

# GLUTEN-FREE & DAIRY-FREE Thanksgiving Shopping List

This shopping list is based on the accompanying Gluten-Free & Dairy Free Thanksgiving Preparation Schedule recipes which is a complete plan for a group of 10-12 guests.

## **BULK**

Brown sugar – 2 Tbsp  
Cinnamon – 3 tsp  
Cloves – ½ tsp  
Bob's Red Mill 1 to 1  
Gluten-free Flour – 1 cup  
Ginger – 1 tsp  
Gluten-free oats – ¼ cup  
Olive oil – ½ cup  
Paprika – 1 tsp  
Poultry seasoning – ½ tsp  
Sage – ½ tsp  
Raisins – 1 cup  
Maple syrup – ½ cup  
Sugar – 2 ½ cups  
Sea salt – 2 Tbsp  
Black pepper – ½ tsp

## **DAIRY**

Miyoko's Plant Milk Butter – 1 lb  
Eggs – 6  
Forager sour cream – 1 container

## **DELI**

Miyoko's cream cheese – 8 oz

## **MEAT**

Turkey – 18 lb

## **PACKAGED GROCERY**

Chicken or vegetable broth – 1 qt  
Gluten-free dried bread cubes – 9 cups  
Pumpkin – 2 cans  
Gluten-free prepared pie crust – 3  
Plant-based milk - 1 qt  
Coconut cream - 1 can

## **PRODUCE**

Apples for pie – 6 large  
Celery – 1 bunch  
Cranberries – 2 cups  
Green beans – 6 cups  
Onion – 1 medium  
Russet or Yukon Gold potatoes – 6 lbs  
Garnet yams – 4 lbs  
Lemon – 1

## **OTHER**

Kahlua (from liquor store)

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# GLUTEN-FREE & DAIRY-FREE Thanksgiving Preparation Schedule

## MON

### 1. Make Cranberry Sauce

2 cups cranberries    1 Tbsp water  
½ cup sugar

Mix sugar and water in saucepan. Add cranberries and bring to a boil. Simmer until cranberries pop. Cover and chill.

### 2. Bake Pumpkin Pie

Make 2 pies For each 9" pie you will need:

2 eggs                      1-15 oz can pumpkin  
¾ cup sugar              ½ tsp salt  
1 tsp cinnamon        ½ tsp ginger  
¼ tsp cloves              1 GF pie crust  
¾ cup soymilk

Heat oven to 425°. Measure all ingredients into mixing bowl and beat until well mixed. Pour into unbaked pie shell. Bake 15 minutes. Reduce oven to 350°. Bake for 45 minutes longer or until knife inserted in center comes out clean.

### 3. Freeze Pumpkin Pies

*Note: Allow pies to cool before freezing.*  
Wrap pies, individually, in plastic wrap and/or freezer paper, seal well and place in freezer. In order for pies to be ready for Thanksgiving dessert, take them out on Wednesday evening and allow to thaw at room temperature. Just before serving, mix coconut whipping cream with 1-2 tsp sugar and whip to soft peaks with mixer. Serve each pumpkin pie slice with a dollop of whipped cream.

## TUES

### 1. Make Mashed Potatoes

6 lbs potatoes,            ½ cup plant-based  
peeled & quartered    milk  
8 oz Miyoko's cream    4 oz Miyoko's Plant  
cheese                      Milk Butter  
1 cup Forager sour      1 ½ tsp salt  
cream                        1 tsp paprika

Cook potatoes in boiling water 15 minutes or until tender; drain & mash in large mixing bowl. Add cream cheese, sour cream, plant-based milk, 6 Tbsp Miyoko's and salt; beat at medium speed until smooth. Spoon mixture into a greased 11 x 17 baking dish. Brush with 2 Tbsp melted Miyoko's and sprinkle with paprika. Cover with foil and chill.

### 2. Prepare Yams

4 lbs garnet yams        ½ tsp salt  
½ cup plant-based       ½ cup maple syrup  
milk                         ¼ cup Kahlua  
4oz Miyoko's Plant      (from liquor store)  
Milk Butter,              softened

Boil yams until fork tender. Drain, peel and place in mixing bowl. Mash yams, add plant-based milk, Miyoko's, salt, and maple syrup and beat until smooth. Put into saucepan, add ¼ cup Kahlua and simmer 1 - 1 ½ hours, stirring frequently. Spoon mixture into a greased 11 x 17 baking dish. Cover with foil and chill.



## WED

### 1. Bake Apple Pie

1 ½ tsp lemon juice      1 ½ Tbsp + ¼ cup GF  
5 cups apples,            flour, divided  
peeled & sliced         ¼ cup Miyoko's Plant  
¾ tsp cinnamon,        Milk Butter, divided  
divided                    1 GF pie crust  
6 Tbsp sugar, divided   ¼ cup GF oats  
pinch salt                 2 Tbsp brown sugar

Squeeze lemon juice over apple slices and mix. In a small bowl, mix ¼ tsp cinnamon, ¼ cup sugar, salt, and 1 ½ Tbsp flour. Add to apples and stir to coat. Transfer apples to unbaked pie crust. In a medium bowl, mix together 2 Tbsp Miyoko's plus remaining ingredients. Sprinkle over pie. Melt remaining 2 Tbsp Miyoko's and drizzle over top of crumb topping. Place pie on a baking sheet. Bake at 425° for 30 minutes. Reduce temperature to 300° and bake 30 more minutes or until bubbly.

### 2. Make Stuffing

4 oz Miyoko's Plant      ¼ tsp pepper  
Milk Butter                2 eggs, beaten  
¾ cup onion, chopped    9 cups dried GF  
1 cup celery, diced      bread cubes  
½ tsp poultry seasoning 1-2 cups broth  
½ tsp sage                 1 cup raisins  
½ tsp salt

Melt Miyoko's in skillet; add celery and onion. Sauté until onion is translucent. Add seasonings, then eggs, stirring constantly. Add bread cubes and mix. Add broth until stuffing is of desired consistency. Add raisins. Chill. Thursday: Bake in greased pan 45 min. at 350° or stuff into turkey and bake as directed.

## THUR

### 1. Stuff & Roast Turkey

Remove giblets, neck and tailpiece from turkey; rinse turkey thoroughly. Stuff turkey with chilled stuffing just before you place it in the oven. Place oven rack in the lowest position and preheat to 325°. Set turkey, breast down, on a rack in roasting pan. Brush or rub turkey skin with olive oil. Cover loosely with lid or tent with foil so the juices run back down into the pan. Roast for one hour. Turn turkey over, basting every 45-60 minutes with olive oil. Remove cover for last 45 minutes of roasting to brown skin. Cook until breast & inside of thigh temperatures reach at least 165-170°F and the juices run clear. Begin checking turkey with meat thermometer 45-60 min before recommended cooking time. Allow to rest 15 minutes before carving.

### 2. Prepare Sides

Place yams & potatoes in oven, preheated to 350°F. Bake 30 min. Wash & cut green beans. Cook in boiling, salted water for 10 min.

### 3. Make Gravy

½ - ⅓ cup turkey        5 cups water, divided  
drippings (fat)         sea salt & pepper (to  
½ cup GF flour         taste)

Combine flour & 1 cup water in a jar, shake to mix. Whisk into the hot turkey drippings in large saucepan until smooth. Add remaining water, ½ cup at a time until desired consistency is reached. Simmer gently for 10 minutes, stirring frequently. Add salt and pepper to taste.