

GROCERY LIST FOR APRIL 16, 2007

Lemon Garlic Chicken

- 2 Cloves Chopped Garlic
- 4 T Olive Oil
- 2 T Parsley
- 3 T Lemon Juice
- 1/8 T Pepper
- 2 pounds chicken

Chili Maple Glazed Chicken

- 1 t Salt
- 1 1/2 T Maple Syrup
- 1 T Chili Powder
- 2 pounds chicken

Meatballs

(mine are in freezer, but buy this if you need to make some)

- 1 2/3 pounds lean ground beef
- 3/4 cups soft GFDF bread crumbs (or crush GF cereal such as Mesa Sunrise—add 2 2/3 T GFDF milk substitute if you are using dry crumbs)
- 1 to 2 eggs
- 3 T minced onion
- 2 cloves garlic, crushed
- 3/4 t salt
- 1/3 t pepper

Slow Cooker Ribs

- 2 1/2 to 3 lb. country style pork ribs, boneless
- 1 T oil
- 1 large onion
- 1/3 c GFDF soy sauce
- 1/2 c GFDF tomato ketchup
- 1 T GFDF prepared mustard
- 1/4 cup brown sugar
- 2 cloves garlic, minced
- 1/2 t black pepper
- 2 T apple cider vinegar
- 1 t celery seed

Sloppy Joe' s

- 2 pounds ground turkey
- 2 medium onions
- 1 green pepper
- 2 carrots
- 2 – 15 oz cans tomato sauce
- 1 – 6 oz can tomato paste
- 1/2 c packed brown sugar
- 1/3 c red wine vinegar
- 2 T GFDF Worcestershire sauce
- 1/2 t seasoned salt
- 1/4 t ground pepper

Noah' s Rolls

- 1/2 c brown or white rice flour
- 2/3 c tapioca flour
- 1/3 c potato or corn starch
- 2 tsp xanthan gum
- 2 tsp baking powder
- 1/2 tsp salt
- 1 egg
- 1/3 cup oil
- 1/2 c dairy free milk
- 1/3 cup sparkling water

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Spinach salad to serve 6
- Harb boiled eggs for salad to serve 6
- Sweet potatoes to serve 6
- Broccoli to serve 6
- Gluten free spaghetti to serve 6
- Quart GFDF spaghetti sauce
- Ingredient for coleslaw to serve 6
- Apples to serve 6
- Salad to serve 6 for 2 meals
- Salad dressing to serve 6 for 3 meals