



# GROCERY LIST FOR APRIL 22, 2013

## Slow Cooker Cassoulet

(Double if freezing an extra batch)

- 8 oz. GF & dairy free kielbasa
- ½ to 1 tablespoons olive oil
- 20 oz pkg boneless, skinless chicken thighs
- 1½ cups baby carrots, or regular carrots
- 1 green or red pepper
- 1 cup onion
- 3 garlic cloves
- 2 (15-oz.) cans Cannellini beans
- 1 can (14.5 oz) Italian style tomatoes
- 1-1/2 cups gluten free chicken broth
- ½ cup dry white wine
- ¾ teaspoon dried thyme
- ¼ t allspice
- ¼ teaspoon ground black pepper
- ⅛ teaspoon ground red pepper
- 2 tablespoons fresh parsley
- 2 cups fresh packed spinach

## Texas Roadhouse Clones

- 2 tsp active dry yeast plus
- 1 tsp sugar
- 1 1/2 cups milk substitute
- 1 Tbsp. melted coconut oil
- 1/4 cup sugar
- 3-4 cups Better Batter flour
- 1 egg
- 1 tsp salt

## Gingered Beef & Broccoli Bowl

- 1/2 cup rice vinegar
- 6 tablespoons olive oil
- 2 cloves garlic, minced
- 2 teaspoon honey
- 1 T reduced sodium GF soy sauce
- 1 teaspoon sesame seeds, toasted
- 1/2 teaspoon fresh grated ginger
- 1 Tablespoon oil
- 1 pound beef sirloin steak
- 4 cups broccoli florettes
- 8 cups mixed baby greens
- 1 medium red bell pepper

## Garlic Buns

- 1/2 tablespoon yeast
- 1 tablespoon sugar
- 1 1/2 cups better batter gluten free flour
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 2 tablespoons garlic, minced
- 5 tablespoons GF dairy free margarine
- 1 tablespoon fresh oregano
- 1 tablespoon fresh parsley

## Tuna Noodle Casserole

(Double if freezing an extra batch)

- 12 oz gluten free pasta
- 2 tablespoons olive oil
- 3/4 cup onion
- 1 1/2 red bell peppers
- 1 1/2 cup sliced mushrooms
- 1/4 cup sweet rice flour
- 3 cups chicken broth (or more if needed)
- 6 T gluten and dairy free mayonnaise
- 1 Tablespoon dried parsley
- 1 teaspoons dry thyme
- 14 oz can artichoke hearts
- 3/4 cups frozen peas
- 2 (6 ounce) cans tuna (GF & dairy free)
- Optional: 3/4 - 1 cups gluten free dairy free bread crumbs or potato chips
- paprika

## Basic Vinaigrette

- 1 tablespoon Dijon mustard
- 4 tablespoons balsamic vinegar
- 1 teaspoon sugar
- ¼ cup extra virgin olive oil

## Steak and Potato Salad

- 1 1/2 pounds new potatoes
- 1 1/2 tablespoons olive oil
- 3/4 teaspoon dried thyme
- 1 lb. steak
- 1 head romaine lettuce
- 4 green onions

## Dairy Free Ranch Dressing

- 3/4 cup gf/cf mayo
- 1/3 cup minced celery with leaves
- 2 T fresh parsley (or 2 t dried)
- 1 Tablespoon onion
- 1 teaspoon lemon juice or cider vinegar
- 1 clove minced or pressed garlic
- 1/4 teaspoon dried thyme
- 1/4 teaspoon celery seed
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon freshly ground black pepper
- GF CF milk substitute (2 or more T)

## Restaurant Style Shrimp Lo Mein

- 12 oz GF Rice Lo Mein Noodles
- 1/2 c gluten free soy or tamari sauce
- 2.5c (one can) gluten free broth (use veggie or meat broth)
- 3 Tbsp Better Batter Gluten Free Flour
- 3 Tbsp white vinegar
- 3 tsp granulated sugar
- 1 tsp sesame oil
- 1/4 tsp pepper
- 2 tbsp granulated sugar
- 2 tbsp gluten free soy or tamari sauce
- 2 tbsp white vinegar
- 4 cloves garlic, minced (about 2 tsp jarred minced)
- 4 Tbsp oil
- 2 c scallions or green/spring onions
- 3 Tbsp fresh minced ginger or ginger paste
- 2 cloves garlic, minced (about 1 tsp jarred minced)
- 1 carrot
- 1 c cabbage
- 2 c bean sprouts
- 1 can sliced water chestnuts, optional

## Peanut Butter Chocolate Chip Blondies

- ½ cup natural no-stir style peanut butter
- ⅓ cup shortening
- 1½ cup packed brown sugar
- 2 eggs
- 2 tablespoon unsweetened gluten and dairy free milk substitute
- 1 tablespoon gluten free vanilla
- 2¼ cups bean flour blend (or ½ cup garbfava flour, ¼ cup sorghum flour, ¾ cup corn or potato starch, and ¾ cup tapioca starch)
- 1¼ teaspoon xanthan gum
- ¾ teaspoon baking soda
- ½ teaspoon gluten free baking powder
- ¼ teaspoon salt
- 1 c gluten and dairy free chocolate chips
- 1 cup chopped, roasted peanuts, optional

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Asparagus to serve 6
- Mixed Baby Greens Salad to serve 6