



GROCERY LIST FOR OCTOBER 21, 2013

Burgundy Mushroom Stew

- ☐ 4 T olive oil
- ☐ 3-4 lbs button mushrooms
- ☐ 2 large onions
- ☐ 6 cloves garlic
- ☐ 6 medium carrots
- ☐ 6 stalks celery
- ☐ 2 red sweet peppers
- ☐ 8 cups vegetable stock
- ☐ 1½ cups red wine or more stock
- ☐ 6 large potatoes
- ☐ 6 T corn starch
- ☐ 6 T tomato paste
- ☐ 4 t dried thyme
- ☐ ½ t dried marjoram
- ☐ 1½- 2 t salt
- ☐ fresh cracked black pepper, to taste

Gluten Free Bavarian Pretzel Sandwich Rolls

- ☐ 2 T active dry yeast
- ☐ 6 c Better Batter Gluten Free Flour
- ☐ 1/2 c light corn syrup or agave nectar
- ☐ 1/4 c gdf margarine or 3 T coconut oil
- ☐ 2 t salt
- ☐ 3 egg whites
- ☐ 2/3 c baking soda

Supreme Pizza (I will get from freezer, but if you don't, get these ingredients)

- ☐ 1½ c brown rice flour
- ☐ ½ c amaranth flour
- ☐ 2 c tapioca flour
- ☐ 3 t xanthan gum
- ☐ 1 t salt
- ☐ 2 T active dry yeast
- ☐ 1 T sugar, cane juice crystals, agave, honey, maple syrup or sweetener of choice
- ☐ 3 T olive oil
- ☐ 4 egg whites
- ☐ 1 c gluten free dairy free tomato sauce
- ☐ 3 oz gluten & dairy free sliced pepperoni
- ☐ 8 oz (3/4 pound) gluten & dairy free sausage (pork, turkey or beef of choice)
- ☐ 4 ounces of fresh mushrooms
- ☐ 1 medium sweet red pepper
- ☐ 1 medium green pepper
- ☐ 1 c chopped onion
- ☐ ½ c sliced black olives
- ☐ ½ c sliced green olives
- ☐ 1 c gluten & dairy free cheese substitute

Dairy Free Ranch Dressing

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

Crock Pot Chicken Cacciatore

(double if making a batch for freezing)

- ☐ 1 medium onion
- ☐ 6 boneless/skinless breasts
- ☐ 1 (6oz) can tomato paste
- ☐ 8 oz fresh mushrooms, sliced
- ☐ 2 bay leaves
- ☐ 1 (8oz) can stewed tomatoes
- ☐ 1 t garlic powder
- ☐ 2 c gluten free chicken stock

Lemon Tilapia with Spinach and Mushrooms

- ☐ 6 – 6 ounce tilapia fillets
- ☐ 4 tablespoons olive oil or coconut oil
- ☐ 3½ c onion
- ☐ 1½ T minced garlic
- ☐ 16 oz mushrooms
- ☐ 6 c fresh cleaned spinach
- ☐ 1 t dried tarragon or thyme
- ☐ 3 T lemon juice

Ultimate Beef Stroganoff

- ☐ 3 lbs beef stew meat
- ☐ 1 t salt
- ☐ 1 onion
- ☐ ¼ t garlic powder
- ☐ 1 T gluten free Worcestershire sauce
- ☐ 1½ c gluten free beef broth
- ☐ 1 T gluten free ketchup
- ☐ 3 T corn starch
- ☐ ½ cups apple juice
- ☐ 8 ounces mushrooms, sliced
- ☐ ½ cups gluten and dairy free tofu “sour cream” (such as Tofutti brand) or gluten and dairy free plain yogurt (soy, rice or coconut based)

Serving suggestions/also needed:

- ☐ Salt and ground black pepper, to taste
- ☐ Mixed greens salad to serve 6