

Gluten Free One Dish Meals

By Pam Jordan

Shopping List

4 onions
2 green peppers
Celery
Carrots
Mushrooms
Broccoli
Corn, frozen
1 can black beans
2 cans diced tomatoes
2 cans kidney beans

3 lbs ground beef
1 GF rotisserie chicken
4-5 lb pork roast

4 12 oz box or bag of GF pasta

Olive Oil
GF Taco Seasoning
GF dry ranch dressing
GF chili mix
GF Bouillon Cubes
GF Worcestershire Sauce

Milk
Shredded cheddar cheese
Ricotta Cheese
Egg
Grated Parmesan cheese
Mozzarella cheese
Sour Cream

Dr. Pepper
Rice
Salsa

1 jar GF Alfredo sauce
2 jars GF red pasta sauce

