



BUDGET BITES

A budget-minded meal plan

6 dinners for a family of 4. Menu on back page.

COMFORT FOOD FALL 2018 VOL. 3



DAY 1

Shepherd's Pie, Strawberry Spinach Salad, and Celery Sticks with Peanut Butter

Shepherd's Pie

- 1 head cauliflower, washed & cut
- 3 Tbsp butter, cubed
- ¼ tsp sea salt
- ⅛ tsp pepper
- 4 Tbsp flat-leaf parsley, divided
- ⅛ tsp garlic powder
- 1# ground beef
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 1 carrot, chopped
- 2 sticks celery, chopped
- ½# mushrooms, diced
- ½ tsp sea salt
- 1 Tbsp liquid aminos or tamari
- ½ cup hot water
- 1 ½ tsp veggie broth powder
- ¼ cup tomato paste
- 1 cup frozen peas
- 1 cup mozzarella cheese, shredded
- 1 Tbsp Parmesan cheese, shredded
- 1 tsp paprika

Prepare Topping: Place cauliflower in a large pot, covered with water. Bring to a boil; reduce heat and boil gently for 8-10 minutes until tender, but not mushy. Remove from heat and drain well. Place cauliflower back into the pot with the lid on and let stand for 5 minutes, to keep the cauliflower from getting watery. After 5 minutes, place cauliflower in a food processor with butter, salt, pepper, 2 Tbsp parsley and garlic powder. Pulse until it is the consistency of mashed potatoes.

Prepare Pie: Preheat oven to 350°F. Brown ground beef. Add garlic, onion, carrots and celery; cook 3-5 minutes. Add veggie broth powder to hot water and stir until powder is dissolved. Add veggie broth and all remaining ingredients, except cheeses & paprika, to filling. Cook until slightly thickened. Spread mixture evenly into a 9x13 casserole. Top with mashed cauliflower. Sprinkle with cheeses and paprika. Bake for 45 minutes. Broil if desired to crisp the top. Let stand for 5-10 minutes before serving.



Strawberry Spinach Salad

1 bunch spinach

½ pt strawberries

½# bacon, cooked crisp and
drained, optional

½ cup mayonnaise

2 Tbsp sugar

2 Tbsp red wine vinegar

Mix mayonnaise, sugar & vinegar; stir until sugar is dissolved. Tear spinach leaves into bite-sized pieces; place in bowl with bacon. Cut strawberries in halves and toss with spinach and bacon. Add dressing; toss and serve. If you prefer, you can use kiwi in place of strawberries for this salad.

Tip: Cut 4 sticks celery into 3" lengths and fill each with peanut butter. Top each stick with 3-4 raisins.



DAY 2

Roasted Chicken, Boiled Potatoes with Parsley, Roasted Broccoli, and Apple Slices



Roasted Chicken

1 whole chicken

Olive oil, salt & pepper (to taste)

Preheat oven to 500°F. Rinse bird thoroughly and reserve giblets [liver, heart, gizzard, neck] for Day 5. Place cast iron skillet in oven to heat. Rub chicken with olive oil, salt & pepper. Tie legs together. Place chicken, breast side up in hot pan. Roast 40 minutes. Without opening the oven door, turn oven off and leave closed for 30 minutes. Remove chicken from oven, check internal temperature. If temperature is below 160°F, turn oven back on and roast an additional 5-10 minutes or microwave chicken for 2 minutes. Let rest in skillet 20 minutes. Carve, set aside the breasts for Day 4 Pot Pie. Refrigerate the carcass and any drippings from the skillet for Day 5. Serve 2 thighs, 2 wings and 2 drumsticks.

Tip: Cut up 2 apples tonight. If this is more than you need, place the extras in a covered container and refrigerate. These will be made into applesauce on Day 4.



Roasted Broccoli

2 stalks broccoli

Olive oil, salt & pepper

Cut florets off broccoli stalks. Cut about 1" off end of stem. Peel outer layer of stem, and cut into 1" slices. Place broccoli florets & stems on cookie sheet. Spray with olive oil. Sprinkle with salt & pepper. While chicken is resting, bring oven temperature to 400°F. Place broccoli in oven. Roast 10-15 minutes or to desired finish.

