

GROCERY LIST FOR MARCH 14, 2007

Pork Fried Rice

- 3/4 lbs boneless pork butt roast
- 1 1/2 T sugar
- 1 1/2 T gluten free soy sauce
- 3 1/3 t gluten free hoisin sauce
- 3/4 T dry sherry
- dash ground white pepper
- 1/4 t. 5-spice powder
- 1/2 t sesame oil
- 1 t fresh ginger, grated
- 1/3 t garlic clove, minced
- 3/4 T ketchup
- 1 T honey
- 3 T gluten free soy sauce
- 5 teaspoons rice vinegar
- 1 tablespoon sesame oil
- 1/4 teaspoon sugar
- 1/4 cup solid vegetable shortening (I used olive oil)
- 1/2 cup frozen peas or broccoli
- 8 oz shiitake mushrooms
- 1 carrot
- 1 head baby bok choy
- 4 large eggs
- 6 cups cold cooked short-grain rice
- 2 scallions

Cashew Chicken with Bok Choy

- 2 lbs boneless, skinless chicken breast
- 1 1/2 T cornstarch
- 1/2 t ground pepper
- 3 T vegetable oil
- 6 cloves garlic, minced
- 1/2 head of bok choy (about 6 cups)
- 6 scallions
- 2 T rice vinegar
- 4 T gluten free hoisin sauce
- 3/4 cup roasted cashews
- Cooked rice, for serving 6
- Scallion (green onion) and chopped cashews, for garnish

Slow Cooker White Chicken Chili (freeze extra servings for lunches)

- 3 T olive oil
- 2 pounds chopped chicken
- 2 onion
- 4 cloves garlic, minced (or 6 cloves ROASTED garlic)
- 4 c GF chicken broth or stock
- 2 (18.75 ounce) cans tomatillos, drained and chopped
- 2 (16 ounce) cans diced tomatoes
- 2 (7 ounce) cans diced green chiles
- 1 t dried oregano
- 1 t ground coriander
- 1/2 teaspoon ground cumin
- 4 (15 ounce) cans white beans
- 10 oz. frozen corn

GF Pancakes

(doubling for my family)

- 14 T garfava flour
- 7 T sourghum flour
- 1 1/3 cup potato or corn starch
- 1 1/3 cup tapioca flour)
- 8 t GF baking powder
- 1 teaspoon salt
- 1 teaspoon xanthan gum
- 4 cups GF CF milk substitute (ie: almond, rice, etc.)
- 4 eggs
- 1/2 cup oil
- 1/2 cup maple syrup or sweetener of choice

Plus ingredients for one more meal of your choice. :)

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Hot dogs to serve 6
- Ingredients for fruit salad to serve 6
- GF bread (such as from Bob' s Red Mill)
- Maple Syrup