

Shopping List

Combined List for:

- Chicken Taquitos
- One-pan Sausage & Broccoli Pasta
- Barbecue Beef & Bacon Skillet
- Mediterranean Tuna & Bean Salad
- Mexican Beef & Veggie Skillet

Meat

- 2 lbs ground beef
- 3 cups cooked chicken (homemade or store-bought)
- 4 Italian-flavored sausages (I like Aidells sweet basil & roasted garlic)
- 1 lb chicken
- ½ lb bacon

Produce & Deli

- 2 medium zucchini
- 1 red bell pepper
- 1 lb broccoli
- 3 cups lettuce or spinach
- 1 onion
- 1 head garlic
- 1 lemon
- 1 bunch chives
- 8 oz guacamole (prepared container or homemade)

Pantry & Dried Goods

- 20 corn tortillas
- 1 - 12 oz box gluten-free noodles (penne or rotini)
- 1 - 32 oz container chicken stock or broth
- 1 - 10 oz can tuna
- 1 - 15 oz can cannellini beans (white beans)
- 1 - 15 oz can butter beans
- 1 - 15 oz can kidney beans
- 1 - 16 oz can refried beans
- 1 jar your favorite salsa
- Your favorite gluten-free BBQ sauce
- Red wine vinegar
- Stone-ground mustard
- Olive oil

Spices

- Salt
- Pepper
- Chili powder
- Ground cumin
- Onion powder
- Paprika
- Crushed red pepper flakes
- Italian seasoning
- Dried dill

Chicken Taquitos

Serves 4 to 6

Prep time: 15 minutes

Cook time: 20 minutes

Ingredients

- 20 corn tortillas
- 1 - 16 oz can refried beans
- 8 oz guacamole (prepared container or homemade)
- 3 cups cooked, shredded chicken
- Favorite salsa

Directions

1. Preheat oven to 425 degrees F. Spray two large baking sheets with cooking spray.
2. Heat a skillet on medium heat to preheat the tortillas (this will make them more pliable when you want to roll them).
3. Lay out a tortilla on your workspace, like a cutting board or plate. Place 2 or 3 spoonfuls of refried beans down the center of the tortilla. Top with another line of 2-3 spoonfuls of guacamole, followed by shredded chicken. Roll the tortilla to form a taquito, then place on the baking sheet. Put the seam side down, so they don't unroll. Repeat with the remainder of your tortillas until all are rolled.
4. Spray your cooking spray over the tops of the taquitos, then bake for 15 to 20 minutes, or until the tortillas are crispy.
5. Remove from the oven and serve with salsa for dipping.

Notes

Optional add-ins: Daiya or other vegan cheese.

To please your dairy-loving family members: make a few with cheddar, pepper jack, or other favorite shredded cheese.

You may have some leftovers, depending on how much your family eats. These reheat well for lunch the next day!

One-pan Sausage & Broccoli Pasta

Serves 6-8

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

- 2 tbsp extra-virgin olive oil, divided
- 4 Italian-flavored sausages (I like Aidells sweet basil & roasted garlic), chopped into half-moons
- 1 lb broccoli, stems removed, coarsely chopped
- 2 cloves garlic, minced
- 2 tsp Italian seasoning
- 1 tsp paprika
- ½ tsp salt, plus more to taste at the end
- ¼ tsp black pepper, plus more to taste at the end
- 3 cups chicken stock or broth
- 12 oz box gluten-free noodles (I like penne or rotini for this dish)

Directions

1. Preheat a large skillet over medium-high heat, along with 1 tbsp olive oil.
2. Add in the sausages and cook for about 3-4 minutes, or until they are cooked through. Move the sausage to the edges of the pan.
3. Add the chopped broccoli into the center of the pan and saute another 4-5 minutes, until tender. Combine broccoli and sausage together, then transfer to another dish (these will come back to the pan shortly).
4. Add another 1 tbsp of olive oil to the pan. Add the minced garlic, Italian seasoning, paprika, salt, and pepper.
5. Add in chicken stock or broth and mix to combine. Pour the box of gluten-free noodles into the pan and stir everything together.
6. Adjust the heat to high and set the timer for 8 minutes (you don't need to cover the pan).
7. Check on the pasta at 8 minutes, and stir if needed. Test for doneness, and allow to cook an additional 1-2 minutes until al dente. If you need to add a little broth or water at this point, go ahead.
8. Add the sausage and broccoli back to the pan. Stir everything together. Season to taste with any additional salt and pepper.

