

First Alternative Co-op

# BUDGET Bites

Vol. 4, Issue #11  
November 2013

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

## Menu:

Beef Enchiladas  
Autumn Quinoa Salad  
Hamburgesa Cazuela  
Chinese Tofu Soup  
Santa Fe Breakfast Tacos  
Maccheroni Al Forno

# BUDGET BITES VOL. 4 #11

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Beef Enchiladas Cabbage & Cilantro Salad	Autumn Curry Quinoa Salad Pumpkin Spice Lentil Soup	Hamburgesa Cazuela Cabbage & Cilantro Salad	Chinese Tofu Soup Autumn Curry Quinoa Salad	Santa Fe Breakfast Tacos Pinto Beans	Maccheroni al Forno Cabbage & Cilantro Salad
In fridge for later: Cooked beef Tortillas Cheese Cabbage & Cilantro ½ can tomato sauce Tip: combine shredded cabbage & ½ cilantro for side salad. Prepare a enough to last the rest of the week.	In fridge for later: Autumn Quinoa Curry Salad	In fridge for later: Cheese Eggs		Tip: add oregano, garlic salt and cumin to your beans for extra zip.	Tip: Use any combination of cheese for this dish. Variety adds spice!

We shopped this list at the Co-op on October 26, 2013. We chose organic (marked "OG") and local (marked "L") and picked what we'd use at home. We also assumed you had a few things in the pantry, which were not included in the shopping total. Our total: \$49.84

## IN THE PANTRY:

Butter  
Salt & pepper  
Milk  
Rice flour  
Garlic  
Baking powder  
Fish sauce  
Tamari  
Cumin  
Oregano  
Chili powder  
Coconut oil  
Broth powder  
Curry powder  
Maple Syrup  
Garam Masala  
Cinnamon  
Salad Dressing  
Dried Cranberries

## BULK:

\_\_\_ 1 cup salsa (L) OG  
\_\_\_ 2 cups quinoa corn pasta OG  
\_\_\_ 1 block tofu (L) OG  
\_\_\_ 1 cup cornmeal OG  
\_\_\_ 1 cup flour (L) OG  
\_\_\_ ½ cup roasted hazelnuts (L)  
\_\_\_ 1 cup quinoa OG  
\_\_\_ ⅓ cup lentils

## GROCERY:

\_\_\_ 1 pkg original muruku noodles (L)  
\_\_\_ 1 can green chilies OG  
\_\_\_ 1 14 oz. can tomato sauce OG  
\_\_\_ 1 5 oz. can coconut milk  
\_\_\_ 1 can Farmer's Market Pumpkin Puree (L)

## MEAT:

\_\_\_ 1 lb. lean hamburger (L)

## CHILL:

\_\_\_ 9 eggs (L)  
\_\_\_ 1 cup sour cream (L) OG  
\_\_\_ 1 lb. Rumiano jack cheese

## PRODUCE, 100% OG

\_\_\_ 1 bunch kale or chard (L)  
\_\_\_ 3 onions (L)  
\_\_\_ 1 bell pepper (L)  
\_\_\_ 1 small head broccoli  
\_\_\_ 1 carrot (L)  
\_\_\_ 1 bunch cilantro  
\_\_\_ ½ head cabbage (L)  
\_\_\_ 1 orange  
\_\_\_ 1 apple (L)

# 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!

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](http://firstalt.coop)

**Budget Bites archives are available at  
Customer Service & online at  
[www.firstalt.coop](http://www.firstalt.coop)**



**SOUTH  
CORVALLIS**  
1007 SE 3rd  
541.753.3115

**NORTH  
CORVALLIS**  
2855 NW Grant  
541.452.3115  
[www.firstalt.coop](http://www.firstalt.coop)

## Recipes

### Corn-Flour Tortillas

1 ½ cups cold water  
1 cup all-purpose flour  
½ cup cornmeal  
¼ tsp salt  
1 egg

Beat ingredients together with a hand mixer until smooth. Heat a skillet or griddle over medium-low, adding oil if necessary. Pour ¼ cup of batter onto skillet and swirl to form a tortilla about 6" across. Cook until firm, flip, then cook second side until golden. Set aside and repeat process with remaining batter. Makes 12 tortillas.

