



# GROCERY LIST FOR NOVEMBER 26, 2007

## Slow Cooker Sweet and Sour Chicken

- 1 - 20 oz. package boneless, skinless chicken thighs
- 1 large onion
- 1 red pepper
- 1 green pepper
- 3/4 c juliannned carrots
- 1 - 15 oz can pineapple chunks
- 1/4 c dark brown sugar
- 1/4 c GF soy sauce
- 3 T corn starch
- 1 clove garlic, minced
- 1/4 t curry powder
- 1/4 t dried ground ginger
- 1/4 t pepper
- 2 c chopped broccoli

## Gluten Free Banana Bread

- 3 large bananas (about 1 1/2 c mashed bananas)
- 3/4 c brown sugar
- 1/3 c oil
- 2 eggs
- 2 c bean flour blend (or use 7 T garbfava flour, 3 1/2 T sorghum flour, 2/3 c corn or potato starch, and 2/3 c tapioca starch)
- 1 1/2 t xanthan gum or guar gum
- 1 t baking soda
- 1 t gluten free baking powder
- 1 t cinnamon
- 1/4 t salt
- 2/3 c chopped walnuts, pecans, or gluten & dairy free chocolate chips (optional)

## Mango Spinach Smoothie

(multiplied for 6 servings)

- 6 mangos, peeled and chopped
- 3 c fresh spinach leaves
- 3 banana, peeled frozen
- 1 1/2 c non-dairy milk substitute (almond, coconut, etc.)
- 1 1/2 c small ice cubes

## GFCF Battered Chicken Nuggets

(freeze the leftovers)

- 44 oz family sized package of boneless skinless chicken breasts
- 1 1/3 c gluten free bean flour based flour blend (see below)
- 1 1/2 t baking powder
- 1/2 t salt

- 1/2 t ground black pepper
- 1/2 t thyme
- 1/2 t papricka
- 1/4 t xanthan gum
- 1 1/2 c gluten and dairy free milk substitute (rice, almond, etc.)
- 1 egg
- Oil for frying

## 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 (skip if too spicy for your family)
- 2 T fresh cilantro
- 3 cloves 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

## Ground Beef and Bean Stew

- 2 lbs ground beef or chuck
- 6 c turkey, chicken or beet stock
- 2 (14.5 oz) cans diced tomatoes
- 1 bunch green onions
- 4 carrots
- 2 celery ribs
- 1 medium red bell pepper
- 4 cloves garlic, minced
- 1 T dried basil
- 1 t salt
- 1 t dried oregano
- 1 t ground cumin
- 1 t chili powder
- 1 10 pkg frozen corn
- 4 (15 oz.) cans black beans
- 3 c cooked rice

## Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Rice to serve 6
- Sunbutter to serve 6
- Veggie sticks to serve 6
- Clementines to serve 6
- Salad to serve 6
- Mango to serve 6
- Corn tortillas to serve 6
- Fajita toppings to serve 6