

GROCERY LIST FOR MAY 14, 2007

Grilled Garlic Dijon Chicken

- 2 Cloves Minced Garlic
- 4 T GFCF Dijon Mustard
- 2 T Lime Juice

Dairy Free Ranch Dressing & Croutons

- 3/4 cup gf/cf mayo
- 1/3 cup celery with leaves
- 2 T 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 varies
- leftover gluten free bread
- olive oil
- 1 clove minced or crushed garlic

Lentils and Rice

- 3T oil
- 1 large onion
- 4 cloves garlic, minced
- 2T ginger root
- 2t whole cumin seed
- 2t curry powder
- 2t salt
- 1 hot chili pepper, optional
- 2c red lor brown lentils
- 5 large potatoes
- 1 bunch spinach
- 2T cilantro
- Serve with hot rice, tomato and cucumber slices.

Slow Cooker Calico Beans

- 1 pound ground beef
- 1 large onion
- 3 strips bacon
- 1 15 oz. can gf baked beans
- 1 15 oz. can great northern beans
- 1 15 oz. can butter beans
- 1 15 oz. can kidney beans
- 1 15 oz. can black beans
- 3/4 c brown sugar
- 1/2 c gluten free ketchup
- 1 1/2 t salt
- 1/2 t pepper
- 1 T prepared gluten free mustard

Taco Sald

- 1 lb ground beef or turkey
- romaine
- GF tortilla chips
- black olives
- salsa
- tomatoes
- guacamole
- 2 t instant minced onion
- 1 t salt
- 1 t chili powder
- 1/2 t cornstarch
- 1 t ground cumin
- 1/2 t instant minced garlic
- 1/2 t crushed red pepper flakes
- 1/4 teaspoon dried oregano

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Salad to serve 6 for 2 meals
- GF Spaghetti to serve 6
- Tomato sauce purchased or from freezer to serve 6