### Beef Enchiladas

6 tortillas  
1 lb. hamburger  
1 onion, diced  
½ bell pepper, diced  
¼ cup sour cream  
1 cup grated cheese, divided  
1 Tbsp cilantro, minced  
½ tsp salt  
pinch of pepper  
½ can tomato sauce  
1 tsp chili powder  
⅓ cup water  
¼ tsp oregano  
¼ tsp cumin  
1 can green chilies, chopped  
1 clove garlic, minced  
Prepare tortillas. Cook hamburger, onion and pepper until light brown. Remove from heat and set half aside. Add sour cream, ½ cup cheese, cilantro, salt and pepper.  
Bring remaining ingredients to a boil, stirring occasionally. Simmer 5 minutes.

To assemble, dip tortillas in sauce, coating both sides. Spoon ¼ cup hamburger mix into tortilla and roll. Transfer to an ungreased 8x8 baking dish and repeat. Bake at 350° for 20 minutes. Top with remaining cheddar and serve with sour cream and salsa.

### Autumn Quinoa Salad

1 cup quinoa  
½ onion, minced  
1 apple, minced  
2 Tbsp coconut oil  
Juice of 1 orange  
1 tsp curry powder  
¼ tsp salt  
1 Tbsp maple syrup  
½ bunch cilantro, chopped  
½ cup roasted hazelnuts, chopped  
¼ cup cranberries, chopped  
Prepare quinoa. Sauté onion in coconut oil until tender. Add apples and reduce heat to low. Meanwhile, whisk together orange juice, curry powder, salt and maple syrup. Add quinoa to onion and apple and stir to combine. Transfer to a serving bowl and toss with curry dressing, cilantro, cranberries and hazelnuts and serve.

### Pumpkin Spice Lentil Soup

½ onion  
1 can pumpkin puree  
1 can coconut milk  
1 Tbsp coconut oil  
1 cup vegetable broth  
1 tsp garam masala  
¼ tsp cinnamon  
½ can tomato sauce  
⅓ cup lentils  
Salt & pepper to taste  
Sauté onion in coconut

oil until translucent. Add remaining ingredients and gently simmer until lentils are tender, about 30 minutes.

### Hamburgesa Cazuela

½ recipe hamburger  
½ bunch greens, chopped  
2 cloves garlic, minced  
Salt, cumin, pepper and chili powder to taste  
2 cups shredded cheese, divided  
½ cup cornmeal  
½ cup milk  
¼ tsp baking soda  
4 eggs  
½ tsp salt  
Sauté beef mixture with greens and garlic until greens wilt. Add salt, cumin, paprika and pepper to taste. Transfer to an 8x8 baking dish. Top with ½ cheese. Beat egg, cornmeal, milk, baking soda and salt together in a bowl. Pour the over the top of the cheese. Bake at 350° for 15 minutes, top with remaining cheese and broil to desired finish. Serve with salsa and sour cream.

### Chinese Tofu Soup

4 cups broth  
½ onion  
1 block tofu, cubed  
1 Tbsp fish sauce  
1 Tbsp tamari  
1 head broccoli, chopped  
4 cloves garlic  
1 carrot, sliced  
1 pkg. muruku noodles  
Bring broth to a simmer and add remaining ingredients except noodles. Cook until vegetables are tender. Serve with muruku noodles.

### Santa Fe Breakfast Tacos

½ onion, diced  
½ bell pepper, diced  
2 Tbsp butter  
4 eggs  
¼ tsp baking powder  
2 Tbsp milk  
¼ tsp salt  
½ cup grated cheese  
4-6 tortillas, warmed  
Salsa & sour cream  
Sauté onion and bell pepper in butter until tender. Beat together eggs, baking powder, milk, salt and cheese. Pour over peppers and onions and cook to desired finish. Serve on heated tortillas with salsa & sour cream.

### Maccheroni al Forno

2 cups quinoa corn macaroni noodles  
2 Tbsp butter  
2 cloves garlic, minced  
2 Tbsp rice flour  
2 cups milk  
1 cup grated cheese  
Salt & pepper to taste  
½ bunch greens, chopped  
Cook pasta al dente, adding greens at the last minute to blanch. Drain and set aside. Melt butter in a saucepan and add garlic and flour. Stir to combine and slowly add in milk. Bring to a boil, whisking constantly, and cook until thickened. Remove from heat and add cheese, salt and pepper to taste.  
Combine pasta and sauce and place in an 8x8 baking dish. Bake at 350° for 10 minutes. Broil until golden and serve.