

Grocery List For September 2009 OAMM GFDF adaptations:

If using Cashew Cheesy Sauce: 1 cup raw cashews, 2 or 4 oz. jar pimentos, 1 cup nutritional yeast flakes, 2 T cornstarch, and 1 tablespoon lemon juice.

If using Mild "Cheese" Sauce: 1/2 cup nutritional yeast flakes, 1/4 cup corn starch, 1/4 cup gluten and dairy free margarine (such as Earth Balance), and 1 teaspoon gluten free mustard.

Packaging:

- Aluminum foil
- 12 deep dish 8x8 pans
- 16 gallon freezer bags
- 12 quart freezer bags

Produce:

- Fresh basil, 2 Tablespoons
- Carrots, 8 cups
- Garlic, 18 cloves
- Green beans, 4 cups
- Green onions, 2
- Mushrooms, 16 ounces + 8 cups
- Onion, 11
- Red potatoes, 4 cups

Meat:

- Beef stew meat, 12 pounds
- Ground beef, 2 pounds
- Chicken, boneless skinless (breasts or thighs or mix), 8 lbs
- Chicken, boneless skinless breast, 16

Dairy Replacements/Eggs:

- Eggs, 3
- Gluten and dairy free margarine (such as Earth Balance), 1 3/4 cup
- Gluten and dairy free unsweetened milk substitute of choice, 9 1/2 cups

Frozen:

- 4 -14 ounce bags chopped broccoli
- 20 ounces corn
- 14 ounce bag pepper mix (red, green and yellow bell pepper mix)
- 4 pounds southern style hashbrowns (Ore-Ida is currently gluten and dairy free)

Canned or bottled goods:

- Apple juice, 2/3 cups
- Balsamic vinegar, 1 cup
- Gluten free beef broth, 15 cups
- Gluten free chicken broth, 12 cups
- 14 ounces green chilies
- Gluten free ketchup, 2 Tablespoons
- Marsala wine, 3 cups
- Gluten and dairy free mayonnaise, 4 cups
- Diced tomatoes, 56 ounces
- Tomato paste, 2 T + 2 t
- Pineapple crushed, 4 - 16 oz. cans in juice
- Rotel tomatoes (tomatoes and chilies), 20 oz.
- Gluten and dairy free soy sauce, 1 cup
- Gluten free Worcestershire sauce, about 5 T

Grains:

- 8 cups cooked brown rice
- Brown rice penne pasta, 2 pounds (I prefer Tinkyada brand)

Herbs/Spices:

- Gluten free chili powder, 2 teaspoons
- Ground cumin, 2 teaspoons
- Garlic, dry minced, 1 teaspoon
- Garlic powder 1 teaspoon
- Dried minced onion, 4 teaspoons
- Onion powder, 1/2 teaspoon
- Dried oregano, 4 1/2 teaspoon
- Dried Parsley, 1 Tablespoon
- Pepper
- Red pepper flakes, 3 teaspoons
- Salt
- Sesame seeds, 4 Tablespoons
- Dried Thyme, 2 teaspoon

Baking Supplies:

- Baking powder, 2 1/2 teaspoons
- Baking soda, 3/4 teaspoons
- Brown sugar, 1/2 cup
- Corn starch, 1 1/2 cup + 1 t
- Corn polenta or coarse ground corn meal, 3 c.
- Maple syrup, 2 1/4 cup
- Olive oil, 2 1/4 cups
- Finely ground rice flour, 1 cup
- Sesame Oil, 4 Tablespoons
- Sweet rice flour, 1 1/2 cup

Other:

- Tortilla chips, 2 cups crushed