

When It's Your Turn to Share Supper

1. Plan your dinner before you go to the store, and make a shopping list. Your favorite recipe will probably need to be doubled to feed 10 hungry adults, plus whatever children are there.
2. You have \$40 to spend for your group. That should be enough to buy raw ingredients for simple cooking, or cheap take-out, but not drinks or dessert. Use rice, bread, or fruit to stretch your budget for a simple meal.

If your financial situation doesn't allow you to spend \$40 and wait for reimbursement, your Convener has \$40 grocery cards that you can use instead. Just ask.

It's probably smart to ask in your group's Facebook group (or group text or whatever) if people are planning to attend. **If there are people with dietary restrictions (vegetarians, gluten-free, allergies, etc.), you'll want to know if you need to prepare for them especially.**

3. Take a picture of your receipt/s and upload on the Galileo Church app. The treasurer will have a check for you at the next worship gathering. Do it as soon as you've got it, so you don't forget. We want you to be able to do this again and again.
4. Plan time to shop, cook, pack, transport, and reheat whatever you're bringing; or time to pick up what you've ordered. Don't keep your group waiting for supper. (All of this takes longer than you think, until you've practiced a lot. Make your best estimate, then add 30 minutes.)
5. Give the Convener a heads-up about your cooking plans, so they'll know what time to expect you in their home, and how best to help you when you arrive.
6. Ask for help from your #churchfriends who know how to do this well. There are lots of people who will help you learn how.

Here are some recipes we love for G-Groups

A note from Francine, the compiler of recipes:

I am sitting at my house listening to the rain, while I have some spaghetti squash cooking in the oven. I have lit a candle and provided myself with ample rations. After a long day at work, I am enjoying some quiet and lovely smells wafting from the kitchen. This is a rare day. After hosting a G-group for 2 years, I can tell you this is never how my cooking went before our gatherings. I usually rushed home, threw a dish of something in the oven or frying pan, and prayed that everyone was 10 minutes late so dinner would be ready. My group got used to clearing off my table and setting it, while I rushed around finishing the meal. This is normal! Please know that everyone agrees: the best dinner is the one they didn't make themselves! And don't forget that Chicken Express or pizza can be just as soothing on a busy day! If you freak out, look up the recipe on allrecipes.com—it's never let me down. Best wishes, friends.

Taco Soup

by Melina Wikoff

Ingredients:

- 2 ½ lbs lean ground beef (98/2)
- 1 large yellow onion - chopped
- 1 1/2 cups water
- 1 (16 ounce) can chopped stewed tomatoes, with juice
- 1 (15 ounce) can kidney beans with liquid
- 1 (15 ounce) can of black beans with liquid
- 1 (15 ounce) can of corn
- 1 (8 ounce) can tomato sauce
- 1 small can of diced green chiles
- 1 package of taco seasoning
- 1 package of (dry) ranch seasoning

Suggested toppings:

- Canned jalapenos
- Avocados - peeled, pitted and diced
- Shredded Cheddar cheese (optional)
- 2 bags of corn tortilla chips (optional)
- 1 (8 ounce) container sour cream (optional)

Directions:

1. In a large saucepan over medium heat, cook ground beef and onion until meat is evenly brown; drain excess fat. Mix in water, stewed tomatoes, kidney and black beans, corn, green chilies, tomato sauce, and taco and ranch seasoning mix. Cover, and simmer for 20 minutes on high until soup is thoroughly heated. Stir occasionally. Remove from heat and cool 5 minutes before serving.
2. Ladle hot soup into serving bowls. Set out avocados, cheese, jalapenos, tortilla chips, and sour cream to top each serving. You can easily make this vegetarian by making a separate pot by adding the same ingredients without the ground beef.

Notes:

This soup is a meal, and this recipe feeds 10 people! If you are worried about this being enough food, then buy extra chips, cheese, and salsa for nachos or chips-n-salsa on the table.

Your could follow up Taco Soup night with tacos or nachos. The convener keeps the tortilla chips, salsa, cheese, sour cream and jalapenos. Let the co-host cooking for the next meeting know what they need to buy to complete next week's menu.

