

# GROCERY LIST FOR AUGUST 27, 2007

## Taco' s

- 2 lbs ground beef or turkey
- 2 medium onions
- 2 green peppers
- 1 t garlic powder
- ½ t onion powder
- 1 t dried oregano
- 1 t ground cumin
- 1 t salt
- ½ t paprika
- ½ t ground black pepper
- dash of allspice
- dash of cayenne pepper (to taste!)

## Pizza

- 1½ cups brown rice flour
- ½ cup amaranth flour
- 2 cups tapioca flour
- 3 t xanthan gum
- 1 t salt
- 2 T active dry yeast
- 1 T sugar or sweetener of choice
- 3 T olive oil
- 4 egg whites
- more olive oil for spreading dough
- 1 cup dairy free pizza sauce
- favorite pizza toppings
- 1 cup gluten & dairy free cheese substitute

## Roasted Fish with Potatoes, Tomatoes and Olives

- 2 lbs red new potatoes
- 4 garlic cloves, minced
- 3 T olive oil
- 6 fillets of fish (4-6 oz. each) of choice (I used Talapia)
- 1 pint of grape/cherry tomatoes
- ½ cup pitted Kalamata olives

## Calico Beans

- 1 pound ground beef
- 1 large onion
- 3 strips bacon
- 1 (15 oz.) can gluten free 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
- ¾ cup brown sugar
- ½ cup gluten free ketchup
- 1½ t salt
- ½ t pepper
- 1 T prepared gluten free mustard

## Cornbread

- 1 c gluten free dairy free unsweetened milk substitute
- 1 t lemon juice or cider vinegar
- ¼ cup olive oil
- 3 T maple syrup
- 2 c corn polenta or coarse ground corn meal
- 2 eggs
- 1½ t gluten free baking powder
- ½ t baking soda
- 1 t salt

## Slow Cooker Pulled Pork

- 2 medium onion
- ½ cup gluten free ketchup
- ¼ cup cider vinegar
- ⅓ cup packed brown sugar
- ¼ cup tomato paste
- 1½ T paprika
- 2 T gluten free Worcestershire sauce
- 2 T gluten free prepared mustard
- 4 cloves minced garlic
- 1½ t ground black pepper
- 3 pounds fresh boneless pork roast

## Noah' s Rolls

- ½ cup brown or white rice flour
- 2/3 cup tapioca flour
- 1/3 cup potato or corn starch
- 2 tsp xanthan gum
- 2 tsp baking powder
- 1/2 tsp salt
- 1 egg
- 1/3 cup oil
- 1/2 cup CF milk
- 1/3 cup sparkling water

## Red Cabbage Apple Slaw

- ½ cup gluten and dairy free mayonnaise
- 2 T cider vinegar
- 1 small red cabbage (1 ½ pounds)
- 2 medium Granny Smith apples

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Taco shells to serve 6
- Taco fixings as desired (salsa, guacamole, black olives, etc.)
- Salad to serve 6 for 2 meals
- Salad dressing to serve 6 for 2 meals
- Green beans to serve 6
- Melon to serve 6