



# GROCERY LIST FOR JULY 29, 2013

## Rainbow Quiche

- 2 2/3 tablespoon brown rice flour
- 2 2/3 tablespoon sourgum
- 5 1/4 tablespoons tapioca flour
- 5 1/4 tablespoons potato starch
- 2 tablespoons cornstarch
- 2 teaspoons sugar
- 3/4 teaspoon gluten-free baking powder
- 1/2 tablespoon xanthan gum
- 1/2 teaspoon salt
- 1/2 cup shortening
- 2 T egg or 1/2 T ground golden flax seed
- 1 teaspoons apple cider vinegar
- 1 to 2 tablespoons oil
- 1 small onion, diced (about 1 cup)
- 1 cup fresh mushrooms
- 1 small green bell pepper
- 1 small red bell pepper
- 1 small yellow bell pepper
- 1 cup fresh small broccoli florets
- 1 cup chopped kale
- 1 cup gluten and dairy free cheese substitute, optional
- 6 large eggs
- 1 3/4 cup gluten & dairy free unsweetened plain milk substitute
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

## Simple Arugula Garden Salad

- 3 cups baby arugula
- 1 cup cherry tomatoes
- 1 small zucchini
- 1 small cucumber
- 1/2 cup toasted walnuts
- 3 Tablespoons olive oil
- 1 1/2 Tablespoons white balsamic vinegar
- 1 1/2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon coarse ground black pepper

## Slow Cooker Pulled Pork

double if freezing an extra batch)

- 2 medium onion
- 1/2 cup gluten free ketchup
- 1/4 cup cider vinegar
- 1/2 cup packed brown sugar
- 1/4 cup tomato paste
- 1 1/2 tablespoons paprika
- 2 T gluten free Worcestershire sauce
- 2 T gluten free prepared mustard
- 4 cloves minced garlic
- 1 1/2 teaspoons ground black pepper
- 3 pounds fresh boneless pork roast

## Texas Roadhouse Clones

(make double batch, for 2 different meals. No need to double yeast)

- 2 tsp active dry yeast plus
- 2 tsp sugar
- 1/2 cup warm water
- 3 cups milk
- 2 Tbsp. oil or 1 1/2 tbsp melted coconut oil
- 1/2 cup sugar
- 6-8 cups Better Batter flour
- 2 egg
- 2 tsp salt

## Rainbow Slaw

- 5 cup of shredded mixed veggies (broccoli, carrots, red cabbage)
- 3 Tablespoons gluten & dairy free mayo
- 2 Tablespoons apple or white-wine vinegar
- 1 T gluten free honey mustard
- 2 t sugar

## Pizza Joes

- 1 1/2 pounds ground turkey (not low fat)
- 1 medium onion
- 1/2 cup green pepper
- 3 c gluten & dairy free spaghetti or pizza sauce
- 1/2 cup chopped gluten & dairy free pepperoni
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano

## Dairy Free Ranch Dressing

- 3/4 cup gf/cf mayo
- 1/3 cup minced celery with leaves
- 2 Tablespoons fresh parsley (or 2 t dried)
- 1 Tablespoon onion
- 1 teaspoon lemon juice or cider vinegar
- 1 clove minced garlic
- 1/4 teaspoon dried thyme
- 1/4 teaspoon celery seed
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon freshly ground black pepper
- GFCF milk substitute—the amount will vary

## Roasted Fish with Potatoes, Tomatoes & Olives

- 2 pounds red new potatoes
- 4 garlic cloves, minced
- 3 Tablespoon olive oil
- 6 fillets firm white fish (4-6 oz. each) of choice
- 1 pint of grape/cherry tomatoes
- 1/2 cup pitted Kalamata olives

## Teriyaki Burgers

- 2 pounds ground beef
- 1/3 cup green onions
- 1/3 cup gluten free soy sauce
- 1/4 cup fresh cilantro
- 2 1/2 teaspoons grated fresh ginger
- 2 teaspoons minced garlic
- 3/4 teaspoon ground black pepper

## Seasoned Green Beans

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 2 green onions
- 1 sweet pepper
- 1 teaspoon dried basil (or 1 T fresh)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (20 ounce) package frozen green beans

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Zucchini to serve 6
- broccoli to serve 6