Boiled Potatoes with Parsley

6 potatoes, peeled if desired

Butter, salt & pepper to taste

Flat-leaf parsley, chopped

Cut potatoes into quarters and place in cold water. Bring to a boil, cover and boil gently 10-15 minutes, or until fork tender. Drain; serve with butter, salt, pepper, and parsley.



DAY 3

Spaghetti, Garlic Bread, Cucumbers in Sour Cream, and Green Beans



Spaghetti

2# ground beef

1 ½ onions, chopped

2 sticks celery, sliced

4 cloves garlic, minced

2-28 oz cans fire-roasted tomatoes

2-28 oz cans tomato sauce

6 Tbsp tomato paste

6 Tbsp water

½# mushrooms, sliced

1 ½ tsp salt

1 Tbsp Italian seasoning

2 Tbsp paprika

2 bay leaves

1 Tbsp basil

1 tsp oregano

¼ cup flat-leaf parsley, chopped

4 servings spaghetti noodles

Parmesan cheese

Brown ground beef; add onion, celery, garlic and sauté until onion is translucent. Add remaining ingredients (except noodles and Parmesan) and simmer for 30 minutes – 3 hours. Or place into crock pot and cook on low for 8-10 hours. While the sauce is cooking, bring a pot of salted water to boiling. Add pasta and cook 8-10 minutes or until al dente. Drain and rinse with cold water. When ready to serve, run hot water over pasta and drain. Remove bay leaves from sauce and serve over spaghetti noodles with Parmesan cheese.



Cucumbers in Sour Cream

- 1 cup sour cream or Tofutti
- 3 Tbsp minced onion
- 2 Tbsp lemon juice
- 1 ½ tsp salt
- ⅛ tsp white pepper
- ¼ tsp dill
- 3 large cucumbers

Combine first six ingredients. Peel and slice cucumbers; add to dressing and mix well. Cover and refrigerate at least 1 hour before serving, stirring occasionally.

Green Beans

If using canned beans: Heat beans to boiling in a saucepan; drain, butter and serve. If using fresh beans: Wash beans and remove ends. Cut into 2" pieces. Place in a saucepan with a small amount of water and ¼ - ½ tsp salt. Boil for 6-8 minutes or until tender-crisp. Drain, butter and serve.

Garlic Bread

Spread butter on 4 bread slices, sprinkle with a little garlic salt and broil to your desired finish.



DAY 4

Chicken Pot Pie, Cheese Bread, Salad, and Applesauce



Chicken Pot Pie

- 1 Tbsp olive oil
- 2 sticks celery, chopped
- 1 onion, diced
- 2 carrots, sliced
- 1 red bell pepper, chopped
- 1 bay leaf
- 1 tsp salt
- ¼ tsp white pepper
- ½ tsp sage
- 2 cooked chicken breasts, chopped
(from Day 2)
- 2 Tbsp veggie broth powder
- 2 cups hot water
- ½ tsp tofu seasoning
- ½# mushrooms, sliced
- 2 leeks, diced
- ½ cup white wine
- ½ cup butter
- ½ cup flour
- 2 prepared pie crusts



Preheat oven to 375°F. Place one pie crust into pie pan, leaving ½” of dough beyond edge of pan. Heat olive oil and sauté celery, onion, carrot and bell pepper for 2-3 minutes. Add bay leaf, salt, pepper, sage and chicken. Stir and set aside. Mix veggie broth powder with hot water; stir until powder has dissolved. Cook mushrooms and leeks in ½ cup veggie broth and wine until leeks are tender-crisp. Add to chicken mixture. Melt butter, stir in flour and cook 2-3 minutes over low heat, stirring frequently. Add remaining veggie broth to butter mixture ¼ cup at a time, stirring constantly, until desired sauce consistency is reached. Simmer 5 minutes. Add sauce to chicken mixture and stir. Pour into prepared pie pan. Cover with remaining pie crust, seal edges, prick top with a fork and bake 15-20 minutes or until crust is golden brown.

Applesauce

4 apples (plus any left from Day 2)
Honey & cinnamon, to taste

Peel and core apples. Place in a saucepan with a small amount of water, just enough to start the steaming process. Cover and cook over low heat, stirring occasionally, until apples are cooked through and are able to be mashed into sauce with a fork or spoon. Add honey and cinnamon to taste. Serve warm or cold.

