



GROCERY LIST FOR NOVEMBER 26, 2012

Pumpkin Enchiladas Casserole (double if freezing an extra batch)

- 1 T oil
- 1 c onions
- 8 cloves garlic
- 2 (15 oz) cans pumpkin puree
- 2 c gluten free chicken stock or broth
- 4 oz. can diced mild green jalapeno chiles
- 1 t gluten free chili powder
- 4 t nutmeg
- 1 15 oz can black beans
- 1 15 oz can pinto beans
- 1 - 12 oz jar roasted bell peppers
- 1 c gluten & dairy free cheese sub of choice
- 18 gluten free corn tortillas (6-inch)

Spinach Salad

- 6-2/3 c fresh spinach salad
- 2/3 c fresh tomatoes
- 1 c apple
- 2/3 c red onion
- 1-1/4 large papayas
- 1/2 c toasted pepitas
- 1/4 c balsamic vinegar
- 2 T plus 2 t lemon juice
- 1 T plus 1 t orange juice concentrate
- 1-1/4 t honey
- 1-1/4 green onions
- 2 T plus 2 t fresh dill weed (or 1-1/4 t dried)
- 1/4 c olive oil

Beef and Almond Stir Fry

- 1/2 c brown rice, uncooked
- 2 T oil
- 1 lb sirloin
- 2 bags of stir-fry vegetables, frozen
- 2 T reduced-sodium soy sauce (be sure GFCF)
- 3/4 c slivered almonds
- 1-2 cloves of minced garlic
- 1 teaspoon of fresh grated ginger
- 1 tablespoon of rice vinegar, optional

Spinach Pasta Casserole

- 2 T olive oil
- 10 whole mushrooms, sliced
- 1 onion
- 1 jalapeño pepper, (optional)
- 16 oz tofu cream cheese)
- 1/3 c GF & vegan Parmesan cheese sub
- 1/4 c non-dairy unsweetened milk sub
- 1 (10 oz.) pkg. frozen spinach
- 3/4 t ground nutmeg
- 3 egg whites
- 2 c cooked gluten-free macaroni
- 1/2 c vegan gluten-free mozzarella sub

Dairy Free Ranch Dressing

- 3/4 c gf/cf mayo
- 1/3 c celery with leaves
- 2 T chopped fresh parsley (or 2 t dried)
- 1 T onion
- 1 t lemon juice or cider vinegar

- 1 clove minced or pressed garlic
- 1/4 t dried thyme
- 1/4 t celery seed
- 1/8 t salt (optional)
- 1/8 t freshly ground black pepper
- GFCF milk substitute—the amount will depend on if you are making dip or dressing.

Orange Apricot Pork Chops (double if freezing an extra batch)

- 6 pork chops
- 1 c apricot jam
- 3 T brown sugar
- 1 t kosher salt
- 1/2 t pepper
- 1/2 t cinnamon
- 1/4 t ginger
- 1/4 t cloves
- 1 (11-oz) can mandarin oranges

Stir-Fried Bok Choy

- 1 lb bok choy
- 2 T chicken stock
- 1 T gfcf oyster or fish sauce
- 1 1/2 t gluten and dairy free, lower sodium soy sauce
- 1 1/2 t cornstarch or arrowroot flour or tapioca starch/flour
- 1/2 t sugar
- 1 T vegetable oil
- 2 slices fresh ginger root
- 1 clove garlic, crushed and peeled

Spiced Chicken

- 1 1/2 lbs chicken, boneless, skinless
- 6 green onions
- 3/4 c orange juice
- 1 1/2 T brown sugar
- 1 1/2 T finely grated or minced fresh ginger
- 1 T olive oil
- 3 cloves garlic, minced
- 1 t coriander
- 1/2 t paprika
- 1/2 t ground cinnamon
- 1/2 t salt
- 1/4 t black pepper

Almond Quinoa with Asparagus

- 1/3 c olive oil
- 1/2 c thinly sliced shallots or sweet onion
- 8 cloves garlic, minced
- 2 c quinoa (uncooked)
- 4 c vegetable or chicken broth
- 2 bay leaves
- 10 oz container mushrooms, sliced
- 2 lbs asparagus (about 4 cups)
- 1 1/2 lbs spinach or baby chard
- 1/3 - 1/2 c toasted slivered almonds (
- 3 T gluten free soy sauce

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Mixed salad to serve 6
- pumpkin seeds for salad