Notes

This recipe will make more than one meal for 4 people. Plan ahead for leftovers or lunches when you make this one.

Barbecue Beef & Bacon Skillet

Serves 4

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients

- 1 1/2 cups favorite gluten-free BBQ sauce
- ½ lb bacon, cut into 1-inch pieces
- 1 lb ground beef
- 1 onion, chopped
- 1 can butter beans, drained and rinsed
- 1 can kidney beans, drained and rinsed
- ¼ tsp salt
- ¼ tsp pepper

Notes

This recipe can also be made in the Instant Pot! Prepare everything as you would in a

large skillet, but in the Instant Pot on the Saute function.

Directions

1. In a skillet over medium high heat, cook the bacon in a large pan, stirring frequently until crisp. Transfer the bacon to a paper-towel lined plate. Drain the bacon grease from the pan.
2. Back in the skillet over medium-high heat, cook the ground beef until brown. Add a dash of salt and pepper while cooking to season the meat. Add the onion and cook for another 2-3 minutes until translucent.
3. Add the butter beans, kidney beans, cooked bacon, and BBQ sauce. Cook for 5 to 10 minutes. Divide onto plates and serve with a big leafy green salad or corn on the cob.

Mediterranean Tuna & Bean Salad

Serves 4

Prep time: 10 minutes

Cook time: 0 minutes

Ingredients

- 3 cups lettuce or spinach, roughly chopped
- 1 - 15 oz can cannellini (also known as white beans), drained and rinsed
- 1 - 10 oz can tuna, drained
- ½ tsp salt
- ¼ tsp pepper

Dressing Ingredients

- ¼ cup extra virgin olive oil
- 2 tbsp red wine vinegar
- 2 tbsp lemon juice
- 1 tsp stone-ground mustard
- 1 tsp dried dill
- ¼ cup diced chives

Directions

1. To make the dressing, in a medium-sized mixing bowl, add olive oil, vinegar, lemon juice, and mustard. Stir until combined. Add in dill and chives and stir once more.
2. Add lettuce or spinach, beans, and tuna to the mixing bowl with the dressing. Toss everything together. Taste test and add salt and/or pepper to taste.
3. Serve with gluten-free toast or crackers.

Notes

If you'd like to save even a little more effort, you can swap out the homemade dressing for a gluten-free dairy-free store-bought Italian dressing.

Mexican Beef & Veggie Skillet

Serves 4

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients

- 1 lb ground beef
- 2 medium zucchini, chopped
- 1 red bell pepper, chopped
- 1 clove garlic, minced
- 1 cup favorite salsa
- ½ tbsp chili powder
- ½ tbsp ground cumin
- ½ tsp salt
- 1/4 tsp pepper
- ½ tsp onion powder
- ½ tsp crushed red pepper flakes

Directions

1. In a large skillet over medium high heat, cook the ground beef until brown, about 5 to 7 minutes.
2. Next, add the zucchini and red pepper. Stir to combine and cook about 3 to 5 minutes, or until veggies soften. Add the garlic and cook an additional 30 seconds.
3. Add the salsa, chili powder, ground cumin, salt, pepper, onion powder, and red pepper flakes.
4. Bring everything to a simmer, then reduce the heat to medium-low and cook for 10 minutes.
5. Divide onto plates and serve.

Notes

To make more kid-friendly, omit the red pepper flakes and scale back on the chili powder.

To bulk up the meal, serve with brown rice or your favorite vegetable side dish.

For your dairy-loving family members, offer shredded cheddar cheese for topping.