutes until tender. Stir in 1 tsp salt to each pot at the end.

Cook pasta, drain, rinse and set aside. Heat olive oil in 8 Qt. pot, add butter; onion, garlic, celery, carrots. Sauté until onions are translucent. Add paprika, pepper; Italian seasoning, tomatoes & broth, bring to boil, add potatoes, bring to boil again. Reduce heat, cover and cook over low heat for 30 minutes. Add cooked pasta, 2 cups beans, 1 cup garbanzos & salt. Cook 10 minutes. Serve hot, garnish with chopped parsley.

Not Yo' Mamma's Chef Salad

Lettuce, washed, chopped
 2 boiled eggs, sliced
 2 slices pastrami, diced
 1/2 cup cooked garbanzo beans
 1 small tomato, diced
 1 small cucumber, diced
 1 cup grilled veggies
 2 Tbsp olive mix
 2 Tbsp parsley salt & pepper
 olive oil
 balsamic vinegar

Place lettuce on plates, sprinkle with parsley. Divide all ingredients except oil, vinegar, salt and pepper on

lettuce in small, separate sections. Sprinkle remaining ingredients on top.

Perfect Rice

3 cups uncooked basmati rice
 6 cups water
 1 tsp salt

Bring water to a boil in a large saucepan. Stir in salt, add rice. Reduce heat to low, cover tightly. Cook until water is completely absorbed, approx. 25-30 minutes.

Southwestern Fried Rice

2 Tbsp sesame oil
 1/2 large onion, minced
 4 cloves garlic, minced
 1 jalapeno, minced
 1 jalapeno, sliced on the bias
 1 tsp each of cumin, coriander; chili powder
 2 Tbsp tamari
 1 bell pepper, diced
 1 egg, beaten
 2 ears of corn, de-kerneled
 4 cups cooked basmati rice
 2 cups cooked red beans

Heat oil in a wok on medium high heat, sauté onions, garlic and minced jalapeno for 3 minutes. Add cumin, coriander and chili powder; sauté another 2 minutes then add the tamari. Add bell pepper and beans, sauté for 3 minutes then add 4 cups cooked rice. Mix thoroughly, breaking up any large rice clumps. Clear a small space in the middle of the wok, slowly add the beaten egg, stir to cook thoroughly and mix into the rice. Add the corn, cook for 3 minutes or until corn is warm but still crisp. Serve hot with jalapeno slices

stacked on top. For less heat, remove the seeds first.

Grilled Veggie-dillas

1 tsp olive oil
 4 tortillas
 1 cup cheese
 2 cups grilled veggies

Heat oil in cast iron skillet or griddle on medium low. Place one tortilla on hot surface, in the following order, spread the following ingredients on the tortilla: ¼ cup cheese and 1 cup veggies, ¼ cup cheese and top with another tortilla. Flip the vegi-dilla once the bottom is browned and cheese is melted to brown the other side. Repeat for 2nd veggie-dilla.

Glorious Garbanzos

2 tsp oil
 1 large onion
 4 cloves garlic
 2 Tbsp ginger root, minced
 ½ cup sundried tomatoes, chopped
 2 cups cooked garbanzos
 1 lemon, zested and juiced
 1 bunch greens, chopped
 14 oz can coconut milk
 1 tsp salt
 2 cups cooked rice
 chili flakes
 2 Tbsp parsley

Sauté onion in oil until browned. Add garlic, ginger, sun-dried tomatoes & lemon zest. Cook for three minutes. Add garbanzos and greens. Cook until greens are wilted, add coconut milk, salt and lemon juice. Bring to a simmer, cook 10 minutes. Serve over rice. Garnish with chili flakes and parsley.



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