Tip: To make cheese bread, butter 4 bread slices, sprinkle with Parmesan and broil to your desired finish.

Tip: Make green salad using 1 head lettuce, 1 carrot, 1 celery stick, ½ red bell pepper, and ½ cucumber.

DAY 5

Chicken and Rice Soup, Grilled Cheese Sandwiches, and Broccoli & Cherry Tomato Salad



Chicken and Rice Soup

Carcass of roasted chicken
Drippings from chicken
Giblets (liver, heart, gizzard, neck)
8 cups water
1 onion, chopped
2 cloves garlic, minced
2 carrots, sliced
2 sticks celery, sliced

½ red bell pepper
Other leftover vegetables on hand
1 cup rice, uncooked
2 tsp sea salt
2 Tbsp flat-leaf parsley, chopped
1 tsp marjoram
1-2 tsp dried basil
½ tsp thyme
⅛ tsp pepper

Place carcass, drippings and giblets into a large pot. Cover with water and cook for 30 minutes. Strain broth, pick meat from chicken bones and add to broth. Add remaining ingredients to broth. Bring to a boil and cook 15-20 minutes or until veggies and rice are tender.

Tip: To make grilled sandwiches, butter 8 slices bread and place buttered side down on skillet or griddle. Add cheddar to each bread slice. Top with buttered bread (buttered side up). Grill over med-low heat until bread is browned; turn sandwich over and grill until bread has browned and cheese has melted.



Broccoli & Cherry Tomato Salad

- 2 stalks broccoli, chopped
- 1 pt cherry tomatoes, halved
- 4 oz bacon
- 1 cup raisins
- ½ cup sunflower seeds
- 2 tsp Dijon mustard
- 3 Tbsp brown rice vinegar
- ¼ tsp salt
- ½ tsp sugar
- 1 Tbsp olive oil
- 1 tsp dried oregano

Cut bacon into ½ - ¾” pieces and fry until crisp. Drain and cool. Cut florets off broccoli stalks. Cut off approximately 1” off end of stem. Peel off outer layer of remaining stem and chop into ½” slices. Place broccoli in a large bowl. Add tomatoes, raisins, bacon and sunflower seeds. Place mustard in small bowl. Gradually whisk in vinegar, salt, sugar, oil and oregano. Add to salad and toss to coat. Season with salt and pepper. Cover and chill until ready to serve.



DAY 6

Lasagna, Garlic Bread, Peas and Green Salad



Lasagna

Spaghetti Sauce from Day 3

12 lasagna noodles

1 pint cottage cheese

3 cups mozzarella cheese

½ cup Parmesan cheese

1 bunch spinach, washed & stemmed

Bring a large pot of water to boil; add lasagna noodles and cook according to package directions. Drain, rinse and set aside. Heat Spaghetti Sauce. Coat bottom of 9x13 glass casserole dish with a thin coat of sauce. Layer dish with ⅓ of noodles, ⅓ of the 3 cheeses, ⅓ of the spinach leaves and ⅓ of remaining Spaghetti Sauce. Repeat layers until all ingredients are used. Bake at 350°F for 30-45 minutes. Let cool 10 minutes before cutting and serving.

Tip: Bring 1 ½ cups peas to boil in a saucepan, with a small amount of salted water. Cook 2-3 minutes. Drain, butter and serve.

Tip: Make green salad using 1 head lettuce, 1 carrot, and ½ cucumber.

FAMILY MEALS

Taking time to eat together as a family



Connect by Disconnecting

Sitting down at a table with friends and family is a great way to get away from our screens and connect with one another. Try making the dinner table a no phone zone and allow the time you spend eating to be uninterrupted.

If you have kids or friends that need an activity during dinner, try coming up with fun questions to ask ahead of time. Here are a couple of ideas to get started:

If you could be any animal for a day, what would you be?

If you could eat one food everyday, what would it be?



Friends are Family Too

You don't need to have a family of four to enjoy a family dinner. College students away from home, retired couples finding new adventures, everyone has a family they can enjoy a meal with. Eating with others is also a great way to learn more about your friends' passions and palates. Potluck style dinners are a wonderful way to spread the workload of food prep and learn about new recipes.

For more inspiration, check out [#familymealsmonth](#)



68%

say dinner is the meal most people in the household eat together.

