

Grocery List:

If using Cashew Cheesy Sauce: 1 cup raw cashews, 2 or 4 oz. jar pimentos, 1 cup nutritional yeast flakes, 2 T cornstarch, and 1 tablespoon lemon juice.

If using Mild "Cheese" Sauce: 1/2 cup nutritional yeast flakes, 1/4 cup corn starch, 1/4 cup gluten and dairy free margarine (such as Earth Balance), and 1 teaspoon gluten free mustard.

Packaging:

4 8x8 baking dishes
Muffin liners (about 4 dozen)
Plastic wrap
24 Gallon zip close freezer bags

Produce:

3 medium apples
4 Bosc or Bartlett pears
2 bunches cilantro
20 cloves garlic
5 onions

Meat:

4 pounds ground beef
16 slices gluten free ham
8 gluten & dairy free hotdogs

Canned goods:

8 (14.5 oz) cans black beans
8 cups gluten & dairy free chicken broth
4 (7 oz) cans diced green chilies
4 (15 oz) cans kidney beans
16 oz. gluten free salsa
4 (18.75 oz) cans tomatillos
8 (14.5 oz) cans diced tomatoes
4 (12 oz) cans tomato paste
8 (15 oz) cans white beans

Dairy Replacements/Eggs:

31 large eggs
1/2 cup + 2 T gluten & dairy free margarine (such as Earth Balance)
7 1/3 cup gluten & dairy free milk substitute of choice (rice, almond, etc.)

Frozen:

20 oz. frozen corn

Grains:

4 cups brown rice

Herbs/Spices:

Chili powder 2 T + 2 t
Ground Cinnamon 1 3/4 t
Ground coriander 2 t
Ground Cumin 2 t
Garlic powder 2 T + 2 1/4 t
Onion powder 1.2 t
Dried Oregano 2 t
Red Chili Pepper Flakes 4 teaspoons
Salt 7 1/4 t

Baking Supplies:

12 1/2 t gluten free baking powder
1 teaspoon baking soda
4 cups GF bean based flour blend, such as Bob's Red Mill GF All Purpose Flour Blend
1 cup brown sugar
4 cups corn polenta or coarse corn meal
4 T honey ro gave nectar
13 T maple syrup
1 cup millet flour
1 3/4 cups oil (I use olive)
2 1/4 cup + 2 T potato starch
1 cup + 2 T finely ground rice flour
2 cups sorghum flour
1/4 cup + 2 T tapioca starch
1/3 cup turbinado sugar
1 1/2 t gluten free vanilla
5 t dry active yeast
6 t xanthan gum