

First Alternative Co-op

BUDGET BITES

Vol. 2, Issue #9:
September 2011

Dinner for 2
adults,
6 nights,
under \$50!



Menu:

Saturday: Beef Tacos

Sunday: Broccoli Cheese Casserole

Monday: Thai Tuna Cakes

Tuesday: Stuffed Peppers

Wednesday: Tortilla Soup

Thursday: Ratatouille

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Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Beef Tacos	Broccoli Cheese Casserole Salad	Thai Tuna Cakes Salad	Stuffed Peppers Corn on the Cob	Tortilla Soup	Ratatouille Pasta
In the fridge for future meals: Corn Tortillas Grated Cheese Lettuce Sour Cream Salsa Cilantro Tip: Grate all the cheese for this week's menu tonight.	Tip: The leftovers from this casserole makes great lunch too!	Tip: Cook rice for tomorrow's stuffed peppers tonight! Use 2/3 cup wild rice and 2 cups liquid. Bring to a boil, cover and reduce heat. Cook until tender, about 35 minutes. Drain if necessary.	Tip: Almost any little bits of meat or vegetable would be nice in here as well.	Tip: This quick and delicious soup can be spiced up or down to suit your palate.	Tip: Cook pasta while preparing the Ratatouille. Serve topped with shredded parmesan and fresh basil.

SHOPPING & RECIPES

We shopped this list at the Co-op on August 24, 2011. 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. Our total: \$48.12

IN THE PANTRY:

oil	flour
chili powder	bread crumbs
red pepper flakes	chili sauce
thyme, dried	salad dressing
oregano, dried	butter
cumin	wine
salt & pepper	brown sugar
garlic	veggie broth

PRODUCE:

- ___ 6 mushrooms
- ___ 3 onions ⑥
- ___ 2 tomatoes ⑥
- ___ 1 head lettuce ⑥
- ___ 2 small heads broccoli ⑥
- ___ 2 bell peppers ⑥
- ___ 1 avocado
- ___ 4 ears corn ⑥
- ___ 1 bunch cilantro ⑥
- ___ 1 bunch basil
- ___ 1 eggplant ⑥
- ___ 1 zucchini ⑥
- ___ 1 lime

GROCERY:

- ___ 1 7.75 can Pisces tuna
- ___ 1 can *Truitt Bros.* black beans ⑥

___ Carmen's corn tortillas ⑥

MEAT:

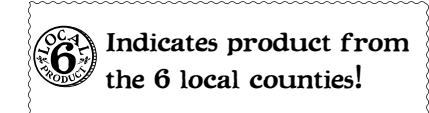
___ 1 lb. ground beef ⑥

DAIRY & CHEESE:

- ___ 1 egg ⑥
- ___ 1/2 lb. cheddar cheese
- ___ 2 oz. shredded parmesan
- ___ 2 cups Lochmead milk ⑥
- ___ 1 small sour cream

BULK:

- ___ 1 cup pasta shells
- ___ 1 cup pasta spirals
- ___ 3/4 cup wild rice ⑥
- ___ 1 1/2 cups salsa ⑥



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 in 2011!

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



SOUTH CORVALLIS
1007 SE 3rd
541.753.3115

NORTH CORVALLIS
2855 NW Grant
541.452.3115

www.firstalt.coop

First Alternative
NATURAL FOODS CO-OP



Recipes

Beef Tacos

1 tsp. coconut oil
1 onion, sliced
1 lb. ground beef
¼ tsp chili powder
¼ tsp. cumin
1 cup shredded cheese
½ cup cilantro, chopped
shredded lettuce
4 corn tortillas
Cook onions in oil until crisp-tender. Remove from pan. Cook beef in same pan until done. Stir in chili powder and cumin. Salt to taste. Serve in warmed tortillas, with cheese, lettuce, cilantro, sour cream and/or salsa to taste.

Broccoli Cheese Casserole

2 heads broccoli
1 cup bulk pasta shells
3 Tbsp butter
½ onion, diced
1 clove garlic, pressed
½ tsp. dried thyme
2 Tbsp. flour
½ tsp. salt
½ tsp. ground pepper
½ tsp. red pepper flakes
2 cups milk
1 cup grated cheese, divided
½ bunch fresh basil
¼ cup breadcrumbs
Preheat oven to 350°. Bring 6 cups of water to boil in a soup pot and cook pasta for 7 minutes. Cut broccoli into florets. Peel stem and cut into bite-sized pieces. Add broccoli to boiling water and cook an additional 4 minutes. Drain and reserve. Sauté

onion in butter until tender. Add garlic and thyme and cook until fragrant. Sprinkle with flour and cook 1 minute. Slowly stir in milk. Cook over low heat until thickened. Stir in salt, pepper and red pepper flakes. In a large casserole, layer pasta, broccoli, ¾ cup cheese, sauce and basil. Toss remaining ¼ cheese with breadcrumbs. Sprinkle over top. Bake, uncovered, for about 20 minutes.

Thai Tuna Cakes

1 can Pisces Tuna
½ cup breadcrumbs
1 egg
Juice from 1 lime
¼ cup each basil & cilantro, finely chopped
salt and pepper to taste
coconut oil
Mix all ingredients except coconut oil. Form mixture into patties. Heat coconut oil in a skilled over medium. Cook patties until brown, about 5 minutes. Flip and brown opposite side. Serve with your favorite chili sauce.

Stuffed Bell Peppers

1 Tbsp. oil
½ onion, chopped
6 mushrooms, sliced
2 cups wild rice, cooked (about ¾ cup uncooked)
2 cloves garlic
salt
½ tsp. dried oregano
½ cup veggie broth
2 bell peppers
½ cup grated cheddar
Sauté onion and mushrooms in oil until tender. Add garlic, rice, oregano, veggie broth and salt to taste. Simmer over low while you core and seed peppers. Divide filling equally between peppers. Place in shallow pan and

bake, covered, at 375° for 30 minutes. Remove cover, top with cheese and bake an additional 10 minutes or until tender.

Tortilla Soup

½ onion, sliced
2 cloves garlic
½ tsp. cumin
1 tsp. chili powder
3 cups broth
corn from two ears
1 can black beans, drained and rinsed
1 cup salsa
tortillas
oil
avocado, cilantro & sour cream
Cook onion until tender. Add garlic, beans, spices, corn and broth. Shred tortillas and fry in a little oil until crisp. Stir salsa into soup and heat gently. Spoon soup into bowls and add tortilla strips. Top with diced avocado, cilantro and sour cream.

Jenn's Fabulous Ratatouille

2 tbs olive oil
1 medium sized eggplant, chopped
½ onion, sliced into thin rings
3 cloves garlic, diced
2 tomatoes, cut into sections
1 zucchini, thinly sliced
¼ cup red wine
1 tsp.-1 Tbsp red chili flakes
¼ bunch fresh basil, chopped
½ Tbsp brown sugar
salt and pepper to taste
Saute oil, eggplant, onion and garlic together in a large pan for 10 minutes. Add tomatoes, zucchini and wine and allow to simmer on low for 10 more minutes. Finish with chili flakes, fresh basil, sugar, salt and pepper and cook for 5-10 minutes depending on desired consistency.

Budget Bites archives are available at Customer Service & online at www.firstalt.coop