

Grocery Shopping List

PRODUCE

- Yellow onion, 1, Enchilada Skillet
- Shallot or small onion, 1, Chicken and Rice Soup
- Jumbo shallots, 2, Fall Brussels Sprouts Salad
- Green onions, 4, Thai Quinoa Salad
- Red bell peppers, 2, Thai Quinoa Salad + Enchilada Skillet
- Mixed greens OR baby spinach, 5oz, Thai Quinoa Salad
- Brussels sprouts, 12oz, Fall Brussels Sprouts Salad
- Shredded carrots, 2 cups, Thai Quinoa Salad + Chicken and Rice Soup
- Fresh cilantro, 1/2 bunch, Thai Quinoa Salad
- Garlic cloves, 8, Thai Quinoa Salad + Enchilada Skillet + Chicken and Rice Soup
- Lime, 1, Thai Quinoa Salad
- Pear OR apple, 1, Fall Brussels Sprouts Salad

REFRIGERATED

- Dijon mustard, 1 teaspoon, Fall Brussels Sprouts Salad

DAIRY

- Provolone cheese slices, 6-12, Crock Pot Italian Beef
- Gorgonzola (or feta or goat) cheese crumbles, 1/4 cup, Fall Brussels Sprouts Salad
- Shredded Mexican cheese blend, 6oz, Enchilada Skillet
- Shredded pizza-blend cheese OR shredded mozzarella cheese, 8oz, GF Pizza

MEAT

- Lean ground beef, 1lb, Enchilada Skillet
- Chuck roast, 3lb, Crock Pot Italian Beef
- Chicken breasts, 1lb, Chicken and Rice Soup

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PANTRY

- GF all-purpose / measure-for-measure flour, 2 Tablespoons (can use Schar blend below), Enchilada Skillet
- GF baking flour blend WITH binder, Schar Mix It! Universal recommended, 2-1/2 cups, GF Pizza
- GF baking powder, 1 Tablespoon, GF Pizza

Grocery Shopping List (Cont.)

PANTRY (CONT.)

- Quick rise instant yeast, Red Star recommended, 7g packet, GF Pizza
- Sugar, 1 Tablespoon, GF Pizza
- Tomato paste, 1/4 cup, Enchilada Skillet
- GF pizza sauce, 1 – 2 cups, GF Pizza
- Black beans, 15oz can, Enchilada Skillet
- GF chicken broth or stock, 13 cups, Thai Quinoa Salad + Enchilada Skillet + Chicken and Rice Soup
- GF beef stock or broth, 1-3/4 cups, Crock Pot Italian Beef
- Long grain white rice, Lundberg Farms recommend, 1 cup, Chicken and Rice Soup
- Pre-rinsed quinoa, 1-1/2 cups, Thai Quinoa Salad
- GF white corn tortillas 8, Enchilada Skillet
- GF Pepperoncini pepper slices, Mezzetta recommended, 8oz, Crock Pot Italian Beef
- GF Chicago-Style, Mezzetta recommended, 8oz, Crock Pot Italian Beef
- GF hoagie buns / sandwich rolls, 6-8, Crock Pot Italian Beef
- Dried cranberries, 1/4 cup, Fall Brussels Sprouts Salad
- Pecan halves, 1/4 cup, Fall Brussels Sprouts Salad
- Pure maple syrup, 1 Tablespoon, Fall Brussels Sprouts Salad

PANTRY (CONT.)

- Roasted peanuts, 1/3 cup, Thai Quinoa Salad
 - Creamy peanut butter, 1/2 cup, Thai Quinoa Salad
 - Honey, 1/4 cup, Thai Quinoa Salad
 - GF reduced sodium Tamari, 3 Tablespoons, Thai Quinoa Salad
 - Toasted sesame seeds, 2 teaspoons, Thai Quinoa Salad
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OIL/VINEGAR/SPICE

- Extra virgin olive oil, 1 cup + 1 Tablespoon, Enchilada Skillet + Fall Brussels Sprouts Salad + GF Pizza + Chicken and Rice Soup
- Vegetable oil, 3 Tablespoons, Enchilada Skillet
- Sesame oil, 2 teaspoons, Thai Quinoa Salad
- Balsamic vinegar, 2 Tablespoons, Fall Brussels Sprouts Salad
- Rice vinegar, 2 Tablespoons, Thai Quinoa Salad
- Mild chili powder, 3 Tablespoons + 1 teaspoon, Enchilada Skillet
- Cumin, 1-1/4 teaspoon, Enchilada Skillet
- Ground ginger, heaping 1/2 teaspoon, Thai Quinoa Salad
- Onion powder, 1/2 teaspoon, Enchilada Skillet
- Dried oregano, 1/2 teaspoon, Enchilada Skillet

