



# GROCERY LIST FOR MAY 13, 2013

## Stir Fry Chicken

(double ingredients to make an extra for the freezer)

- ☐ 2 pounds boneless, skinless chicken breasts (or thighs)
- ☐ 1/3 cup packed brown sugar
- ☐ 1/3 cup gluten free soy sauce
- ☐ 4 teaspoons lime juice
- ☐ 1/4 teaspoon curry powder
- ☐ 1 tablespoon minced garlic
- ☐ 3/4 teaspoon crushed red pepper flakes
- ☐ 1 head bok choy
- ☐ 2 sweet bell peppers

## Tuna Noodle Casserole

(I have in freezer. To make buy the following)

- ☐ 12 oz gluten free pasta (small shells, penne, elbow shapes, or veggie spirals)
- ☐ 2 tablespoons olive oil
- ☐ 3/4 cup onion
- ☐ 1 1/2 red bell peppers
- ☐ 1 1/2 cups sliced mushrooms
- ☐ 1/4 cup sweet rice flour
- ☐ 3 cups gluten free chicken broth
- ☐ 6 T gluten & dairy free mayonnaise
- ☐ 1 Tablespoon dried parsley
- ☐ 1 teaspoons dry thyme
- ☐ 14 oz can artichoke hearts
- ☐ 3/4 cup frozen peas
- ☐ 2 (6 ounce) cans tuna, gluten/dairy free
- ☐ 3/4 - 1 cups gluten free dairy free bread crumbs or crushed potato chips, optional
- ☐ paprika

## Enchilada Meatballs

- ☐ 2 pounds ground beef
- ☐ 2 cups gluten & dairy free corn bread
- ☐ 1/4 cup minced fresh cilantro
- ☐ 1/2 teaspoon salt
- ☐ 1/2 teaspoon ground black pepper
- ☐ 1 1/2 cups gluten free enchilada sauce
- ☐ 1 cup gluten and dairy free tomato sauce
- ☐ 1/2 cup gluten & dairy free cheese replacement, optional

## GF Yankee Style Creamed Corn Cornbread

- ☐ 2 cups cornmeal, yellow or white
- ☐ 1 cup Better Batter Gluten Free Flour
- ☐ 3 tsp. baking powder
- ☐ 1/2 tsp. baking soda
- ☐ 1 tsp. salt
- ☐ 1 tsp. sugar, optional
- ☐ 1 cup soy, rice, or almond milk
- ☐ 1 tbsp. apple cider vinegar
- ☐ 6 tbsp. vegan egg substitute or chia gel (chia gel is 1 tbsp chia seed, soaked overnight in 1 c water)
- ☐ 1 can (15 ounces) cream-style corn
- ☐ 4 tbsp. non dairy margarine

## Thai Chicken Burgers

(double ingredients to make an extra for the freezer)

- ☐ 1 1/2 pounds ground chicken or turkey
- ☐ 1/4 cup natural peanut butter
- ☐ 1/3 cup thinly sliced green onions
- ☐ 2 tablespoons gluten free soy sauce
- ☐ 2 teaspoon fresh grated ginger
- ☐ 1 teaspoon minced garlic
- ☐ pinch red pepper flakes
- ☐ 1/4 teaspoon salt

## Gluten Free Dairy Free Hamburger Buns

- ☐ 1 1/4 gluten & dairy free unsweetened milk substitute of choice
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon yeast
- ☐ 1 cup finely ground rice flour
- ☐ 2/3 cup sorghum flour
- ☐ 1/3 cup potato starch
- ☐ 1/3 cup tapioca starch
- ☐ 1/3 cup sweet rice flour
- ☐ 1/3 cup corn starch (or more sweet rice flour)
- ☐ 1/4 cup sugar
- ☐ 2 tablespoons potato flour
- ☐ 1 tablespoon xanthan gum
- ☐ 2 teaspoon gluten free baking powder
- ☐ 1/2 teaspoon salt
- ☐ 2 teaspoons cider vinegar
- ☐ 2 large eggs
- ☐ 1/4 cup mild tasting olive oil

## Fresh Spinach Salad

- ☐ 6-2/3 cups packaged spinach salad
- ☐ 2/3 cup fresh tomatoes
- ☐ 1 cup apple
- ☐ 2/3 cup red onion
- ☐ 1-1/4 large papayas
- ☐ 1/2 cup toasted pepitas
- ☐ 1/4 cup balsamic vinegar
- ☐ 2 Tbs. plus 2 tsp. lemon juice
- ☐ 1 Tbs. plus 1 tsp. orange juice concentrate
- ☐ 1-1/4 tsp. honey
- ☐ 1-1/4 green onions
- ☐ 2 Tbs. plus 2 tsp. fresh dill weed, or 1-1/4 tsp. dried
- ☐ 1/4 cup olive oil

## Homemade Turkey Sausage

(double ingredients to make an extra for the freezer)

- ☐ 20 oz. package ground turkey
- ☐ 4 Tablespoons finely minced onion
- ☐ 3/4 teaspoon dried marjoram
- ☐ 1/2 teaspoon thyme
- ☐ 3/4 teaspoon sage
- ☐ 3/4 teaspoon salt
- ☐ 1/2 teaspoon ground pepper
- ☐ 1/2 teaspoon oregano
- ☐ 1/2 teaspoon fresh minced garlic
- ☐ 1/4 teaspoon ground nutmeg
- ☐ 1/4 teaspoon ground ginger
- ☐ 1/8 to 1/4 teaspoon cayenne pepper
- ☐ 1 egg, optional

## Strawberry Nut Shortcakes

- ☐ 1/2 cup dairy free sour cream substitute
- ☐ 1/3 cup dairy free margarine
- ☐ 1 egg
- ☐ 1/2 cup chopped walnuts
- ☐ 1-1/2 cups Better Batter Flour
- ☐ 1/4 cup sugar or honey
- ☐ 2 tsp. baking powder
- ☐ 1/2 tsp. salt
- ☐ 1/2 tsp. baking soda
- ☐ 1 qt strawberries (sweetened with sugar or honey)
- ☐ 1 cup dairy free vanilla coconut "ice cream"

## Serving suggestions/also needed:

- ☐ Salt and ground black pepper, to taste
- ☐ rice to serve 6
- ☐ green beans to serve 6
- ☐ asparagus to serve 6
- ☐ strawberries to serve 6
- ☐ eggs to serve 6