Taco Bar

Ingredients:

- 2 ½ lbs lean ground beef or turkey
OR
- 2 ½ lbs chicken (Preheat oven to 350 degrees F. Add chicken to a greased oven safe dish. Bake for 30 minutes. The chicken MUST NOT have pink in the middle. Yes, you have to check!)
- 1 yellow onion
- 1 package of taco seasoning
- 1 can of regular Rotel tomatoes
- 2 packages of flour tortillas
- 1 package of hard taco shells

Suggested Toppings:

- Shredded lettuce
- Diced tomatoes
- Canned jalapenos
- Avocados - peeled, pitted and diced
- Guacamole
- Shredded Cheddar cheese (optional)
- 2 bags of corn tortilla chips (optional)
- 1 (8 ounce) container sour cream (optional)

Directions:

In a skillet, melt a pat of butter and to grease the pan. Add the ground beef or turkey with the chopped onion and saute on high until the beef or turkey is not pink in the center. When the protein of your choice is thoroughly cooked, add the taco seasoning and Rotel. Stir the seasoning and Rotel until it's mixed into the protein of your choice. If you choose to use chicken for tacos, then follow baking instructions and skip this step.

Once your protein of choice is cooked, lay out all the toppings. If you buy extra shredded lettuce, then some people can make a salad.

Notes:

In order to round out this a meal, heat two can of corn, as a side dish.

The meat math is generally ¼ lb of protein per person. 1 lb of meat feeds 4 people. If you have a group of 10 people, you need 2 ½ lbs of ground beef or turkey or chicken.

Smoked Sausage Jambalaya

by Missy Holtman

Ingredients:

- 2 lbs. smoked sausage, cut into manageable pieces. Cut each section in half lengthwise, then cut into half-rounds about 1/2 inch thick.
- 1 - 28 oz can of diced tomatoes (not Del Monte, Missy sez)
- 1 box of chicken stock (32 oz)
- 1 large yellow onion diced
- 1 red bell pepper- large diced
- 2 teaspoons of Salt
- 2 teaspoons of Garlic powder
- 1 tablespoon of Chili powder
- Lemon juice
- Uncle Ben's Converted Rice Original (This travels better, Missy sez)

Suggested extras:

- 1 bunch of green onions, chopped
- two loaves of French bread
- green salad (in a bag, if you like)

Directions:

Cook in a pot that holds about 4 quarts. If you don't have one, you can probably borrow one from one of the more established cooks in our church.

Heat the pot to medium and put sausage pieces in to cook. As the pieces brown on one side stir them with a spatula so they brown on both sides a little bit. Take them out and set aside in a bowl or on a plate. If there is fat in the pan, pour it off (not down the sink). It's okay if a little is left.

Now throw the diced onions and bell pepper in the pan and salt them. Cook, stirring every now and then until they get lots of brown edges. Add back the cooked sausage.

Pour in the can of tomatoes, the box of chicken stock and about 1½ cups of water. Add garlic powder and chili powder. Stir.

Let the whole thing come to a slow simmer with the lid on and let it cook for about 20 minutes. Taste it to see what needs to be added. Does it need more salt? More of one of the spices? It probably needs some acid so add a few tablespoons of lemon juice.

When it tastes good, add 3 cups of Uncle Ben's Converted Rice. Stir. Cover and cook at a simmer (little bubbles coming up but not a full boil) for 25 minutes. Do check partway through to see if more water needs to be added. Remove from heat.

Notes:

You can cook this ahead of time and keep refrigerated. To reheat, add some water to the pot and heat slowly with the lid on.

To make this a meal, serve with a green salad, and 2 loaves of French or Italian bread. To hear bread: preheat oven to 350 degrees. Put the bread in the oven for about 6 minutes. The crust should be just slightly crispy. Remove and serve by letting everyone tear off a chunk. You may want to have soft butter or olive oil for the bread.

Chicken Chili

by Eleanor Garrett

Ingredients:

- 3, 12-oz cans chunked white chicken
- 3, 15-oz cans great northern, cannellini, or navy beans
- 2, 4-oz cans green chiles
- 1, 16-oz can whole kernel corn
- 1 onion, chopped
- oil for sautéing (olive, sesame, coconut...you choose)
- ½ teaspoon garlic powder
- 1 Tablespoon chile powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 box of chicken or vegetable broth (32 oz)
- 1 Tablespoon olive oil

Suggested toppings:

- sour cream
- chopped cilantro
- shredded cheese
- chopped avocado

Suggested extras:

- tortilla chips
- green salad
- 2 loaves of French bread

Directions:

In a soup pot, sauté onion over medium heat in oil until soft and translucent. Mix in all remaining ingredients.

Add enough broth to make it a soup consistency (probably about half the box). Bring to a boil over high heat.

