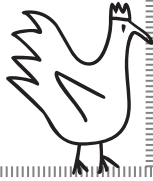


*First Alternative Co-op*

# BUDGET BITES



Vol. 2, Issue #1: January 2011  
*The Chicken Issue*

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



## Menu:

**Saturday: Chicken Ala King**

**Sunday: Chicken Enchiladas**

**Monday: Sweet & Sour Chicken**

**Tuesday: Pupusas & Green Salad**

**Wednesday: Chicken & Rice Soup**

**Thursday: Broccoli Strata**

# BUDGET BITES VOL. 2 #1

| Saturday                                                                                                                                                                                                       | Sunday                                                                                                                           | Monday                                                           | Tuesday                                                                                                                         | Wednesday                                                                                           | Thursday                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken Ala King                                                                                                                                                                                               | Chicken Enchiladas<br>Green Salad                                                                                                | Sweet & Sour Chicken<br>Rice                                     | Pupusas<br>Green Salad                                                                                                          | Chicken & Rice Soup                                                                                 | Broccoli Basil Strata<br>Fruit                                                                                                                                                                                                                                               |
| In the fridge for future meals:<br>Poached chicken<br>Chicken stock<br>½ loaf Big River bread<br><br>Tip: Divide chicken & broth into future meal portions and put straight into the freezer to keep it fresh. | In the fridge for future meals:<br>sour cream<br>salsa<br>salad<br>beans<br><br>Tip: Wash salad greens for the week all at once. | Tip: This stir fry recipe is also delicious with tofu or shrimp. | Tip: We like our pupusas filled with mashed pinto beans, but cheese, cooked vegetables or even cooked bacon would be yummy too. | Tip: Put together the Broccoli Strata tonight and store in refrigerator until you bake it tomorrow! | Tip: Cut bread into small pieces and place in greased 8x8 pan. Top with medium chop steamed broccoli. Mix 2 cups milk, 2 tsp basil and 4 eggs and pour over bread. Allow to sit several hours or overnight. Top with cheese & bake at 325° for 60 minutes. Serve with fruit. |

## SHOPPING & RECIPES

We shopped this list at the Co-op on . 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: \$49.91

## IN THE PANTRY:

|                   |              |
|-------------------|--------------|
| soy sauce         | thyme        |
| cornstarch        | basil        |
| oil               | red pepper   |
| flour             | flakes       |
| salt & pepper     | orange juice |
| vinegar           | butter       |
| sugar             |              |
| cumin             |              |
| granulated garlic |              |

## PRODUCE - 100% Organic:

- \_\_\_ 4 onions
- \_\_\_ 5 carrots
- \_\_\_ 1 bunch celery
- \_\_\_ 1 apple
- \_\_\_ 2 mandarin oranges
- \_\_\_ 1 head garlic
- \_\_\_ 1 bell pepper
- \_\_\_ 2 small zucchini
- \_\_\_ 6 mushrooms
- \_\_\_ 1 head lettuce
- \_\_\_ 1 small head broccoli

## GROCERY:

- \_\_\_ 1 loaf Big River bread
- \_\_\_ 15 oz tomato sauce
- \_\_\_ 15 oz pinto beans
- \_\_\_ corn tortillas

## DAIRY & CHEESE:

- \_\_\_ 4 eggs
- \_\_\_ 1 quart milk
- \_\_\_ 12 oz medium cheddar
- \_\_\_ Sunshine sour cream

## MEAT:

- \_\_\_ 4-5 lb. whole chicken

## BULK:

- \_\_\_ salsa
- \_\_\_ ¼ cup sliced almonds
- \_\_\_ 1 cup frozen peas
- \_\_\_ ½ cup frozen corn
- \_\_\_ 2 cups brown rice
- \_\_\_ 2 cups masa harina
- \_\_\_ 2 Tbsp. mild cayenne

# BUDGET BITES

This issue of Budget Bites is extra exciting to me for a number of reasons. One, it marks the first birthday of the Budget Bites program. Two, it includes instructions on how to make your own chicken broth from scratch, which fits perfectly with theme for the month, "Starting from Scratch." Three, it helped me face my fear of buying a whole chicken and preparing it. Finally, it is a wonderful selection of recipes that are truly delicious and come together as a great example of efficient meal planning—and my total for the week was \$49.91!

