



GROCERY LIST FOR JANUARY 13, 2014

Gingerbread Pumpkin Waffles

- 3½ c gluten free bean flour blend (or 2 c garbanzo/fava flour, 1 c potato or corn starch, ½ c tapioca or arrowroot flour)
- 4 t gluten free baking powder
- ¾ t salt
- 2 t ground cinnamon
- 2 t ground ginger
- 1 t ground nutmeg
- 1 t xanthan gum
- ¼ c dark brown sugar
- 2 T dark molasses
- 4 T oil
- 1½ c canned pumpkin
- 2½ c dairy-free milk of choice
- 2 t gluten-free vanilla extract

Winter Harvest Fruit Salad

- 4 c persimmons
- 2 c pomegranate seeds
- Juice of 1/2 lemon

Pork and Apple Curry

- 2 T oil (I use coconut or olive)
- 2 c chopped onion
- 2 T peeled and grated fresh ginger root
- 1 T gluten free curry powder
- 2 cloves minced garlic
- ⅛ t cayenne pepper, optional
- 1½ pounds pork, boneless
- 4 c tomato juice
- 2½ c cooking apples
- 1 c raisins

Cauliflower "Rice"

- 1 T olive or coconut oil
- 1 head of cauliflower
- 3 to 4 T gluten and dairy free chicken or vegetable stock

Orange Chicken with Winter Squash and Sweet Potatoes

(double if freezing an extra batch)

- 1 medium winter squash (such as butternut squash)
- 2-3 sweet potatoes
- 5-6 skinless, boneless chicken breasts
- 1 c orange marmalade
- ½ c GFCF chicken broth
- ½ c orange juice
- 1 T gluten free soy sauce
- 1 T maple syrup
- ½ t ground ginger

Italian Dressing Mix

- 2 T dried oregano
- 1 T salt, or to taste
- 1 T dried parsley
- 1 T sugar
- 1 T onion powder
- 1 t dried basil
- 1 t ground black pepper
- 1 t garlic powder
- ¼ t celery seed

Shrimp Pad Thai with Broccoli

- 12 oz uncooked gluten free rice pad Thai noodles
- 3 T dark brown sugar
- 3 T creamy peanut butter
- 3 T gluten free low sodium soy sauce
- 1½ T gluten free fish sauce
- 1½ T fresh lime juice
- 1 T gluten free chili garlic sauce
- 3 T oil
- 1 lb peeled and deveined medium shrimp
- 1 lb broccoli
- 6 green onions
- 6 garlic cloves, minced
- 1 c fresh bean sprouts
- ¼ c dry-roasted peanuts
- ⅓ c fresh basil or purple Thai basil

Balsamic & Sun Dried Tomato Burger with Caramelized Onions

- 4 T reserved oil from sun-dried tomatoes (below), or olive oil
- 4 medium onions
- ¼ c balsamic vinegar
- 2 lbs ground beef or bison
- ½ c sun-dried tomatoes packed in oil
- 2 T Italian seasoning
- 2 t ground cumin
- ½ t salt
- ¼ t ground black pepper

Baked Root Vegetable Fries

- ¼ c olive oil
- ¾ lb parsnips
- ¾ lb rutabagas
- ¾ lb carrots
- ½ lb sweet potatoes
- ¾ t salt

Roasted Dijon Brussels Sprouts

- ¼ c olive oil
- 2 T Dijon mustard
- 1 t gluten free Worcestershire sauce
- ½ t caraway seeds
- ¾ t salt
- 2 lbs Brussels sprouts
- ½ c chopped walnuts, optional

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Bacon to serve 6