GROCERY LIST FOR FEBRUARY 19, 2007

Cube Steak Stew

- [ ] 2-1/4 pounds beef cube steak
- [ ] ⅛ cup corn starch
- [ ] 1 1/2 tablespoon olive oil
- [ ] 2-1/4 t margarine or more olive oil
- [ ] 1-1/2 onion
- [ ] 1-1/2 cloves garlic, minced
- [ ] 3⅔ cups gluten free beef stock
- [ ] 2 cups potatoes
- [ ] 1 (10 oz.) package frozen peas and carrots
- [ ] ¾ teaspoon Italian seasoning
- [ ] 1-1/2 teaspoons salt
- [ ] 1-1/2 teaspoons ground black pepper

Calico Beans

- [ ] 1 pound ground beef
- [ ] 1 large onion
- [ ] 3 strips cooked bacon
- [ ] 1 15 oz. can GF baked beans
- [ ] 1 15 oz. can great northern beans
- [ ] 1 15 oz. can butter beans
- [ ] 1 15 oz. can kidney beans
- [ ] 1 15 oz. can black beans
- [ ] ¾ cup brown sugar
- [ ] ½ cup gluten free ketchup
- [ ] 1½ teaspoon salt
- [ ] ½ teaspoon pepper
- [ ] 1 T prepared gluten free mustard

Blender Cornbread

- [ ] 1 cup gluten free dairy free unsweetened milk substitute
- [ ] 1 t lemon juice or cider vinegar
- [ ] ¼ cup olive oil
- [ ] 3 tablespoons maple syrup
- [ ] 2 cups coarse ground corn meal
- [ ] 2 eggs
- [ ] 1½ t gluten free baking powder
- [ ] ½ teaspoon baking soda
- [ ] 1 teaspoon salt

Roasted Fish with Potatoes, Tomatoes and Olives

- [ ] 2 pounds red new potatoes (a mix of different colors)
- [ ] 4 garlic cloves, minced
- [ ] 3 Tablespoon olive oil
- [ ] 6 fillets of fish (4-6 oz. each) of choice (I used Talapia)
- [ ] 1 pint of grape/cherry tomatoes
- [ ] ½ cup pitted Kalamata olives

Slow Cooker Orange Chicken with Winter Squash and Sweet Potatoes

- [ ] 1 medium winter squash
- [ ] 2-3 sweet potatoes
- [ ] 5-6 skinless, boneless chicken breasts
- [ ] 1 cup orange marmalade
- [ ] ½ cup GFCF chicken broth
- [ ] ½ cup orange juice
- [ ] 1 T Gluten-free soy sauce
- [ ] 1 T maple syrup
- [ ] ½ t ground ginger

Black Beans & Brown Rice

- [ ] 2 cups brown rice
- [ ] 60 ounces canned black beans
- [ ] ½ cup onion
- [ ] 6 cloves minced garlic
- [ ] 1 bunches chopped cilantro
- [ ] 1 cup gluten free salsa
- [ ] 1 cup dairy free "cheese" sauce or substitute of choice

Tex-Mex Chopped Salad

- [ ] 6 cups romaine
- [ ] 2 cups fresh spinach
- [ ] 1 medium cucumber
- [ ] 2 medium tomatoes
- [ ] 1 bell pepper (or roasted pepper)
- [ ] ½ cup corn, fresh cooked or frozen
- [ ] 1½ cups black beans
- [ ] Tortilla Chips

Dairy Free Ranch Dressing

- [ ] 3/4 cup gf/cf mayo
- [ ] 1/3 cup celery with leaves
- [ ] 2 T fresh parsley (or 2 t dried)
- [ ] 1 Tablespoon onion
- [ ] 1 t lemon juice or cider vinegar
- [ ] 1 clove minced or pressed garlic
- [ ] 1/4 teaspoon dried thyme
- [ ] 1/4 teaspoon celery seed
- [ ] 1/8 teaspoon salt (optional)
- [ ] 1/8 t freshly ground black pepper
- [ ] GFCF milk substitute—the amount will depend on how you like it

Serving suggestions/also needed:

- [ ] Salt and ground black pepper, to taste
- [ ] Salad to serve 6 for
- [ ] Salad dressing to serve 6
- [ ] broccoli to serve 6