

GROCERY LIST FOR MARCH 5, 2007

Crock Pot Fajitas

- 2 lbs. flank steak or pot roast
- 2 large onion
- 1 large green bell pepper
- 1 large red bell pepper
- 1 jalapeno pepper
- 2 T fresh cilantro
- 3 cloved garlic, minced
- 3/4 t chili powder
- 1 1/2 t ground cumin
- 1 1/2 t ground coriander
- 1/2 t salt
- 1 15 oz. can of diced tomatoes, undrained

Slow Cooker Italian-Style Turkey Meatballs

- 20 oz pkg. ground turkey
- 2 eggs
- 1/3 cup soft GFDF breadcrumbs
- 1/3 c. fresh parsley
- 1 garlic clove, minced
- 1/2 tsp. dried oregano
- 1/2 teaspoon dried thyme
- 6 cups GFDF marinara sauce

Slow Cooker Garlic Chicken

- Medium onion
- 40 cloves of peeled garlic
- 1 - 3 1/2 lb. chicken
- 2 T oil
- 1/3 cup chicken broth or apple juice
- 3 T lemon juice
- 2 t dried lemon peel (or 2 T fresh)
- 2 t dried parsley (or 2 T fresh)
- 2 t dried basil
- 1 t dried oregano

Slow Cooker Turkey Meatloaf

- 2 1/2 pounds ground turkey
- 1 medium onion, minced
- 2 eggs
- 1/3 cup gluten free dairy free milk
- 2 tablespoons prepared gluten free dairy free honey mustard
- 2 tablespoons gluten free dairy free honey BBQ or ketchup
- 1 cup soft gluten free dairy free breadcrumbs
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon ground rosemary
- 2 garlic cloves, minced or pressed
- 1/4 cup minced fresh parsley

Plus ingredients for one more meal of your choice. :)

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- GF tortillas to serve 6
- Fajita toppings of choice (spinach, guacamole, salsa, etc.)
- Salad to serve 6 for 2 meals
- Salad dressing to serve 6 for 2 meals
- Baking potatoes to serve 6
- Mixed veggies to serve 6
- GFDF buns to serve 6