



GROCERY LIST FOR MARCH 11, 2013

Pork and Apple Curry

(double if freezing an extra batch)

- 2 tablespoons oil (I use coconut or olive)
- 2 cups onion
- 2 tablespoons fresh ginger root
- 1 tablespoon gluten free curry powder
- 2 cloves garlic
- 1/8 teaspoon cayenne pepper, optional
- 1 1/2 pounds pork
- 4 cups tomato juice
- 2 1/2 cups cooking apples
- 1 cup raisins

Gluten Free Naan

- 1 package active dry yeast
- 1/4 cup white sugar
- 3 tablespoons unsweetened milk substitute
- 1 egg
- 2 teaspoons salt
- 4 1/2 cups Better Batter Gluten Free Flour
- 2 teaspoons garlic (optional)
- 1/4 cup coconut oil

Chicken and Broccoli Casserole

(double if freezing an extra batch)

- 4 cups cooked brown rice
- 2 pounds boneless, skinless chicken
- 20 ounce bags of chopped broccoli
- 1/4 cup gluten and dairy free margarine
- 1/4 cups olive oil
- 2 cloves garlic, minced
- 3/4 cups sweet rice flour
- 4 c gluten & dairy free unsweetened milk substitute of choice (I like almond milk)
- 2 cups gluten and dairy free chicken broth
- 1/2 tablespoon dried parsley
- 1 cups gluten and dairy free mayonnaise

Roasted Fish with Potatoes, Tomatoes and Olives

- 2 pounds red new potatoes
- 4 garlic cloves, minced
- 3 Tablespoon olive oil
- 6 fillets of fish (4-6 oz. each) of choice
- 1 pint of grape/cherry tomatoes
- 1/2 cup pitted Kalamata olives

Black Bean and Veggie Pizza

- 13" gluten free dairy free pizza crusts or make one using the ingredients below:
- 3/4 cup brown rice flour
- 1/4 cup amaranth flour
- 1 cup Tapioca Flour
- 1 1/2 teaspoons xanthan gum or guar gum
- 1/2 teaspoon salt
- 1 tablespoon baking yeast
- 1/2 tablespoon sugar, cane juice crystals, agave, honey, maple syrup or sweetener of choice
- 1 1/2 tablespoon olive oil
- 2 egg whites
- 3/4 cup black beans, cooked or canned
- 1/2 cup roasted red peppers
- 1 clove garlic
- 1/4 teaspoon chili powder, gluten free
- 1/4 teaspoon salt
- 3/4 c cheese substitute-gluten & dairy free, optional
- 1 medium plum tomato
- 1/4 cup fresh spinach
- 3 medium scallions (green onions)
- 1/4 cup sliced black olives
- 1/4 cup roasted red peppers
- 1 1/2 tablespoons pickled hot peppers, optional

Gluten Free Pie Crust

- 1/3 cup brown rice flour
- 1/3 cup sourgum
- 2/3 cup tapioca flour
- 2/3 cup potato starch
- 2 tablespoon cornstarch
- 4 teaspoon sugar or cane juice crystals
- 1 1/2 teaspoon gluten-free baking powder
- 1 tablespoon xanthan gum
- 1 teaspoon salt
- 1 cup shortening (use organic palm shortening)
- 1 cold egg or flax seed equivalent (1 T ground golden flax)
- 2 teaspoons apple cider vinegar

Dairy Free Chocolate Pudding

- 1/2 cup sugar
- 1/4 cup unsweetened cocoa powder
- 3 tablespoons corn starch
- 1/8 teaspoon salt
- 1 1/2 cups unsweetened almond milk
- 1/2 cup canned coconut milk (not light)
- 2 egg yolks
- 1 1/2 teaspoons gluten free vanilla extract

Easy Turkey Meatballs & Sauce

- 3 Tablespoons olive oil
- 6 garlic cloves
- 2 medium carrots
- 7 cups canned crushed tomatoes
- 3/4 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 large egg
- 1/2 c gluten free dairy free unsweetened milk sub
- 1 medium onion
- 1/3 cup gluten free dairy free bread crumbs
- 3/4 cup chopped fresh parsley
- 1 1/2 pound ground turkey
- 1 1/2 pound gluten & dairy free spaghetti

Dairy Free Ranch Dressing

- 3/4 cup gluten & dairy free mayo
- 1/3 cup minced celery with leaves
- 2 Tablespoons chopped fresh parsley
- 1 Tablespoon minced onion
- 1 teaspoon lemon juice or cider vinegar
- 1 clove minced or pressed garlic
- 1/4 teaspoon dried thyme
- 1/4 teaspoon celery seed
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon freshly ground black pepper
- GFCF milk substitute—the amount will depend on if you are making dip or dressing.

Peanut Butter Swirl Brownie

- 6 tablespoon mild flavored oil
- 1 cup packed brown sugar
- 6 oz gluten & dairy free semi-sweet chocolate
- 1/3 cup bean flour blend (OR 4 teaspoons garbava flour, 2 teaspoons sorghum flour, corn or 5 teaspoons potato starch, and 5 teaspoons tapioca flour)
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon gluten-free baking powder
- 3 large eggs
- 4 tablespoons gluten & dairy free margarine
- 1/2 cup gluten free powdered sugar
- 3/4 cup smooth peanut butter
- 1/4 teaspoon salt
- 1/2 teaspoon pure gluten free vanilla extract

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough spinach salad for 6 for one meal plus your favorite dressing, if desired
- enough mixed salad for 6 for two meals plus your favorite dressing, if desired.
- enough romaine salad for 6 for one meal
- Broccoli to serve 6