



# GROCERY LIST FOR JUNE 17, 2013

## Slow Cooker Black Bean Salsa Chicken

- 2 pounds boneless chicken thighs, chopped
- 2 1/4 cups cooked or canned black beans, rinsed & drained (about 1 1/2 fifteen ounce cans)
- 1 1/2 cups frozen corn
- 2 cups gluten free salsa
- 1 cup chopped onions (3/4" to 1" pieces)
- 1 cup chopped green pepper (3/4" to 1" pieces)
- 3/4 cup chopped red pepper (3/4" to 1" pieces)
- 1/2 cup chopped fresh cilantro
- 5 cloves garlic, minced
- salt and pepper, to taste

## Orange and Beef Lettuce Wraps

- 1 cup matchstick cut carrots
- 1 1/2 lbs. boneless steak
- 1 T cornstarch
- 2 T oil
- 1/4 t crushed red pepper flakes
- 1/2 cup green onions
- 1 (8 oz.) can water chestnuts
- 3 T frozen orange juice concentrate
- 3 T hoisin sauce (be sure GFDF)
- 3 T rice wine vinegar
- 3 T low sodium soy sauce (be sure GFDF)
- 2 T packed brown sugar
- 1 T cornstarch
- 1/2 t fresh grated ginger (or paste)
- 1/4 t pepper
- 2 heads Boston lettuce leaves
- mung bean sprouts, for garnish
- chopped peanuts or cashews, for garnish
- diced cucumbers, shredded bok choy, etc., for garnish

## Chicken & Veggie Nuggets

- 1 cups zucchini, finely grated
- 20 ounces ground chicken
- 1 cups carrot, finely grated
- 1 large egg or egg substitute
- 1 cup gluten & dairy free dried breadcrumbs or crushed GFDF cereal (I like a crispy rice style)

## Rainbow Slow

- 5 cups "rainbow slaw" (shredded mix of carrots, broccoli stalks and red cabbage)
- 3 tablespoons gluten & dairy free mayo
- 2 tablespoons apple vinegar
- 1 tablespoon honey mustard
- 2 teaspoon sugar

## Crock Pot Salmon Pot Pie

- 2 (16oz) cans canned salmon (you may use pink or red), or 2lb cooked, flaked fresh salmon
- 2 tsp herbs de province
- 2 c carrots, chopped or diced
- 2 c frozen peas
- 1/2 c chopped onion
- 4 c stock (vegetable or chicken)
- 1c dairy free dry milk substitute (we like Vance' s Darifree)
- 1/2 c Better Batter gluten free flour
- 1 box (20 oz or 5 c ) Better Batter Gluten Free Pancake and Biscuit Mix
- additional water, as needed, up to 2 c
- 2 c dairy free cheddar cheese substitute, optional.

## Thousand Island Dressing

- 1/2 cup dairy free mayonnaise
- 2 tablespoons ketchup
- 1 tablespoon apple cider vinegar
- 1 teaspoons honey
- 2 teaspoons sweet pickle relish
- 1 teaspoon finely minced onion

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- tortilla chips to serve 6
- guacamole to serve 6
- rice to serve 6
- fresh apricots to serve 6
- watermelon to serve 6
- romaine salad and baby tomatoes to serve 6