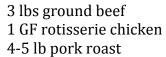
Gluten Free One Dish Meals

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



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

