



GROCERY LIST FOR JUNE 10, 2013

Teriyaki Burgers

(Double ingredients if making a batch for the freezer.)

- 2 pound ground beef
- ½ cup green onions/scallions
- ⅓ cup gluten free soy sauce
- 2 teaspoon fresh ginger, grated
- 2 teaspoon garlic, minced
- ½ teaspoon ground black pepper

Curried Vegetable Soup

- 4 cups cauliflower florets
- 1 1/2 14-oz. cans unsweetened coconut milk (NOT low-fat)
- 4 cups gluten and dairy free vegetable or chicken broth
- 1 cup carrots
- 1 ½ tablespoon gluten free curry powder
- ¼ cup chopped fresh cilantro
- 2 cups frozen or fresh baby peas
- Fresh cilantro sprigs and crushed red pepper, optional for garnish

GF Texas Roasthouse Rolls

- 2 tsp active dry yeast plus 1 tsp sugar
- ¼ cup warm water
- 1 1/2 cups milk substitute
- 1 Tbsp. gluten & dairy free margarine or coconut oil
- 1/4 cup sugar
- 3-4 cups (12-16oz or 340-454g) Better Batter flour
- 1 egg
- 1 tsp salt

Sausage and Peppers

- 4 gluten & dairy free Italian sausage links (chicken, turkey or pork)
- 2 tablespoons olive oil
- 2 ¼ cups sweet onion
- 4 ½ cups bell peppers (red, yellow or green)
- 4 teaspoons garlic, minced
- 1 tablespoon Italian seasoning
- ½ cup gluten free chicken broth (can substitute tomato sauce or white wine or apple cider)

Basic Vinaigrette

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

GF Popovers

- 1 cup (140 g) Better Batter gluten-free flour
- 1/2 teaspoon kosher salt
- 1 tablespoon gluten & dairy free margarine
- 2 extra-large eggs
- 1 cup (8 fl. oz.) milk substitute

Spinach and Roasted Red Pepper Quiche

- 3 cups fresh spinach or one package frozen spinach
- 1 small onion
- 1/2 roasted red pepper
- 8 oz. shredded dairy free cheddar cheese substitute
- 1/2 c dairy free sour cream substitute or plain dairy free yogurt
- 6 eggs
- 1/4 c Better Batter Gluten Free Flour
- 1 tsp salt
- 1/4 tsp each pepper and nutmeg
- dash hot pepper sauce or pinch red pepper
- 1 1/8 c Better Batter All Purpose Flour
- 1/4 tsp salt
- 1/2 c shortening

Pork and Apple Curry

(Double ingredients if making a batch for the freezer.)

- 2 tablespoons oil (I use coconut or olive)
- 2 cups onion
- 2 tablespoons grated fresh ginger root
- 1 tablespoon gluten free curry powder
- 2 cloves minced garlic
- ⅓ teaspoon cayenne pepper, optional
- 1 ½ pounds pork
- 4 cups tomato juice
- 2 ½ cups cooking apples
- 1 cup raisins

Basic Brown Rice

- 1 ½ cups long grain brown rice, rinsed and drained
- 1 ½ teaspoon olive oil

Green chili Taco Salad Filling

(Enough ingredient to put a second batch in the freezer. Buy half of the ingredients if you only want enough for one meal.)

- 4 pounds ground turkey, chicken or ground beef
- 2 - 16 oz. jars mild green salsa
- 4 - 15 oz cans Great Northern or black beans, rinsed and drained
- 3 large onions
- 3 large sweet bell peppers

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Mixed Greens Salad to serve 6
- raspberries to serve 6
- green beans to serve 6
- Taco Salad fixings to serve 6 (tortilla chips, black olives, salsa, guacamole, romaine salad)