

# GROCERY LIST FOR MAY 7, 2007

## Slow Cooker Pot Roast with Veggies

- 4 medium potatoes
- 4 medium carrots
- 1 medium onion
- 2 to 2½ lbs beef round roast
- 1 t garlic powder
- 1 t salt
- 1 t ground black pepper
- 1 cup gluten free beef stock, tomato juice, red wine or water (water would be my very last option if nothing else was on hand)
- 2 T cider vinegar

## GF French Bread

(top one loaf with olive oil and garlic. Save second for Roast Beef Sandwiches.)

- 1 ¼ c warm gluten and dairy free milk substitute of choice
- 1½ T active dry yeast
- 1 T sugar or sweetener of choice
- 1 ¾ c potato starch
- ¾ c plus 2 T sorghum flour
- ½ c plus 2 T tapioca starch
- 3 t xanthan gum
- 1 t salt
- 1 T olive oil
- 1 egg plus 1 egg white \*\* (I save the egg yolk to mix with 1 T water to use as an egg wash for the loaves before baking)
- 2 t cider vinegar
- \*\*for egg free version: use 1 ½ T ground golden flax and 4 ½ T warm water mixed together to replace the egg and egg white.

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 3 meals
- Salad dressing to serve 6 for 4 meals
- Gluten free spaghetti to serve 6
- Spinach salad to serve 6

## Puttanesca Sauce

(I'll be using a batch from the freezer, these are ingredients to make one batch if you don't have any stashed.)

- 7 cups diced tomatoes (about two 28 ounce cans or about 1 ½ quarts home canned tomatoes)
- 5 1/3 T tomato paste (about 1 ½ ounces)
- 1/2 large onion (about ¾ cups)
- 3 cloves garlic, minced (about 1 T)
- 6 T pitted kalamata olives, pitted
- 1/4 cup snipped fresh Italian (flat-leaf) parsley
- 2 T capers
- 1/2 T anchovy paste, optional
- 1 1/2 t dried basil, crushed or 1 1/2 T minced fresh
- 1/2 t dried oregano, crushed or 1 T minced fresh
- 1/8 t cayenne pepper
- 3/8 t ground black pepper

## Slow Cooker Turkey Meatloaf

- 2½ lbs ground turkey
- 1 medium onion
- 2 eggs
- ⅓ cup gluten & dairy free milk
- 2 T prepared gluten & dairy free honey mustard
- 2 T gluten & dairy free honey BBQ or ketchup
- 1 cup soft gluten free dairy free breadcrumbs
- 1 t salt
- ½ t ground pepper
- ½ t ground rosemary
- 2 garlic cloves, minced or pressed
- ¼ cup minced fresh parsley