



GROCERY LIST FOR JANUARY 10, 2007

French Dip Sandwiches

- 3 to 4 lb boneless beef roast
- 1/2 c GFCF soy sauce
- 1 bay leaf
- 3/4 t ground pepper
- 1 t dried crushed rosemary
- 1 t dried thyme
- 2 cloves garlic, minced

Noah Rolls

- 1/2 c brown or white rice flour
- 2/3 c tapioca flour
- 1/3 c potato or corn starch
- 2 t xanthan gum
- 2 t baking powder
- 1/2 t salt
- 1 large egg
- 1/3 c oil
- 1/2 c CF milk
- 1/3 c sparkling water

Croskpot Pea Soup with Ham

- 16 oz. dried split peas
- 2 c diced fully cooked ham
- 1 ham bone (from above ham)
- 1 cup carrots
- 1 medium onion
- 3 cloves garlic, minced
- 2 bay leaves
- 1/2 t salt
- 1/2 t pepper
- 5 c gluten free chicken stock
- 1 c GFCF unsweetened milk of choice

Blender Corn Bread

- 1 c gluten & dairy free unsweetened milk substitute
- 1 t lemon juice or cider vinegar
- 1/4 c olive oil
- 3 T maple syrup
- 2 c corn polenta or coarse ground corn meal
- 2 large eggs
- 1 1/2 t gluten free baking powder
- 1/2 t baking soda
- 1 t salt

Chicken Kabobs

- 1/3 c red wine vinegar
- 1 c GFCF soy sauce/tamari sauce
- 1/2 c olive oil
- 2 t dried oregano
- 1 t dried basil
- 1 clove garlic, minced
- 1/2 t ground pepper
- 2 1/2 lbs boneless, skinless chicken breast or thighs
- 1 green bell pepper
- 1 red bell pepper
- 1 yellow or orange bell pepper
- 2 medium onions
- 8 oz. whole button or baby portabella mushrooms

Seasoned Yellow Rice

- 1 T olive oil
- 1 small onion
- 1 clove garlic, minced
- 1 1/2 c rice
- 1/4 t ground turmeric
- 1/4 t ground cumin
- 1/2 t salt
- 1 1/2 c gluten free chicken stock, veggie stock or water

Tacos

- 2 lbs ground beef or turkey
- 2 medium onion
- 2 green pepper
- 1 t garlic powder

- 1/2 t onion powder
- 1 t dried oregano
- 1 t ground cumin
- 1 t salt
- 1/2 t paprika
- 1/2 t ground black pepper
- dash of allspice
- dash of cayenne pepper (to taste!)

Refried Beans

- 4 T coconut or olive oil
- 1 small onion
- 1 clove garlic
- 3 c cooked pinto or black beans (2 15 oz. cans)
- 2 t ground cumin
- 3/4 t salt
- 1/4 t ground pepper

Crustless Quiche

- 1 T olive oil
- 8 oz mushrooms, sliced
- 1 small onion
- 6 large eggs
- 1/4 t salt
- 1/4 t ground pepper
- 1/4 t dried basil
- 1/4 t dried oregano
- 1/4 c sweet rice flour
- 2 strips bacon (pork or turkey)
- 1 c broccoli
- 2/3 c gluten & dairy free cheese replacement, optional
- 1/2 c red bell pepper
- 1 cup fresh spinach

Turkey Sausage

- 20 oz. package ground turkey
- 4 T onion
- 3/4 t dried marjoram
- 1/2 t thyme
- 3/4 t sage
- 3/4 t salt
- 1/2 t ground pepper
- 1/2 t oregano
- 1/2 t fresh minced garlic
- 1/4 t ground nutmeg
- 1/4 t ground ginger
- 1/8 to 1/4 t cayenne pepper
- 1 egg, optional

Gluten & Dairy Free Pumpkin Biscuits

- 3/4 c brown rice flour
- 1/2 c sorghum flour (or more rice flour)
- 1/4 c tapioca starch
- 1/4 c sugar
- 2 t xanthan or guar gum
- 2 t gluten free baking powder
- 1 1/2 t pumpkin pie spice
- 1 t baking soda
- 1/2 t salt
- 6 T dairy free margarine (such as Earth Balance) or 4 T coconut oil
- 1/2 c pumpkin puree
- 1 large egg
- 1 to 2 T unsweetened plain milk substitute

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Salad to serve 6 for 4 meals
- Salad dressing of choice to serve 6 for 4 meals
- Oranges to serve 6 for 3 meals
- Apples to serve 6
- Pineapple to serve 6
- GF corn taco shells to serve 6
- Taco toppings to serve 6 (lettuce, tomato, black olives)