



GROCERY LIST FOR DECEMBER 10, 2007

Garlic Lime Salmon

- 1/2 c vegetable oil
- 1 medium onion
- 2 T lime juice
- 1 t grated lime peel
- 1 garlic clove, minced
- 2 (1.5 pound) salmon fillets
- lime slices (optional)

Basic Rice

- 1 1/2 c long grain brown rice
- 1 1/2 t olive oil

Slow Cooker Lemon Chicken with Potatoes and Mushrooms

- One 3- to 4-pound broiler/fryer
- 2 cubes gluten free chicken bouillon
- 1/2 large lemon or 1 small lemon
- 1/4 t paprika
- 3 T minced fresh flat-leaf parsley
- 2 medium-size or 1 large onion
- 2 cloves garlic, chopped
- 2 T gluten free soy sauce
- 1/4 t salt
- 1/8 t freshly ground black pepper
- 6 to 12 small Yellow Finn or Yukon Gold potatoes
- 6 oz fresh mushrooms

Calico Beans

- 1 lb 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
- 3/4 c brown sugar
- 1/2 c gluten free ketchup, fruit juice sweetened preferred
- 1 1/2 t salt
- 1/2 t pepper
- 1 T prepared gluten free mustard

Blender Corn Bread

- 1 c gluten free dairy free unsweetened milk substitute
- 1 t lemon juice or cider vinegar
- 1/4 c olive oil
- 3 T maple syrup
- 2 c corn polenta or coarse ground corn meal
- 2 eggs
- 1 1/2 t gluten free baking powder
- 1/2 t baking soda
- 1 t salt

Beef Roast and Vegetables

- 4 medium potatoes
- 4 medium carrots
- 1 medium onion
- 2 to 2 1/2 lbs beef round roast
- 1 t garlic powder
- 1 t salt
- 1 t ground black pepper
- 1 c gluten free beef stock, tomato juice, red wine or water
- 2 T cider vinegar

Teriyaki Delight

- 1/4 c ketchup
- 1/4 c hoisin sauce
- 2 T soy sauce
- 2 T rice vinegar
- 2 t minced fresh garlic
- 2 t minced fresh ginger
- 2 t dark sesame oil
- 8 boneless, skinless chicken thighs (about 4 ounces each)
- Sesame seeds, toasted in a skillet
- Cooked rice to serve 6
- Scallion tops, cut into 2-inch-long strips (optional)

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Mixed veggies to serve 6
- Salad to serve 6
- Salad dressing to serve 6