



GROCERY LIST FOR OCTOBER 28, 2013

Slow Cooker Barbecue Chicken

- 1/2 cup gluten free ketchup
- 1/2 cup packed brown sugar
- 2 T lemon juice
- 1 1/2 T gluten free mustard
- 1 T Worcestershire sauce
- 1 t peeled fresh grated ginger
- 1 clove minced garlic
- 1/2 t red pepper flakes, optional
- 3 1/2 lbs chicken drumsticks or thigh/leg combo

Sauteed Broccoli with Sunflower Seeds

- 2 T coconut oil
- 8 cups broccoli florets
- 1/2 t salt, or to taste
- 1/2 t crushed red pepper flakes, or to taste
- 1/3 cup roasted, salted shelled sunflower seeds

Slow Cooker French Toast Casserole

- 8 c gluten & dairy free soft bread cubes
- 1 dozen eggs
- 4 c gluten & dairy free milk substitute
- 1/4 cup pure maple syrup
- 1 t gluten free vanilla extract
- 1/2 t gluten free almond extract
- 1 1/2 t ground cinnamon
- 1/4 t ground nutmeg
- 1/4 t ground cardamon
- 1/4 t salt
- 1/4 cup walnuts or other nut, optional

Turkey Sausage

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

Slow Cooker Asian Pork Roast

(double if making a batch for freezing)

- 3 lbs pork roast or loin
- 2 T lemon juice
- 3/4 cup gluten free soy sauce
- 6 garlic cloves, minced
- 2 t ginger, ground

Napa Cabbage Slaw

- 1 large garlic clove, minced
- 2 limes, zest and juice
- 4 T rice-wine vinegar
- 1 1/2 T low sodium, gluten free soy sauce
- 1/4 cup chile oil (I use Amy's brand)
- 5 cups (1 small head) Napa cabbage
- 1 orange bell pepper
- 6 scallions
- 2 radish, optional
- 1/2 cup (about 3 ounces) snow peas
- 1/4 cup chives

Bar-B-Q Turkey Sloppy Joes

- 2 lbs ground turkey
- 2 medium onions
- 1 green pepper
- 2 carrots
- 2 - 15 oz cans tomato sauce
- 1 - 6 oz can tomato paste
- 1/2 cup brown sugar
- 1/3 cup red wine vinegar
- 2 T GF CF Worcestershire sauce
- 1/2 t salt
- 1/4 t ground pepper

GF Italian Rolls (make double batch)

- 1 package active dry yeast
- 1 1/2 tsp salt
- 3 1/2 c Better Batter Gluten Free Flour
- 1/4 c cornmeal, optional
- 1 egg white
- Optional, poppy seeds or sesame seeds

Slow Cooker Pulled Italian Chicken and Kale

(double if making a batch for freezing)

- 3 1/2 lbs boneless, skinless chicken thighs
- 2 c gluten & dairy free spaghetti sauce
- 3 T Italian seasoning
- 1 T minced garlic
- 2 cups lightly packed diced kale

Baked Vegetable Fries

- 1/4 cup olive oil
- 3/4 pound parsnips
- 3/4 pound rutabagas
- 3/4 pound carrots
- 1/2 pound sweet potatoes
- 3/4 t salt, or to taste

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Red seedless grapes to serve 6
- Mixed salad to serve 6
- Salad dressing to serve 6
- Broccoli to serve 6