Over the year we have seen so many wonderful recipes come to us in the 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 are a vegetarian, don't let Chicken Week get you down! Archived editions are available by request at customer service or online at [firstalt.coop](http://firstalt.coop)  
Sincerely,  
Emily Stimac



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## Recipes

### Poached Chicken & Chicken Broth

1 whole chicken, 4 to 5 lbs.  
1 onion, quartered  
1 carrot, 1" pieces  
2 stalks celery, 1" pieces  
3 cloves garlic, smashed

Remove giblets and neck from chicken; save neck. Place chicken & veg in a large pot. Add water to cover chicken half-way. Simmer covered for 1 hour, turning chicken over twice. Remove chicken and let cool, then remove skin and pull meat from bones. Return skin and bones to broth. Add neck and simmer for 1 hour, adding water if needed. Strain broth & discard solids.

### Chicken Ala King

¼ cup sliced almonds  
3 Tbsp. butter  
2 Tbsp. flour  
1 cup milk  
1 cup chicken broth  
1 ½ cups cooked chicken  
1 cup peas  
4 slices toast  
salt and pepper

Toast almonds until brown & fragrant. Reserve. Heat oil in same pan. Add flour and cook over medium heat for 1 minute. Add milk & broth, stirring to avoid lumps. Cook over medium heat, stirring, until sauce begins to thicken. Add chicken and peas and heat

through. Top with almonds and serve over toast.

### Chicken Enchiladas

1 recipe enchilada sauce  
2 cups cooked chicken  
2 cups grated cheese, separated  
1 chopped onion  
½ cup frozen corn  
½ cup cooked pinto beans  
8 corn tortillas

Heat sauce. Mix 1 cup cheese, onion, corn, beans and meat together. Coat bottom of a 9 x 6 baking dish with sauce. Dip tortilla in remaining sauce to soften, then transfer to a plate. Put one-eighth of the filling in the center and roll up. Place enchilada, seam side down, in dish. Repeat. Pour sauce over the top to cover generously. Bake, covered, at 350° about 20 minutes. Top with remaining cheese and broil until golden. Serve with salsa and sour cream, if desired.

### Enchilada Sauce

4 Tbsp. flour  
2 cups chicken broth  
15 oz. can tomato sauce  
2 Tbsp. ground cumin  
2 Tbsp. mild cayenne  
2 tsp. granulated garlic

Place broth in a large saucepan. Whisk in the flour to make a smooth paste. Add other ingredients and simmer for 5 minutes until thickened. Stir frequently to prevent sticking and lumping.

### Sweet & Sour Chicken

1 cup cooked chicken  
1 Tbsp. vegetable oil  
2 carrots  
2 stalks celery  
1 large onion  
1 bell pepper  
2 small summer squash  
1 clove garlic, minced  
6 button mushrooms  
½ cup orange juice  
4 Tbsp. vinegar  
1 Tbsp. sugar  
½ tsp. red pepper flakes  
½ tsp. salt  
1 Tbsp. cornstarch

Cut veg into bite-sized pieces. Mix cornstarch with 2 Tbsp. orange juice. Mix remaining juice, vinegar, sugar and red pepper flakes. Heat pan over medium high heat. Add oil & carrots. Cook 1-2 minutes. Add, in order, cooking 1 minute before adding next: celery, onions & peppers, zucchini, garlic & mushrooms. Add vinegar mix, cover pan and cook 2-3 minutes. Stir cornstarch. Add in a thin stream, stirring. Add chicken & cook gently until sauce thickens.

### Pupusas

2 cup masa  
1 ½ cup warm water  
1 Tbsp. ground cumin  
½ tsp. salt  
cooked beans

Mix masa, cumin, and salt. Add 1 ½ cups of water and mix. Let rest 5 minutes, then knead. It should be

soft but not sticky. If it's too dry, add more water. Mash beans with a little of their liquid. Form ⅓ cup dough into a ball. Make a deep hole into the middle & fill with 1-2 Tbsp. beans. Pinch hole shut. Flatten ball between your hands, but don't squish filling out. Lay pupusa on oiled med-high heat griddle. Cook 2-3 minutes on each side until golden brown and filling is hot. Serve with sour cream and salsa.

### Chicken Rice Soup

1 tsp. oil  
1 onion, diced  
2 carrots, diced  
2 stalks celery, diced  
1 tsp. dried thyme  
2 cloves garlic, pressed  
6 cups chicken broth  
2 Tbsp. soy sauce  
1 cup uncooked rice  
1 cup cooked chicken

Cook diced veggies in oil (or chicken fat) 5 minutes, stirring once in a while. Add thyme and garlic & stir. Add broth & soy sauce and bring to a simmer. Add rice and cook until tender. Stir in chicken just before serving.



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