



GROCERY LIST FOR FEBRUARY 11, 2013

Slow Cooker Chicken Jambalaya

- 1½ pounds boneless skinless chicken breasts or thighs (I prefer thighs)
- 14 oz. gluten/dairy free kielbasa or smoked sausage (preferably nitrate free)
- 1 - 28 oz. fire roasted diced tomatoes
- 2 medium onions, diced
- 2 green bell peppers
- 2 stalks celery
- 1 cup gluten free chicken broth
- 3 garlic cloves
- 4 teaspoons dried oregano
- 1 teaspoon dried thyme
- ¾ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ to 1 teaspoon chili pepper flakes
- ¼ teaspoon onion powder
- ¼ teaspoon black pepper
- 3 bay leaves

Blender Corn Bread

- 1 cup gluten & dairy free unsweetened milk substitute
- 1 teaspoon lemon juice or cider vinegar
- ¼ cup olive oil
- 3 tablespoons maple syrup
- 2 c gf corn polenta or coarse corn meal
- 2 eggs
- 1½ teaspoons gluten free baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt

Ultimate Beef Stroganoff

(double if freezing an extra batch)

- 3 pounds beef stew meat
- 1 teaspoons salt
- 1 each onion, sliced
- ¼ teaspoons garlic powder
- 1 T gluten free Worcestershire sauce
- 1½ cups gluten free beef broth
- 1 tablespoons gluten free ketchup
- 3 tablespoon corn starch
- ⅓ cups apple juice
- 8 ounces mushrooms, sliced
- ½ cups gluten and dairy free tofu "sour cream" (such as Tofutti brand) or gluten and dairy free plain yogurt (soy, rice or coconut based)

Thai Chicken Thighs

- 3 1/2 lbs chicken thighs (2 lbs if boneless)
- 6 cloves garlic, minced
- 5 tablespoons GFCE hoisin sauce
- 4 1/2 tablespoons peanut butter
- 1 1/2 tablespoons fresh ginger
- 1 1/2 tablespoons GFCE soy sauce
- 1 1/2 tablespoons toasted sesame oil
- 1 1/2 tablespoons lemon juice
- 1 teaspoon GFCE hot pepper sauce
- 3 tablespoons fresh cilantro
- 1/2 cup green onions, sliced thinly

Cilantro Cashew Salad

- 1 cup fresh cilantro
- 3 tablespoon fresh lime juice
- 3 tablespoon rice vinegar or white wine vinegar
- 6 tablespoon olive oil
- ⅓ medium red cabbage (12 ounces)
- 1½ red bell pepper
- 3 scallions
- 1 medium head romaine lettuce
- ¾ cup roasted cashews

GF Pizza Crust (makes 2 13" pizzas)

- 1½ cups brown rice flour
- ½ cup amaranth flour
- 2 cups tapioca flour
- 3 teaspoons xanthan gum or guar
- 1 teaspoon salt
- 2 tablespoons active dry yeast
- 1 tablespoon sugar or sweetener of choice
- 3 tablespoons olive oil
- 4 egg whites
- more olive oil for spreading pizza dough
- Pizza toppings of choice

Poppy Seed Dressing

- 3 ½ Tablespoons white wine vinegar (regular or use one with tarragon)
- 3 ½ Tablespoons sugar
- 2 ½ Tablespoons chopped onion
- 1 ½ Tablespoons gluten free Dijon mustard
- ½ tsp. salt
- ½ cup mild tasting oil
- 1 ½ tsp. poppy seeds

Orange Beef Wraps

(Ingredients already doubled for a second batch)

- 2 cups matchstick cut carrots
- 3 pounds boneless steak
- 2 T cornstarch or sweet rice flour
- 4 Tablespoons oil
- 1/2 t teaspoon crushed red pepper flakes
- 1 cup green onions
- 16 oz. canned water chestnuts
- 6 T frozen orange juice concentrate
- 6 T gluten and dairy free hoisin sauce
- 6 Tablespoons rice wine vinegar
- 6 T gluten free low sodium soy sauce
- 4 Tablespoons packed brown sugar
- 2 Tablespoons cornstarch or tapioca flour
- 1 teaspoon fresh grated ginger (or paste)
- 1/2 teaspoon black ground pepper
- 2 heads Boston lettuce leaves, for serving
- mung bean sprouts for topping
- chopped peanuts or cashews for topping

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough salad for 6 for one meal plus your favorite dressing, if desired.
- brocolli to serve 6
- brown rice noodles to serve 6
- quinoa to serve 6
- spinach salad for 6 for one meal
- strawberries to serve 6