



GROCERY LIST FOR NOVEMBER 18, 2013

Silver Dollar Pear Pancakes

- 3 c gluten free bean based flour blend (or 2/3 cup garbafava flour, 1/3 cup sorghum flour, 1 cup corn or potato starch, and 1 cup tapioca flour/starch)
- 6 t baking powder
- 3/4 t salt
- 3/4 t xanthan gum or guar gum
- 3 c GFCF milk substitute
- 3 eggs
- 6 T oil
- 3 T maple syrup
- 2 Bosc or Bartlett pears
- 3 T maple syrup
- 3/4 t ground cinnamon

Homemade Turkey Sausage

- 20 oz. package ground turkey
- 4 T finely minced onion
- 3/4 t dried marjoram
- 1/2 t thyme
- 3/4 t sage
- 3/4 t salt
- 1/2 t ground pepper
- 1/2 t oregano
- 1/2 t fresh minced garlic
- 1/4 t ground nutmeg
- 1/4 t ground ginger
- 1/8 to 1/4 t cayenne pepper
- 1 egg, optional

Ground Turkey & Veggie Tortilla Casserole (from the freezer, but get ingredients below if needed)

- 1 1/2 T oil
- 1 large onion
- 1 bell pepper (I used red)
- 3 minced cloves garlic
- 2 lbs ground turkey
- 1 1/2 c zucchini
- 1 1/2 c yellow summer squash
- 4 oz can mild green chilies OR small jalapeño
- 2 t dried oregano
- 1 1/2 t ground cumin
- 1/2 to 1 t gluten free chili powder, or to taste
- 1 -28 oz can chopped tomatoes
- 1 -14 oz can black beans
- 1 c packed fresh spinach
- 1/2 c fresh cilantro
- 1 c Way Better Snack' s Simply Black Bean Tortilla Chips
- 1 c crushed Way Better Snack' s Simply Sunny Whole Grain Tortilla Chips
- 1 c shredded gluten & dairy free cheese substitute of choice, optional

Dairy Free Ranch Dressing

- 3/4 c gf/cf mayo
- 1/3 c celery with leaves
- 2 T chopped fresh parsley (or 2 t dried)
- 1 T onion
- 1 t lemon juice or cider vinegar
- 1 clove minced or pressed garlic
- 1/4 t dried thyme
- 1/4 t celery seed
- 1/8 t salt (optional)
- 1/8 t ground black pepper
- GFCF milk substitute- amount will vary

Cassoulet

- 8 oz. kielbasa (be sure GFCF, nitrate free preferred)

- 1/2 to 1 T olive oil
- 20 oz boneless, skinless chicken thighs
- 1 1/2 cups baby carrots carrots to equal
- 1 green or red pepper
- 1 c chopped onion
- 3 garlic cloves, minced
- 2 (15-oz.) cans Cannellini beans
- 1 can (14.5 oz) Italian style tomatoes
- 1-1/2 c chicken broth
- 1/2 c dry white wine
- 3/4 t dried thyme
- 1/4 t allspice
- 1/4 t ground black pepper
- 1/8 t ground red pepper
- 2 T fresh parsley
- 2 c fresh packed spinach, chopped

Gluten Free Biscuits

- 2 c Better-Batter all-purpose flour
- 1 T baking powder
- 2 t sugar
- 1/2 t cream of tartar
- 1/4 t salt
- 1/2 c of dairy free margarine
- 2/3 c milk sub with 1 t lemon juice

Orange Marmalade Chicken

- 2 lbs boneless skinless chicken thighs
- 1/2 c orange marmalade
- 1/4 c honey
- 1 T gluten free soy sauce
- 1 cloves minced garlic
- 1 t minced fresh ginger

Poppy Seed Dressing

- 3 1/2 T white wine vinegar (plain or tarragon)
- 3 1/2 T sugar
- 2 1/2 T chopped onion
- 1 1/2 T gluten free Dijon mustard
- 1/2 t salt
- 1/2 c mild tasting oil
- 1 1/2 t poppy seeds

Ultimate Beef Stroganoff

- 3 lbs beef stew meat
- 1 t salt
- 1 onion
- 1/4 t garlic powder
- 1 T gluten free Worcestershire sauce
- 1 1/2 c gluten free beef broth
- 1 T gluten free ketchup
- 3 T corn starch
- 1/3 c apple juice
- 8 oz mushrooms, sliced
- 1/2 c gluten & dairy free tofu "sour cream" (such as Tofutti brand) or gluten and dairy free plain yogurt (soy, rice or coconut based)

Basic Vinaigrette

- 1 T Dijon mustard
- 4 T balsamic vinegar
- 1 t sugar
- 1/4 c extra virgin olive oil

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- fruit salad to serve 6
- Romaine salad with cherry tomato & roasted peppers to serve 6
- Green beans to serve 6
- Mixed greens salad to serve 6
- Spinach salad w/pecans & pears to serve 6