Cover, reduce heat to low, and simmer for 20 minutes. Add broth if it gets too dry.

Corn & Green Chile Casserole

suggested by Melina Wikoff, from Cooks.com

Ingredients:

- 4, 10-oz. pkgs. frozen whole kernel corn
- 2 Tablespoons butter
- 2, 8-oz. packages cream cheese
- 1 Tablespoon sugar (optional)
- 4, 4-oz. cans chopped green chiles, drained

Suggested extras:

- 2 rotisserie chickens from the supermarket deli
- green salad in a bag

Directions:

Heat corn on the stove; drain and set aside.

Melt butter in heavy saucepan over low heat; add cream cheese and stir until blended.

Stir in corn, sugar and green chiles.

Spoon into a lightly greased large baking dish. Cover and bake at 350 degrees for 25 minutes.

Notes:

Makes 12 servings.

Heat two rotisserie chickens in the microwave for 3 minutes when your casserole is coming out of the oven.

Francine adds: *I always have salad fixings on hand for my G-group! Romaine lettuce, spinach leaves, cherry tomatoes, carrots, croutons, sesame seeds, and bacon bits... I kept 4 kinds of salad dressing in my refrigerator. No matter the dietary restriction, salad is a safe bet! Whenever I need to stretch a meal, I add a salad. We are pro-salad around here.*

Beef & Broccoli Stir-Fry

by Marilyn Byrum

Ingredients:

- 2 lbs broccoli florets
- 2 Tablespoon soy sauce
- 2 teaspoons sesame oil
- 4 teaspoons cornstarch, divided
- 2 teaspoons baking soda
- 2 lbs flank steak (short cut: buy prepacked John Soules beef- 3 packages.)
- 2/3 cup beef or chicken stock
- 4 teaspoons rice wine
- ¼ cup oyster sauce
- 4 Tablespoons vegetable oil
- 2 cloves garlic, minced

Suggested Extras:

- 2 cups brown rice, cooked according to directions on package

Directions:

Microwave the broccoli in a glass bowl covered with plastic wrap (holes poked for ventilation) about 1 to 2 minutes.

In a small bowl, whisk together the soy sauce, sesame oil, 2 teaspoons cornstarch and baking soda.

Slice the beef against the grain into thin strips (or dump in John Soules beef) and add it to your marinade. Let it sit for at least 20 minutes, or as long as overnight in the refrigerator.

In a separate small bowl, stir together the stock, rice wine, oyster sauce and remaining 2 teaspoons cornstarch until the cornstarch is fully dissolved.

Heat a wok or large skillet on high heat and add the oil. When a wisp of white smoke appears, toss the marinated beef and garlic into the pan. Cook for about 2 minutes, continually moving the beef so it browns on all sides but is still rare.

Once the beef is seared, add the broccoli and cook for an additional minute. Stir in the sauce and keep it all moving. Don't be afraid to scrape any bits off the bottom of the pan before they start to burn. Once the sauce has turned into a nice thick glaze, about 1 minute, serve immediately.

Note:

Because of some specialized ingredients, it would be hard to make this recipe for under \$40 unless you were planning on having a stir-fry again or already had some ingredients on hand.

Serves about 8.

Tex-Mex Casserole

by Liz Speer (Francine's mom!)

Ingredients:

- 2 lbs ground beef or turkey
- 2 cans of pinto beans
- 1 large yellow onion, chopped
- 1 package of shredded cheddar cheese
- 1 package of hard taco shells
- 2 cans cream-of-mushroom soup
- 2 cans of Rotel tomatoes

Directions:

If you need this to be vegetarian then skip the meat and add frozen corn (heated and drained) and canned green chiles.

In a skillet, add a pat of butter and let melt to grease the pan. Add ground beef or turkey with the chopped onion and sauté on high until the beef or turkey is not pink in the center. Drain fat from the pan.

Mix together the mushroom soup and the Rotel tomatoes.

Layer ingredients in a large baking dish, or two medium-size dishes.

Layer ingredients in the following order:

- Break up the taco shells and place on bottom of baking dish.
- Cooked meat
- Beans
- Some cheese
- The rest of the broken taco shells
- The rest of the meat
- The rest of the beans
- Another layer of cheese, but save some for the last step.
- Top with the Mushroom Soup and Rotel mixture.

Bake in the oven on 350 degrees for 40 minutes.

The last 10 minutes, add a layer of cheese on top to brown.

Note:

Add a salad and/or bread to make a whole meal.