The Hartman Group. Modern Eating: Cultural Roots, Daily Behaviors 2013

SAVING MONEY

Shopping the sales and discounts at the Co-op

Owner Sale Days

One of the benefits of buying an Owner share for a cost of \$70 is the Owner Sale Day Discount. Owners are allowed one discount day of their own choosing per month, on which all regularly priced items are 10% off all day. Use your Owner Sale Day to stock up of non-perishable groceries and this discount can add up to a big savings for the month.

Fresh Flyer Weekly Sales

The Co-op produces an in-house sales flyer featuring some of the best sale items offered each week. Check out this flyer in print or digitally and use it to help catch some deep discounts on your favorite products, including many of our great locally made items.

Co+op Deals Program

Look for these twice-monthly special sale items throughout the store, and featured in the Co+op Deals sales flyers available in print or digitally. These sale items are great deals on nationally available brands and are discounted for a 2-3 week sale period.

Co+op Basics Program

Keep an eye out for purple Co+op Basics tags on products that are available at a low price every day. These are some of the Co-op's best bargains on basic staples. Co+op Basics items are high quality, all-natural groceries, including many organic options, that can be relied upon to offer a great value at all times of the year.

BUYING BULK

1 SELECT

a container for your desired product.

2 WEIGH

empty container and write "tare" weight on it.





Other Savings Tips

- Shop the bulk section when possible for great savings.
- For great discounts on meats, check the freezer.
- Close-dated dairy and meats can be a good option if you'll be using or cooking them right away. Look for the yellow price tag.
- Consider making special orders, which typically come with a 10% special order discount.
- Watch for First Alternative Co-op coupons in the mail.
- Look for manufacturers' coupons on the store shelves.
- Stock up when non-perishable items are on sale.



3 FILL UP

container with desired quantity of product.



4 LABEL

container with bin # for product.



BUYING BULK SAVES MONEY

Bulk items usually cost less than packaged items and you can buy exactly how much you need.

DAILY MENU & SHOPPING LIST



Day 1 - Shepherd's Pie

Day 2 - Roasted Chicken

Day 3 - Spaghetti

Day 4 - Chicken Pot Pie

Day 5 - Chicken & Rice Soup

Day 6 - Lasagna

PRODUCE:

6 apples
½ pt strawberries
1 lemon
4 stalks broccoli
1 bunch celery
2 red bell peppers
2 bunches spinach
1 head cauliflower
7 carrots
4 cucumbers
1 bunch flat-leaf parsley
2 leeks
2 heads lettuce
1 ½# mushrooms
1 pt cherry tomatoes
1 head garlic
5 onions
6 potatoes

BULK:

5 tsp dried basil
3 bay leaves
¼ tsp cinnamon
¼ tsp dill weed
⅓ tsp garlic powder
1 tsp garlic salt

1 Tbsp Italian seasoning
1 tsp marjoram
2 tsp oregano
7 tsp paprika
¾ tsp pepper
½ tsp white pepper
½ tsp sage
3 Tbsp sea salt
½ tsp thyme
½ tsp tofu seasoning
3 Tbsp vegetable broth powder
1 Tbsp liquid aminos (or tamari)
2 tsp Dijon mustard
½ cup mayonnaise
½ cup flour
1 ¼ cups raisins
4 servings spaghetti noodles
7 tsp sugar
½ cup sunflower seeds
½ cup peanut butter
¼ cup honey
½ cup olive oil
1 cup rice (any variety)
3 Tbsp brown rice vinegar

2 Tbsp red wine vinegar

GROCERY:

1 loaf bread
2-28 oz cans tomato sauce
2-28 oz cans fire roasted tomatoes
1-6 oz can tomato paste
1 bottle salad dressing
2 pie crusts
500 ml white wine
12 oz lasagna noodles
1 can green beans (or ½# fresh)
16 oz frozen peas

MEAT & DELI:

12 oz pkg bacon
1 whole chicken
3# ground beef
4 oz cheddar cheese
12 oz mozzarella cheese
1 ½ cups Parmesan cheese

DAIRY:

1# butter
½ pt sour cream
1 pt cottage cheese

First Alternative
NATURAL FOODS CO-OP

www.firstalt.coop

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2855 NW Grant Ave.
& 1007 SE Third St.