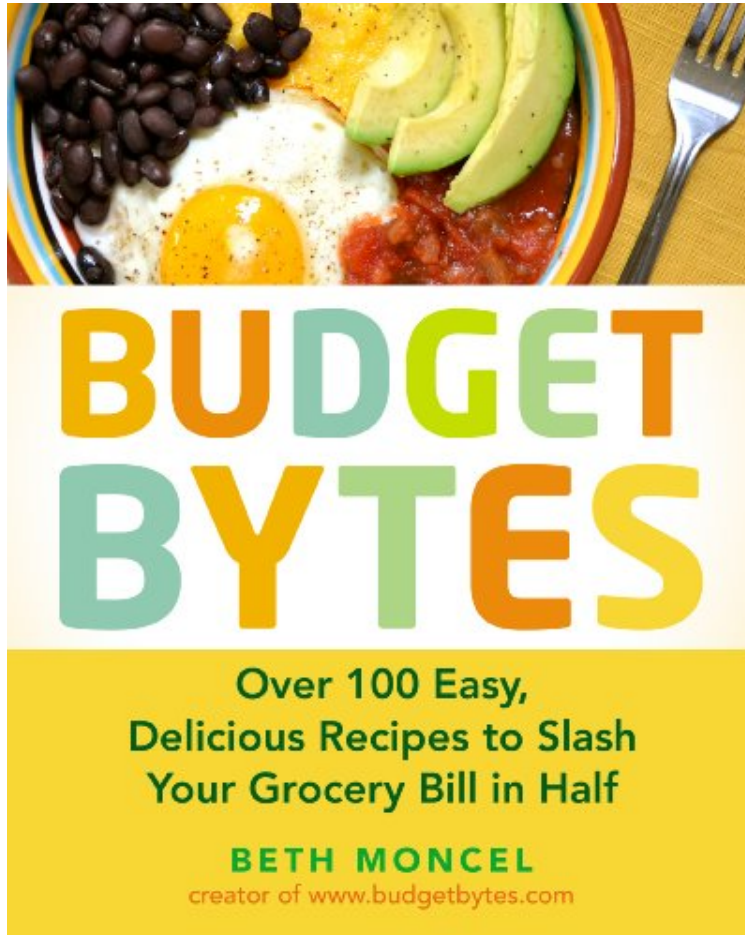


[FREE] Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half

Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half

Beth Moncel

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Beth Moncel : Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half before purchasing it in order to gauge whether or not it would be worth my time, and all praised Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half:

36 of 37 people found the following review helpful. If you "don't have time to cook," you NEED this cookbook. By Rachelle I'm a single parent of a small child. Sometime last year, a friend who's a mother of eight sent me a link to a recipe on the Budget Bytes blog. I was hooked. Beth tells you how much each recipe is going to cost you, how much each serving will cost in the end, how long it's going to take to cook, and she gives you pictures of every single step of each recipe (on the website, not in the book). She also teaches you how to stock your pantry, how to shop for big-dollar ingredients when they're on sale, and how to use your freezer (hint: fill it with meat bought on sale and homemade stock!). Budget Bytes completely changed how I shop and cook. I never come home anymore and wonder what we're going to have for dinner. I don't buy pre-packaged anything - it's all made from scratch, for a fraction of the

cost. It has a ton of recipes that AREN'T on the website, and gives shopping or cooking tips appropriate for each one. The only thing I don't like about the cookbook is that the prep/cooking time isn't listed for each recipe. If you think you don't have time to cook, or if you don't know HOW to cook, this cookbook is for you. I'll be buying a dozen or so copies to give as birthday and Xmas gifts this year. 9 of 9 people found the following review helpful. Great recipes - easy, fresh ingredients, quick to prepare. By Anneke Van Den Broek Love love love this book. I ordered the book because I have been a fan of the author's website for quite some time. The recipes have been a consistent hit w/ my kids. Overall, the dishes are quick to prepare, don't require elaborate techniques or hard-to-find ingredients, and have easy to follow instructions. There are loads of good soups, crockpot recipes, and one-pan dishes, salads, you name it. The author is great about using fresh ingredients. The book includes dishes that aren't found on her website. I've been using it for weekly menu planning and shopping and it has become my go-to book. This has really been a great book for a single working mom - I love being able to get good fresh food on the table for my kids after work w/ minimal stress and have something that they like to eat (rather than mac-n-cheese or chicken nuggets). 3 of 3 people found the following review helpful. I wish I had found this book sooner! I would probably be a lot richer. By Bookishy I bought this book on a whim after successfully making several of the dishes on Beth Moncel's "Budget Bytes" blog. I was home on maternity leave, and after a month of sandwiches and frozen meals, I needed to do something to help me get out of a rut, and her recipes really fit the bill; I could do the prep and cooking within the span of a single baby nap, and many recipes are largely pantry-based, so I rarely ran into the problem of having to pop out for that one missing ingredient. Many are covered by what you would normally buy on a weekly shopping trip. I was delighted to discover that this book offers a lot that's not available online, and even the familiar recipes have been reworked in significant ways. I probably use this book more on the day-to-day than any other cookbook, especially now that I'm back at work and faced with coming up with quick dinners when I get home. The Banana Bread Baked Oatmeal has become a staple on weekend mornings (when it makes a great toddler breakfast), and the Orzo-spinach-goat-cheese recipe has been a lifesaver on nights when I am low energy and yet still need to feed myself. Honestly, I wish I had found this book sooner, as I think it would have helped me break out of the take-out trap when I was single and living on my own. I didn't really lean in to cooking until my late 20s, and I may have done it sooner if I had something with this kind of casual, pragmatic, yet satisfying approach to doing it day-to-day, and not just on special occasions.

