



GROCERY LIST FOR SEPTEMBER 23, 2013

Meatballs

(enough for a double batch for freezing)

- 5 lbs lean ground beef
- 2 1/2 c soft GFCF bread crumbs (or crush GF cereal such as Mesa Sunrise—add 1/2 cup GFCF milk substitute if you are using dry crumbs)
- 5 eggs
- 10 T onion
- 5 cloves garlic, crushed
- 2 1/2 t salt
- 1 t pepper

Slow Cooker Orange Chicken with Winter Squash and Sweet Potatoes

- 1 medium winter squash
- 2-3 sweet potatoes
- 5-6 skinless, boneless chicken breasts
- 1 c orange marmalade
- 1/2 c GFCF chicken broth
- 1/2 c orange juice
- 1 T Gluten-free soy sauce
- 1 T maple syrup
- 1/2 t ground ginger

Slow Cooker Plum-Balsamic Chicken

- 3/4 onion
- 6 c boneless, skinless chicken thighs
- 1 1/2 c plum jam
- 1/4 c balsamic vinegar
- 1 1/2 T lemon juice
- 3/4 t salt
- 6 cloves garlic
- 1 t thyme
- 2 yellow bell pepper

Simple Arugula Garden Salad

- 3 c baby arugula
- 1 c cherry tomatoes
- 1 small zucchini
- 1 small cucumber
- 1/2 c toasted walnuts
- 3 T olive oil
- 1 1/2 T white balsamic vinegar
- 1 1/2 t Dijon mustard
- 1/4 t salt
- 1/8 t black pepper

Basic Quinoa

- 2 c uncooked quinoa
- 4 cups water, gluten free chicken, beef, vegetable stock, or a mix of water and stock

Pork and Apple Curry

- 2 T oil (I use coconut or olive)
- 2 c onion
- 2 T fresh ginger root
- 1 T gluten free curry powder
- 2 cloves minced garlic
- 1/8 t cayenne pepper, optional
- 1 1/2 lbs pork, fat trimmed and cut into 1" cubes
- 4 c tomato juice
- 2 1/2 c cooking apples
- 1 c raisins

Basic Brown Rice

- 1 1/2 c long grain brown rice
- 1 1/2 teaspoon olive oil

Thai Chicken Thighs

(double if freezing an extra batch)

- 3 1/2 lbs chicken thighs
- 6 cloves garlic, minced
- 5 T GFCF hoisin sauce
- 4 1/2 T peanut butter
- 1 1/2 T fresh ginger, finely grated
- 1 1/2 T GFCF soy sauce
- 1 1/2 T toasted sesame oil
- 1 1/2 T lemon juice
- 1 t GFCF hot pepper sauce
- 3 T fresh cilantro
- 1/2 c green onions

Soft and Chewy Ginger Cookies

- 2 cups (8oz or 227g) Better Batter Gluten Free Flour
- 1 T ground, dried ginger
- 1 t baking soda
- 1/2 t salt
- 1 stick nondairy margarine
- 1c granulated sugar
- 1/8 cup freshly grated ginger
- 1 large egg or 1/4 c chia or flax gel
- 1/3 c molasses
- 3/4 c dried fruit (I will use dried apples)
- raw sugar, for rolling cookies in

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough salad for 6 for two meals plus your favorite dressing, if desired.
- Gluten free pasta to serve 6
- Gluten & dairy free spaghetti sauce to serve 6
- Mixed green salad to serve 6 for 2 meals
- Favorite dressing, if desired
- Broccoli to serve 6