



# GROCERY LIST FOR APRIL 15, 2013

## Sweet Potato Chili

(Doble if freezing an extra batch)

- 2 sweet potatoes
- 1 yellow onion
- 2 garlic cloves
- 15 ounce can red kidney beans
- 1 red bell pepper
- 14.5 ounce can diced tomatoes
- 1 tablespoon gluten free chili powder
- 1 tablespoon smoked paprika
- 1 t gluten free chipotle chili powder
- ½ teaspoon salt
- 1 cup gluten free vegetable broth or water
- ½ cup orange juice

## Cheddar Bay Biscuit Clones

(Doble if freezing an extra batch)

- 2 c Better Batter Pancake and Biscuit Mix
- 2/3 c Water (or dairy free milk substitute)
- 1/8 tsp Old Bay Seasoning
- 1/2 c shredded Daiya brand DF cheese substitute
- 4T dairy free margarine or 3 T coconut oil
- 1/8 tsp garlic salt
- 1/8 tsp Old Bay seasoning
- 1/8 tsp Parsley

## Moonlight Beef Fajitas

- 2 pounds beef flank steak
- ½ cup lime juice
- ½ cup fresh cilantro
- 4 tablespoons olive oil
- 4 teaspoons garlic
- 2 teaspoons ground cumin
- 1 large onion
- 1 large bell pepper
- Fresh cilantro
- gluten free salsa
- gluten & dairy free guacamole

## Gluten Free Flour Tortillas

- 3 c Better Batter Gluten Free Flour
- 2 tsp gluten free baking powder
- 1 tsp salt
- 4-6 Tbsp shortening

## Chicken Sausage & Broccoli Quinoa

- 1 tablespoon olive oil
- 1 1/2 cups quinoa
- 3 cups gluten free chicken stock
- 1/2 cup golden raisins
- 1 tablespoon olive oil
- 1 medium onion
- 1 - 12 ounce package fully cooked chicken-apple sausage (I use one with no nitrates)
- 1 pound broccolini, broccoli rabe (or rapini), or asparagus
- 1/2 teaspoon-ish salt
- 1/4 teaspoon-ish ground pepper
- 1/2 cup toasted sliced almonds

## Almond Crusted Fish Sticks

- 1 ½ pounds firm white fish, such as cod snapper or tilapia
- 1 T Italian seasoning or Bay seasoning, optional
- 1 ½ teaspoons salt
- ¾ teaspoon ground black pepper
- 3 large eggs
- 1 ½ c finely ground blanched almond flour
- ¾ cups oil, for frying

## White Bean Spinach Ragout

(Doble if freezing an extra batch)

- 4 teaspoons olive oil
- 2 medium onion
- 2 (14½-ounce) can diced tomatoes
- 2 15-ounce can cannellini beans (white kidney beans) or navy beans
- 2 tablespoon Italian seasoning
- ½ teaspoon ground black pepper
- 8 cups torn fresh spinach

Supreme Pizza (I will get mine from the freezer, but to make it you need the following)

- 1 ½ cups brown rice flour
- ½ cup amaranth flour
- 2 cups tapioca flour
- 3 teaspoons xanthan gum
- 1 teaspoon salt
- 2 tablespoons active dry yeast
- 1 tablespoon sugar or sweetener of choice
- 3 tablespoons olive oil
- 4 egg whites at room temperature (egg-free: use [flaxseed replacement](#))
- more olive oil for spreading pizza dough
- 1 cup gluten free dairy free tomato sauce
- 1 package (3 ounces) gluten & dairy free sliced pepperoni
- 8 ounces (3/4 pound) gluten & dairy free sausage (pork, turkey or beef of choice) browned, crumbled and drained
- 4 ounces of fresh mushrooms
- 1 medium sweet red pepper
- 1 medium green pepper
- 1 cup chopped onion
- ½ cup sliced black olives
- ½ cup sliced green olives
- 1 cup gluten & dairy free cheese substitute

## Strawberry Rhubarb Salad Dressing

- 2 tablespoon honey
- 1 cup sliced rhubarb (about 2 stalks)
- 1 cup chopped fresh or frozen strawberries
- 1 shallot or small sweet yellow onion
- one sprig fresh thyme
- 5 tablespoon red wine vinegar
- Zest of ½ lemon
- ½ teaspoon Dijon mustard
- 6 tablespoons olive oil
- 1 tablespoon poppy seeds, if desired

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- pineapple to serve 6
- Apples to serve 6
- Green Beans to serve 6
- Spinach Salad and strawberries to serve 6