

GROCERY LIST FOR APRIL 30, 2007

Slow Cooker Pork chops

- 8 boneless thick cut pork chops
- 6 large sweet onions
- 2 teaspoons salt
- 1 t ground black pepper
- $\frac{3}{4}$ cup gluten free chicken broth
- $\frac{1}{4}$ cup dry white wine or sherry or more chicken broth
- $\frac{1}{4}$ cup fresh chopped chives or fresh chopped parsley

Basic Quinoa

- 2 cups uncooked quinoa
- 4 cups water, gluten free chicken, beef, vegetable stock, or a mix of water and stock

Apple Slaw

- 1 crisp red apple
- 1 granny smith apple
- 3 cups shredded cabbage (I like Napa cabbage for this)
- 2 green onions
- $\frac{1}{4}$ cup gluten and dairy free mayonnaise
- 2 Tablespoons brown sugar

Egg-sadillas (add extra left over chopped meat and/or veggies)

- 12 6" corn tortillas
- 6 egg
- salsa or guacamole for dipping, if desired

Polenta in the Slow Cooker

- 6 cups dry polenta or coarsely ground cornmeal
- 2 cups water, gluten free chicken stock, or vegetable stock
- 2 T coconut oil or olive oil
- 2 teaspoons salt

Slow Cooker Cassoulet

- 8 oz. kielbasa
- $\frac{1}{2}$ to 1 tablespoons olive oil
- 20 oz pkg boneless, skinless chicken thighs
- $1\frac{1}{2}$ cups baby carrots, or enough carrots to equal
- 1 green or red pepper
- 1 cup onion
- 3 garlic cloves, minced
- 2 (15-oz.) cans Cannellini beans
- 1 can (14.5 oz) Italian style tomatoes
- 1-1/2 cups chicken broth
- $\frac{1}{2}$ cup dry white wine
- $\frac{3}{4}$ teaspoon dried thyme
- $\frac{1}{4}$ t allspice
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{8}$ teaspoon ground red pepper
- 2 T snipped fresh parsley
- 2 cups fresh packed spinach
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Plus ingredients for one more meal of your choice.

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Salad to serve 6 for 2 meals
- Salad dressing to serve 6 for 2 meals
- Scalops to serve 6
- Asparagus to serve 6