

GROCERY LIST FOR APRIL 2, 2007

Beef and Almond Stir Fry

- 1½ c brown rice, uncooked
- 2 tablespoons oil
- 1 pound sirloin
- 2 bags frozen stir-fry vegetables
- 2 T reduced-sodium GFCF soy sauce
- ¾ cup slivered almonds
- 2 cloves of minced garlic
- 1 t fresh grated ginger
- 1T rice vinegar, optional

Tortilla and Black Bean Pie

- 8 - 6" gluten free corn tortillas
- 2 tablespoons oil
- 1 large onion
- 2 cans (15 ounces each) black beans
- 1 cup gluten free salsa
- 1 cup frozen corn
- 4 green onions (scallions)
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 2 cups gluten & dairy free cheese substitute, shredded

Shrimp Pad Thai with Broccoli

- 12 ounces uncooked gluten free rice pad Thai noodles
- 3 T dark brown sugar
- 3 T GF low sodium soy sauce
- 1½ T GF fish sauce
- 1½ T fresh lime juice
- 1 T gluten free chili garlic sauce
- 3 T oil
- 1 lb peeled & deveined medium shrimp
- 1 pound 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

Turkey Sloppy Joe' s

- 2 T olive oil
- 2 medium onion
- 4 carrots
- 2 lb ground turkey
- 1 c gluten free ketchup
- 2 T brown sugar
- 4 t gluten free yellow mustard

Noah' s Rolls

- 1/2 c brown or white rice flour
- 2/3 c tapioca flour
- 1/3 c potato or corn starch
- 2 tsp xanthan gum
- 2 tsp baking powder
- 1/2 tsp salt
- 1 egg
- 1/3 cup oil
- 1/2 c dairy free milk
- 1/3 cup sparkling water

Cashew Chicken with Bok Choy

- 2 lbs boneless, skinless chicken breast
- 1 ½ T cornstarch
- ½ t ground pepper
- 3 T vegetable oil
- 6 cloves garlic, minced
- ½ head of bok choy (6 cups)
- 6 scallions
- 2 T rice vinegar
- 4 T gluten free hoisin sauce
- ¾ cup roasted cashews
- Cooked rice, for serving 6
- Scallion (green onion) and chopped cashews, for garnish

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

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Salad to serve 6 for 2 meals
- Salad dressing to serve 6 for 2 meals