



# GROCERY LIST FOR FEBRUARY 25, 2013

## Carrot Cake Pancakes

- 2 cups gluten free bean based flour blend (or 2/3 cup tapioca flour/starch, 1/3 cup corn or potato starch, 10 T plus 2 t garbafava flour, and 5 T plus 1 t sorgum flour)
- 4 teaspoons gluten free baking powder
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon xanthan gum
- 1/4 teaspoon nutmeg
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1 cup unsweetened gluten & dairy free milk substitute (ie: almond, rice, etc.)
- 2 cups finely grated carrot (about 4 medium carrots)
- 2 eggs
- 1/4 cup oil
- 3 Tablespoons maple syrup or brown sugar
- 2 teaspoons gluten free vanilla extract

## Homemade Turkey Sausage

- 20 oz. package ground turkey
- 4 Tablespoons finely minced onion
- 3/4 teaspoon dried marjoram
- 1/2 teaspoon thyme
- 3/4 teaspoon sage
- 3/4 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon oregano
- 1/2 teaspoon fresh minced garlic
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/8 to 1/4 teaspoon cayenne pepper
- 1 egg, optional

## Tangy Tomato Beef

(double if freezing an extra batch)

- 1 tablespoon oil
- 2 to 2 1/2 pound beef roast
- 1 cup chopped onion
- 1 - 28 oz. can diced or crushed tomatoes
- 1/2 cup dark brown sugar
- 2 Tablespoons cider vinegar
- 2 T gluten free Worcestershire sauce
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

## Dairy Free Ranch-Style Dressing

- 3/4 cup gluten & dairy free mayo
- 1/3 cup celery with leaves
- 2 Tablespoons fresh parsley (or 2 t dried)
- 1 Tablespoon onion
- 1 teaspoon lemon juice or cider vinegar
- 1 clove garlic
- 1/4 teaspoon dried thyme
- 1/4 teaspoon celery seed
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon freshly ground black pepper
- GFDF milk substitute as needed

## Chicken Nuggets

(makes enough to freeze extra for later)

- 44 oz family sized package of boneless skinless chicken breasts
- 1 1/3 cups gluten free bean flour based flour blend (or 7 T corn or potato starch, 7 T tapioca starch, 5 T garbafava flour and 2 T sorghum flour)
- 1 1/2 t baking powder
- 1/2 t salt
- 1/2 t ground black pepper
- 1/2 t thyme
- 1/2 t papricka

- 1/4 t xanthan or guar gum
- 1 1/2 cups gluten & dairy free milk substitute (rice, almond, etc.)
- 1 egg
- Oil for frying

## Napa Cabbage Slaw

- 1 large garlic clove
- 2 limes, zest and juice
- 4 tablespoons rice-wine vinegar
- 1 1/2 tablespoons low sodium, GF soy sauce
- 1/4 cup GF chile oil
- 5 cups (1 small head) Napa cabbage
- 1 orange bell pepper
- 6 scallions
- 2 radishes, optional
- 1/2 cup (about 3 ounces) snow peas
- 1/4 cup chives

## Baked Penne and Broccoli

(double if freezing an extra batch)

- 2 tablespoons olive oil
- 1 teaspoons red pepper flakes
- 1/4 cup onion
- 3 cloves garlic
- 28 ounces diced canned tomatoes
- 2 green onions
- 1 tablespoons fresh basil
- 1 pound gluten free penne pasta noodles
- 2 cups frozen chopped broccoli
- 1 1/2 cups gluten & dairy free cheese sub of choice

## Apple Slaw

- 1 crisp red apple
- 1 granny smith apple
- 3 cups shredded cabbage (reg or Napa)
- 2 green onions
- 1/4 cup gluten and dairy free mayonnaise
- 2 Tablespoons brown sugar

## Slow Cooker Pork Chops

- 8 boneless thick cut pork chops
- 6 large sweet onions
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 3/4 cup gluten free chicken broth
- 1/4 cup dry white wine or sherry or more chicken broth
- 1/4 cup fresh chives or fresh parsley

## Spaghetti Squash and Chard Saute

- 1 3 to 4 lb spaghetti squash
- 3 to 4 Tbsp olive oil
- 1 Tbsp minced garlic
- 1/4 teaspoon chili pepper flakes
- 1 teaspoon minced fresh rosemary
- 1/4 cup chopped fresh parsley
- 1 large bunch of chard
- 2 teaspoons apple cider vinegar

## Apple Handpies

- 1 tbs Better Batter Gluten Free Flour
- 1/2 c sugar
- 1/8 tsp nutmeg
- 1 pound granny smith apples or other firm, crisp, tart apple
- 1/2 stick of margarine
- 2 1/4 c Better Batter All Purpose Flour
- 1/2 tsp salt
- 1 c shortening
- 7-12 Tbsp ice water
- 1 egg white + 3 Tbsp Water, beaten till foamy
- Sugar for dusting (we like coarse sugar)

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Mixed greens salad to serve 6
- Fruit salad to serve 6