The debut cookbook from the Saveur blog award-winning Internet expert on making eating cheap dependably delicious; As a college grad during the recent great recession, Beth Moncel found herself, like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science; Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. Budget Bytes has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you're urban or rural, vegan or paleo, Budget Bytes is guaranteed to delight both the palate and the pocketbook. From the Trade Paperback edition.

"It doesn't matter who you are--college student, young professional, new parents, seniors; watching your pennies or rich as Croesus--"Budget Bytes" is one of those rare books that is meant for absolutely everyone; the recipes are remarkable in their scope, simplicity, flavor, and cost-consciousness, proving once again that "real food" never has to break the bank. I adored this book!" --Elissa Altman, author of "Poor Man's Feast" "Quick and delicious recipes, easy-to-follow instruction, and priceless cost-cutting tips from the queen of eating well on a dime. A great addition to any kitchen!" --Antonia Lofaso, author of "The Busy Mom's Cookbook" "'Budget Bytes' demystifies how to eat home-cooked meals without sacrificing taste or your wallet." --Rebecca Lando, author of "The Working Class Foodies Cookbook" "Affordable ingredients and fabulous, easy recipes all in one delicious, healthy cookbook." --Holly Clegg, author of the "TrimTERRIFIC" cookbook series About the Author Beth Moncel has a B.S. in nutritional science and dietetics and a B.S. in clinical laboratory science from Louisiana State University. Her blog, Budget Bytes, won the 2016 Best How-To Food Blog Award from Saveur magazine. She lives in New Orleans. Excerpt. copy; Reprinted by permission. All rights reserved. Easy Pad Thai recipe Serves 4 'm probably not supposed to play favorites, but this recipe is definitely my favorite. Pad thai is the epitome of simple ingredients creating dazzling flavor. It's fresh, light, exotic, and faster than any takeout (unless, of course, you happen to live above a restaurant that delivers). Fresh lime is key to creating the unique flavor, but one lime should be enough for a single or even double batch of this noodle dish. Fish sauce, which you can find in the Asian section of most major grocery stores or at Asian markets, gives this pasta a more authentic flavor, but if you can't find any, skip it; this dish will still rock your world. INGREDIENTS 8 ounces pad thai or lo mein noodles 2 tablespoons vegetable oil 1 clove garlic, minced 2 large

eggs 1 1/2 tablespoons soy sauce 2 tablespoons fresh lime juice (from about 1 medium lime) 2 tablespoons brown sugar 1 teaspoon fish sauce 1/8 teaspoon red pepper flakes 3 green onions, sliced 1/4 bunch fresh cilantro, leaves only, roughly chopped 1/4 cup chopped, unsalted peanuts

INSTRUCTIONS Bring a large pot of water to a rolling boil. Add the noodles and cook for 7 to 10 minutes or until tender. Drain the noodles and set aside. In a large skillet, heat the vegetable oil over medium heat. Add the garlic and cook for 1 to 2 minutes, or until tender. Whisk the eggs lightly with a fork. Pour them into the skillet and cook just until they solidify, but are still moist, moving the eggs around the skillet slightly as they cook so that they lightly scramble. When the eggs are cooked, remove the skillet from the heat and set aside. In a small bowl, stir together the soy sauce, lime juice, sugar, fish sauce, and red pepper flakes. Pour the sauce into the skillet with the scrambled eggs. Add the noodles and toss to coat in the sauce. Sprinkle the green onions, cilantro, and peanuts over the noodles. Toss lightly to combine. Serve warm.

BUDGET BYTE: Pad thai noodles have a unique flavor and texture, but if you can't find them in your area, try substituting another flat pasta like linguine.

CHEF'S TIP: To get the most juice from your lime, roll it on your countertop while applying pressure before cutting it open. This causes the juice capsules to burst and release more juice.

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