



GROCERY LIST FOR OCTOBER 6, 2014

Apricot Glazed Pork Tenderloin

- 2 pounds pork tenderloin
- ½ tablespoon olive oil
- ¾ cup apricot preserves

Roasted Rosemary Sweet Potatoes

- 1 teaspoon dried rosemary, ground
- 1 teaspoon coarse ground black pepper
- 1 teaspoon coarse salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons olive oil
- 3 pounds fresh sweet potato

French Dip Sandwiches

- 3 to 4 lb boneless beef roast
- 1/2 c glutenfree soy sauce
- 1 bay leaf
- 3/4 t ground pepper
- 1 t dried crushed rosemary
- 1 t dried thyme
- 2 cloves garlic, minced

Noah's Rolls

- 1/2 cup brown or white rice flour
- 2/3 cup tapioca flour
- 1/3 cup potato or corn starch
- 2 tsp xanthan gum
- 2 tsp baking powder
- 1/2 tsp salt
- 1 egg
- 1/3 cup oil
- 1/2 cup CF milk
- 1/3 cup sparkling water

Crockpot Pea Soup with Ham

- 16 oz. dried split peas
- 2 cups diced fully cooked ham
- 1 ham bone (from above ham)
- 1 cup carrots, sliced
- 1 medium onion
- 3 cloves garlic, minced
- 2 bay leaves
- ½ t salt
- ½ teaspoon pepper
- 5 cups gluten free chicken stock
- 1 c dairy free unsweetened milk of choice

Gluten Free Dairy Free Blender Corn Bread

- 1 c gluten & dairy free unsweetened milk substitute
- 1 teaspoon lemon juice or cider vinegar
- ¼ cup olive oil
- 3 tablespoons maple syrup
- 2 cups corn polenta or coarse ground corn meal
- 2 eggs
- 1½ teaspoons gluten free baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt

Chicken Kabobs

- ½ cup red wine vinegar
- 1 cup GFCF soy sauce/tamari sauce
- ½ cup olive oil
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1 clove garlic, minced
- ½ tsp ground pepper
- 2½ pounds boneless, skinless chicken breast or thighs

- 1 green bell pepper
- 1 red bell pepper
- 1 yellow or orange bell pepper
- 2 medium onions
- 8 oz. whole button or baby portabella mushrooms

Seasoned Yellow Rice

- 1 tablespoon olive oil
- 1 small onion
- 1 clove garlic, minced
- 1 ½ cups uncooked rice
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- ½ teaspoon salt
- 1 ½ cups gluten free chicken or veggie stock

Crustless Breakfast Quiche

- 1 tablespoon olive oil
- 8 ounces mushrooms, sliced
- 1 small onion
- 6 large eggs
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ cup sweet rice flour
- 2 strips bacon (pork or turkey)
- 1 cup chopped broccoli
- ¾ cup gluten & dairy free cheese replacement, optional
- ½ cup seeded and diced red pepper
- 1 cup fresh spinach

Turkey Sausage

- 20 oz. package ground turkey
- 4 Tablespoons onion
- ¾ teaspoon dried marjoram
- ½ teaspoon thyme
- ¾ teaspoon sage
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon oregano
- ½ teaspoon fresh minced garlic
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ⅛ to ¼ teaspoon cayenne pepper
- 1 egg, optional

Gluten Free Dairy Free Pumpkin Biscuits

- ¾ cup brown rice flour
- ½ cup sorghum flour (or more rice flour)
- ¼ cup tapioca starch
- ¼ cup sugar
- 2 teaspoons xanthan or guar gum
- 2 teaspoons gluten free baking powder
- 1½ teaspoons pumpkin pie spice
- 1 teaspoon baking soda
- ½ teaspoon salt
- 6 T dairy free margarine or 4 T coconut oil
- ½ cup pumpkin puree
- 1 large egg
- 1 to 2 T unsweetened plain milk substitute

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- enough salad for 6 for three meals plus your favorite dressing, if desired.
- spinach salad for 6 for two meals plus salad dressing
- red grapes for 6 for two meals
- apples for 6
- pineapple for 6