



GROCERY LIST FOR DECEMBER 2, 2013

Bison & Sweet Potato Stew

(double ingredients if freezing a batch)

- 2 lbs bison steak
- 4 lbs sweet potatoes
- 1 lb white button mushrooms
- 12 large shallots
- 8 cloves garlic
- 2 c dry red wine
- 2 14 oz can crushed tomatoes
- 4 t fresh rosemary or 1 t dried rosemary, crushed
- 1 t salt
- 1 t freshly ground pepper
- 3 T red-wine vinegar
- ½ c fresh parsley

Chicken Cacciatore

- 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

Pumpkin Waffles

(double ingredients if freezing a batch)

- 1 ¾ cup bean based flour blend (or 6 T garbanzo bean/fava bean flour, ¼ c sorghum flour, 9 T potato or corn starch, and 9 T tapioca or arrowroot flour)
- 2 t baking powder
- 1/2 t salt
- 1 t pumpkin pie spice
- 1/2-teaspoon xanthan gum
- 1T sucinate or sweetener of choice
- 2 T oil
- ¾ c canned pumpkin
- 1 ¼ c dairy-free milk of choice
- 1 t gluten-free vanilla flavoring

Homemade Turkey Sausage

- 20 oz. package ground turkey
- 4 T finely minced onion
- ¾ t dried marjoram
- ½ t thyme
- ¾ t sage
- ¾ t salt
- 1/2 t ground pepper
- 1/2 t oregano
- 1/2 t fresh minced garlic

- ¼ t ground nutmeg
- ¼ t ground ginger
- 1/8 to ¼ t cayenne pepper
- 1 egg, optional

Lazy Cabbage Roll Casserole

- 2 medium onions
- 1 lb ground beef
- 1 lb ground pork
- 6 garlic cloves, minced
- 3½ c (about two 15.5 oz or one 28 oz can) gluten free tomato sauce
- 3½ c (about two 15.5 oz or one 28 oz can) diced tomatoes (fire roasted, optional)
- 2 small cans (5.5 oz) tomato paste
- ⅓ c apple cider vinegar
- ¼ c packed brown sugar or 2 -3 T honey
- 1 t dried dill weed
- ½ t ground nutmeg
- ⅓ t salt
- ¼ t ground pepper
- ⅛ to ¼ t chili powder
- 4 c cooked brown rice or quinoa
- 3 lbs cabbage

Buffalo Chicken Pizza

- 2 GFCE pizza crusts (OR 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 or sweetener of choice, 3 T olive oil, and 4 egg whites)
- 3 T oil
- 1 large onion
- 1 lb boneless skinless chicken breast or tenders
- 2 T gluten free Worcestershire sauce
- 2 to 3 T gluten free hot sauce of choice, to taste
- 1 c tomato sauce
- 1 c gluten & dairy free cheese substitute

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Salad to serve 6 for 3 meals
- Salad dressing to serve 6 for 3 meals
- Fruit to serve 6
- Chunky cinnamon applesauce to serve 6