



GROCERY LIST FOR FEBRUARY 4, 2013

Banana Pancakes

- 2 cups gluten free bean based flour blend (or 2/3 cup tapioca flour/starch, 2/3 cup corn or potato starch, 10 T plus 2 t garbfava flour, and 5 T plus 1 t sourgum flour)
- 4 teaspoons gluten free baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon xanthan gum or guar gum
- 2 cups GFCF milk substitute of choice
- 2 eggs
- 4 tablespoons oil
- 2 tablespoons maple syrup
- 2 ripe bananas, peeled and mashed

Homemade Beef Breakfast Sausage

- 2 pounds ground beef
- 1 tablespoon brown sugar or maple syrup
- 2 teaspoons dried ground sage
- 2 teaspoons dried basil
- 2 teaspoons salt
- 1 teaspoon onion powder
- 1 teaspoon ground black pepper
- 1/2 teaspoon dried marjoram
- 1/8 to 1/2 teaspoon red pepper flakes

Beef and Butternut Squash Stew

(double if freezing an extra batch)

- 1 medium onion
- 3 cloves garlic
- 3 medium carrots
- 1 1/2 cups butternut squash
- 1 1/2 pounds beef stew meat
- 3/4 cup red wine, gf beer or beef stock
- 1/2 cup gluten free beef stock
- 14.5 ounce can diced tomatoes
- 1 whole bay leaf
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 10 ounce package frozen green beans
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper, ground

GF Olive Garden Inspired Breadsticks

- 1 package active dry yeast
- 4 1/4 cups Better Batter Flour, plus more
- 2 tablespoons olive oil
- 2 tablespoons sugar
- 1 tablespoon fine salt
- 3 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1/8 to 1/4 teaspoon garlic powder
- Pinch of dried oregano

Chicken, White Bean & Kale Soup

(Pull from the freezer for buy ingredients below)

- 2 tablespoons olive oil
- 1 1/2 lbs boneless, skinless chicken thighs
- 1 large onion
- 6 cloves garlic
- 3 teaspoons paprika
- 1/4 teaspoon crushed red pepper (optional)
- 2 cup white wine
- 6 cups gluten free chicken broth
- 1 (14.5 oz.) can diced tomatoes
- 1 bunch kale,
- 2 15-ounce can white beans

GF Texas Roadhouse Roll Clones

- 2 tsp active dry yeast
- 1 tsp sugar
- 1 1/2 cups gluten & dairy free milk sub
- 1 Tbsp. melted coconut oil
- 1/4 cup sugar
- 3-4 cups Better Batter flour
- 1 egg
- 1 tsp salt

Mexican Cornbread Casserole

(double if freezing an extra batch)

- 3/4 cup rice milk
- 2 teaspoon lemon juice or cider vinegar
- 3 tablespoons olive oil
- 2 tablespoons maple syrup
- 1 1/2 c dry corn polenta or coarse corn meal
- 1 pound ground beef
- 2 teaspoons dried minced onion
- 1 teaspoons salt
- 1 teaspoons chili powder
- 1/2 teaspoon cornstarch
- 1 teaspoons cumin
- 1/2 teaspoon dry minced garlic
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon dried oregano
- 7 ounces drained chopped green chilies
- 1 1/2 large eggs (6 T blended egg)
- 1 1/8 teaspoons gluten free baking powder
- 3/8 teaspoon baking soda
- 3/4 teaspoon salt
- 10 ounces frozen corn
- 7 ounces bag frozen pepper mix

Poppy Seed Dressing

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

Swedish Meatballs

- 1 pound ground beef
- 1 pound ground pork
- 3 c dry gluten & dairy free bread crumbs
- 1 1/2 cups milk substitute (almond, rice, etc.)
- 4 eggs
- 4 cloves garlic
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 3 tablespoons olive or coconut oil
- 3 T corn, arrowroot or tapioca starch
- 1 1/2 cups gluten free beef broth

GF Kluski (Thick Egg Noodles)

or buy wide gluten free noodles for serving

- 3 cups Better Batter Flour
- 4 eggs
- 1 teaspoon salt

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough spinach salad for 6 for one meal plus your favorite dressing, if desired
- salad of choice to serve 6
- Broccoli to serve six for 6
- Clementines to serve 6