

Shopping List for Gluten & Dairy Free October 2009 Breakfast, Sides and Appetizers:



Produce:

4 bunches celery (5 cups celery, 4 cups celery leaves)
2 bunches green onions
4 pounds mushrooms
5 large green bell pepper
4 large onions
11 medium onions
6 pounds Yukon Gold potatoes
8 medium firm ripe tomatoes (such as Roma)

Dairy Substitutes/Eggs:

16 ounces tofu-based cream cheese, softened (such as [Toffuti brand](#))
12 ¼ cups unsweetened milk substitute of choice
½ cup gluten and dairy free margarine (such as Earth Balance)
1/2 oil or dairy free margarine (such as Earth Balance)
8 eggs or Egg replacing ingredients: 1 1/2 tablespoons apple sauce, 4 tsp baking powder, 4 tsp egg replacer

Canned/Bottled:

4.5 ounces canned black olives, chopped
8 cups GF chicken broth or stock
4 cups (32 oz) unsweetened, full fat coconut milk
5 cups (40 oz) canned pumpkin
1 ½ cups white wine or chicken stock

Containers:

4 8x8 pans or 2 9x13 pans
8 8x8 deep dish pans
12 gallon freezer bags
4 pint freezer bags
plastic wrap

Spices/Condiments:

2 teaspoons ground allspice
3 bay leaves
pinch of cayenne pepper
4 teaspoons ground cinnamon
6 whole cloves
3 t GF curry powder
2 1/2 teaspoon dry garlic granules
4 teaspoons ground ginger

2 ½ teaspoon ground nutmeg
2 ½ + 1/3 cup light tasting olive oil
2 1/2 teaspoon dry minced onion
1 teaspoon paprika, plus more for garnish
2 Tablespoons dry parsley flakes
2 ¼ teaspoon ground black pepper, plus more to taste
2 teaspoons red pepper flakes
6 teaspoons pumpkin pie spice
10 1/2 teaspoons salt, plus more to taste

Frozen:

12 cups thawed frozen kernels
32 ounces frozen broccoli florets

Baking Goods:

2 cups sliced toasted almonds
11 teaspoons baking powder
3 teaspoons baking soda
7 cups bean based flour blend (such as Bob's Red Mill All Purpose GF Flour Blend or 4 cups garbonzo bean/fava bean flour, 2 cups potato or corn starch, and 1 cup tapioca or arrowroot flour)
½ cup dark brown sugar
½ cups light brown sugar
1 teaspoons cinnamon
7 tablespoons corn starch
2 cups honey
12 Tablespoons dark molasses
1 1/3 cup potato starch
2 cups raisins
2 ½ cups sugar
½ cups sweet rice flour
4 cup sorghum flour
1 1/3 cup tapioca flour
4 teaspoon gluten-free vanilla flavoring
2/3 cups walnuts, chopped
6 teaspoon xanthan gum

Cereal/Grain/Pasta:

4 cups uncooked rice

Meat/Seafood:

8 strips GF bacon

Other:

20 each GF ivory teff tortillas (such as from [La Tortilla Factory](#))