



GROCERY LIST FOR JULY 1, 2013

Crock Pot Fajitas

(Double ingredients-one batch for freezer)

- 22 lbs. flank steak or pot roast
- 2 large onion 1 large green bell pepper
- 1 large red bell pepper
- 1 jalapeno pepper, sliced into strips (skip if too spicy for your family)
- 2 T fresh cilantro
- 3 cloved garlic, minced
- 3/4 t chili powder
- 1 1/2 t ground cumin
- 1 1/2 t ground coriander
- 1/2 t salt
- 1 15 oz. can of diced tomatoes, undrained

Chicken Blueberry Mango Salad

- 2 tablespoons olive oil
- 1 pound chicken breast tenderloins
- 1 clove garlic, minced
- 3 cups broccoli florets
- 6 to 8 cups romaine lettuce
- 2 cups fresh blueberries
- 1 mango

Poppy Seed Dressing

- 3 1/2 Tablespoons white wine vinegar (regular or use one with tarragon)
- 3 1/2 Tablespoons sugar
- 2 1/2 Tablespoons onion
- 1 1/2 Tablespoons gluten free Dijon mustard
- 1/2 tsp. salt
- 1/2 cup mild tasting oil
- 1 1/2 tsp. poppy seeds

Savory Zucchini Pancakes

(Double ingredients-one batch for freezer)

- 1 1/2 cups zucchini
- 1 cup onion
- 2 teaspoons garlic
- 3 large eggs
- 3 1/3 tablespoons brown rice flour
- 2 tablespoons sorghum flour
- 1 3/4 tablespoons cornstarch
- 1/2 teaspoon potato flour
- 1/8 teaspoons xanthan gum or guar gum
- 2 teaspoons gluten free baking powder
- oil for cooking

Country Style Ribs with Homemade BBQ Sauce

- 1/2 cup gluten free ketchup
- 2 T gluten free Worcestershire sauce
- 2 tablespoons brown sugar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 tablespoon cider vinegar
- 1/2 tablespoon ground black pepper
- 1 tablespoon molasses
- 1 1/2 to 2 pounds boneless country-style ribs

Broccoli Salad

- 15 cups fresh broccoli florets
- 1/2 cup raisins
- 1/2 cup sunflower seeds
- 1/3 - 1/2 cup cooked crumbled bacon

- 2 tablespoons red onion, optional
- 3/4 cup gluten and dairy free mayonaise
- 2 tablespoons cider vinegar
- 4 tablespoons sugar (I use baker' s sugar as it dissolves faster)

Crisp "Sparkler" Bread Sticks

- 1 cup brown rice flour
- 1 cup cornstarch
- 1/2 cup potato starch
- 1 1/2 teaspoon yeast
- 1/2 teaspoon xanthan gum or guar gum
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/4 cup margarine, gluten free dairy free

GF Angel Food Cake

(double if want to make a 10" springform pan)

- 3/4 cup egg whites (about 5 large)
- 1/2 cup powdered sugar
- 1/4 cup potato starch
- 1/4 cup cornstarch
- 1/3 cup baker' s sugar
- 3/4 teaspoon cream or tartar
- 1/4 teaspoon salt
- 1 t fresh lemon, lime or orange zest

Coconut Whipped Topping

- 1 - 14 ounce can coconut milk (not light)
- 2 tablespoons powdered sugar
- 1/4 teaspoon gluten free vanilla

Chicken Sausage Broccolini 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
- 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

Red Cabbage-Apple Slaw

- 1/2 cup gluten and dairy free mayonnaise
- 2 tablespoons cider vinegar
- 1 small red cabbage (1 1/2 pounds)
- 2 medium Granny Smith apples

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- corn torillas to serve 6
- salsa to serve 6
- guacamole to serve 6
- cantalopue to serve 6
- eggs to serve 6
- broccoli to serve 6
- berries to serve 6
- watermelon to serve 6
- Strawberries & blueberries to serve 6