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## Decadent on a Budget – It's Grilling Season!

Posted on [April 16, 2010](#) by [earthfare](#)

The weather has turned warmer, and the grills are popping out everywhere you look. That's right; spring is in full bloom. So, for this month's **Decadent on a Budget**, we're lighting the grill and pulling out the steaks to make a family-sized meal for under \$40!

### **Appetizer: Goat Cheese on Garlic Toast**

#### **Ingredients:**

- Six – ½ inch thick diagonal baguette or [Neo Tuscan Boule](#)
- Extra virgin olive oil (for brushing)
- ½ cup [Montchevre Goat Cheese Logs](#)
- 1 Tbsp. chopped parsley
- 1 Tbsp. minced chives
- 1 Tsp. chopped thyme
- Salt and ground pepper
- 1 garlic clove (cut in half)

#### **Directions:**

1. Preheat the oven to 350 degrees or fire up the grill. Brush the bread with olive oil, and bake for about seven minutes until the bread is crisp. Or, grill the bread over medium high heat until brown (about 30 seconds per side).

2. In a bowl, blend the goat cheese with the parsley, chives and thyme. Season with salt and pepper.
3. Rub the toast with the garlic. Spread the goat cheese.
4. Serve warm or at room temperature.



### **Main Course: Smoky Strip Steaks with Chimichurri Sauce**

#### **Ingredients:**

- ¼ C. Vegetable Oil
- ¼ C. [Earth Fare Olive Oil 3 Liter Tin](#)
- 1 Tbsp. White wine vinegar
- ¼ C. Chopped Parsley
- ¼ C. Chopped Cilantro
- 2 Chopped roasted red bell peppers
- 2 Minced garlic cloves
- 1/2 Tbsp. Fresh lime juice
- 1 Tsp. Crushed red pepper
- Salt and ground pepper
- Five 4 oz [Piedmontese All Natural NY Strip](#)
- 1 Tbsp. Unsalted, melted butter
- Sea salt and smoked black pepper

#### **Directions:**

1. Light the grill.
2. Whisk oils with the vinegar. Stir in the parsley, cilantro, bell pepper, garlic, onion, lime juice and crushed red pepper. Season with salt and pepper, and let sit for 20 minutes.
3. Brush the steaks with the melted butter, and season them with the sea salt and smoked black pepper.
4. Grill the steaks over medium high heat. Turn once. Cook until the desired doneness.
5. Take off the grill, and let rest for 10 minutes.
6. Serve with chimichurri sauce on top.

### **Dessert: Homemade Cupcake from Earth Fare!**

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### 3 Responses to Decadent on a Budget – It's Grilling Season!



**artertBoodo** says:

[June 7, 2010 at 3:24 pm](#)

great article, very informative

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**maria** says:

[July 7, 2010 at 12:33 pm](#)

I think that New York strip is too expensive for people in a budget.

I will choose burritos with Beans and seasonal veggies.

Black Eyed peas, Red Beans, Black beans. lettuce, Tomatoes

Brown Rice.

Or Wheat Pastas with veggies and beans.

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**Jenni** says:

[July 16, 2010 at 1:01 pm](#)

I agree, if one is really on a strict budget, strip steaks are out of the question! Frankly, this is one of my biggest dilemmas. I really want to eat healthy, but have to do so on less than \$165 per month, and also have severe health limitations which makes food preparation difficult many days. That monetary figure does not allow for pre-prepared foods if they are remotely healthy. And, regularly buying meats and produce at Earth Fare costs far too much for my budget as well. I really wish that prices could be lowered for healthier foods!

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