



GROCERY LIST FOR JANUARY 14, 2013

Calico Beans (double if freezing an extra batch)

- 1 lb. ground beef
- 1 large onion
- 3 strips bacon
- 1 15 oz. can GFCF baked beans
- 1 15 oz. can great northern beans
- 1 15 oz. can butter beans
- 1 15 oz. can kidney beans
- 1 5 oz. can black beans
- 3/4 cup brown sugar
- 1/2 cup GFCF ketchup, fruit juice sweetened preferred
- 1 1/2 t salt
- 1/2 t pepper
- 1 T prepared GFCF mustard

Blender Corn Bread

- 1 cup gluten & dairy free unsweetened milk substitute
- 1 teaspoon lemon juice or cider vinegar
- 1/4 cup olive oil
- 3 tablespoons maple syrup
- 2 cups corn polenta or coarse ground corn meal
- 2 eggs
- 1 1/2 teaspoons gluten free baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt

Better Batter Chicken Piccata

(1 1/2 times the recipe to serve 6)

- 6 skinless boneless chicken breasts
- Better Batter gluten free seasoned flour OR (1/2 cup gf flour blend of choice, 1 tsp salt, 1 tsp pepper, 1 tsp italian seasoning)
- 1/2 cup coconut oil
- 10 TBSP extra virgin olive oil
- 1 cup fresh squeezed lemon juice
- 1 1/2 cup gluten free chicken stock
- 3/4 cup capers
- 1 cup fresh parsley
- Lemons (sliced for garnish)

Creamy Mashed Cauliflower

- 1 medium head cauliflower
- 1 clove garlic, peeled (optional)
- 1/4 cup gluten & dairy free mayo
- 1/4 tsp. salt
- 1 Tbsp. chopped fresh basil leaves (optional)

Seasoned Green Beans

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 2 green onions
- 1 sweet pepper
- 1 teaspoon dried basil (or 1 tablespoon fresh, thinly sliced)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (20 oz) package frozen green beans

Lazy Cabbage Roll Casserole

(ingredients for 2 batches- 1 for dinner/1 for freezing)

- 2 medium onions, chopped
- 1 pound ground beef
- 1 pound ground pork
- 6 garlic cloves, minced
- 3 1/2 cups (about one 28 oz can) gluten free tomato sauce
- 3 1/2 cups (about one 28 oz can) diced tomatoes (fire roasted, optional)
- 2 small cans (5.5 oz) tomato paste
- 1/3 cup apple cider vinegar
- 1/4 cup packed brown sugar (or 2 to 3 Tablespoons honey)

Chicken & Chilies Casserole

- 1/4 cup gluten and dairy free margarine (such as Earth Balance)
- 1/4 cup olive oil
- 1/4 cup cornstarch
- 1/2 teaspoon dried thyme
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon salt
- 3 cups gluten free chicken stock/broth
- 1 cups gluten and dairy free mayonnaise
- 10 ounces Rotel (diced tomatoes & chilies)
- 2 pounds frozen southern style hashbrowns (at this time Ore-Ida are gluten and dairy free)
- 3 cups chicken, cooked and diced
- 1 cups gluten free crushed tortilla chips

Cilantro Cashew Salad

- 1 cup packed fresh cilantro leaves and soft stems
- 3 T fresh lime juice
- 3T rice vinegar or white wine vinegar
- 6 T olive oil
- Coarse salt and ground pepper to taste
- 1/3 medium red cabbage (12 ounces), cored and thinly sliced crosswise
- 1 1/2 red bell pepper (ribs and seeds removed), thinly sliced
- 3 scallions, thinly sliced
- 1 medium head romaine lettuce, torn into bite-size pieces
- 3/4 cup roasted cashews, coarsely chopped

Thai Chicken Pizza (2 pizzas)

- 2 gluten & dairy free pizza crusts
- OR
- 1 1/2 cups brown rice flour
- 1/2 cup amaranth flour
- 2 cups tapioca flour
- 3 teaspoons xanthan gum
- 1 teaspoon salt
- 2 tablespoons active dry yeast
- 1 tablespoon sugar, cane juice crystals, agave, honey, maple syrup or sweetener of choice
- 3 tablespoons olive oil
- 4 egg whites (egg-free: use flaxseed replacement)
- 6 Tablespoons natural peanut butter
- 3 Tablespoons gluten free soy sauce (or coconut amino acids if soy free)
- 3 Tablespoons brown sugar
- 2 teaspoons rice vinegar
- 1/2 teaspoon minced garlic
- 1/4 teaspoon red chili pepper flakes
- 2 cups cooked ground chicken
- 2 Tablespoons gluten free soy sauce (or coconut amino acids if soy free)
- 3/4 cup red bell pepper
- 1 cup fresh cilantro
- 4 medium green onions
- 1 cup gluten and dairy free cheese substitute

Apple, Bok Choy & Carrot Slaw

- 1 pound young/baby bok choy
- 1/2 teaspoon salt
- 1 large sweet-tart crisp apple
- 2 medium carrots
- 1 1/2 tablespoons lemon juice
- 1 1/2 teaspoons olive oil
- 1/2 teaspoon fresh ginger

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough salad for 6 for one meal plus your favorite dressing.
- cinnamon apple sauce for 6