Elora's Baked Chicken

by Francine Speer, made for the Webers when Elora was born.

Ingredients:

- 1 breast of chicken per person (1 bag in the frozen section)
- 2 cans of whole tomatoes, drained, but keep the juice
- 2 blocks of mozzarella cheese
- 2 Tablespoons of Italian Seasoning
- Salt and Pepper to taste

Suggested extras:

- white or brown rice, ½-cup of cooked rice per person, cooked according to the package
- salad
- steamed broccoli, edamame, or some other simple veggie
- 2 loaves of French bread

Directions:

Preheat oven to 350 degrees.

Add chicken to a greased oven dish. Bake for 30 minutes. Cook till it's not pink in the middle. The chicken **MUST NOT** have pink in the middle. Yes, you have to check!

Remove chicken from the oven. Sprinkle Italian Seasoning, and salt and pepper, on both sides.

Cut the whole tomatoes in half and place on top of the chicken and add two slices of mozzarella.

Add the juice from the tomatoes to cover the bottom of the pan to keep the chicken moist. Bake until the cheese is brown on top.

Baked Potato Bar (can be vegan, gluten-free)

Ingredients:

- One good-sized potato for each person
- Olive oil and salt

Suggested Toppings:

- Bacon bits
- Chopped green onions
- Butter
- Sour cream
- Shredded cheese
- Salt & pepper
- Cooked broccoli
- anything else that sounds good!

Directions:

Preheat oven to 350 degrees. Wash the potatoes thoroughly. Pierce the skin of each potato 3 or 4 times with a fork. Rub with olive oil and sprinkle with salt. Wrap in aluminum foil. Bake in oven for 1 hour.

Pierce one potato with a fork to make sure they are cooked. If the fork will not pierce the potato easily, cook for 20-30 more minutes. It will take longer to cook with more potatoes, so cook the night before if you can and just warm in the microwave the day of group. 1 ½ or 2 minutes per baked potato should be good.

Tex-Mex Black Bean Soup (vegan, gluten free)

by Eleanor Garrett

Ingredients:

- 8, 15-oz cans black beans
- 2 cans water
- 2 Tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ¼ cup dried, minced onion

Suggested extras:

- naan or tortillas (use corn tortillas to stay gluten free)
- pico de gallo
- shredded cheese (not vegan!)
- sour cream (not vegan!)

Directions:

Bring all ingredients to a simmer in a pot. Seriously, that's it.

Notes:

Serves 12-14.

Eleanor made this dish while camping in Arkansas with G-friends. Eleanor says, *"Kim said I should share a recipe I made for our camping trip that is super-easy and friendly to people who don't really cook."*

Slow-Cooker Chicken Taco Bowls (gluten free, dairy free)

by Lilly Hammack

Ingredients:

- 1.5 lbs chicken breast
- 1 16-ounce jar salsa (pick your fave)
- 1 cup frozen corn
- 1 14.5 oz can no-salt-added black beans, drained
- ¼ cup water
- 2 tsps oregano
- 2 tsps chili powder
- 1 tbsp ground cumin
- 2 tsps paprika (smoked or sweet, pick your fave)
- 2 tsps garlic powder
- 2 tsps onion powder
- ½ tsp salt

Suggested toppings:

- Chopped fresh cilantro
- Pico de gallo
- Sour cream/cheese (no longer dairy free with this option)
- Chopped jalapenos and red onion
- Avocado
- Rice to make burrito bowls
- Tortillas (do corn tortillas to keep it gluten free)
- Cholula, hot sauce, tabasco, tomatillo sauce

Directions:

Place chicken breasts on bottom of slow cooker and add everything else; stir to combine.

Cook on low heat in slow cooker for 6-8 hours.

After cooking, shred chicken breasts with two forks until chicken breast is shredded to desired level.

Serve alone, or with any of the suggested toppings!

Note:

Serves 4-6; double the recipe to serve 8-12.

Mexican Quinoa (vegan/vegetarian, gluten free, dairy free)

by Lilly Hammack

Ingredients:

- 1 tbsp extra virgin olive oil
- 1 small onion, diced
- 1 jalapeno, diced (optional)
- 2 cloves garlic, minced or chopped
- 1 cup white quinoa
- 1 can fire-roasted diced tomatoes
- 1 ½ cups low-sodium vegetable broth
- 1 cup corn
- 1 can no-salt-added black beans, drained
- 2 tsps cumin
- 1 tsp chili powder
- 1 tsp oregano
- Salt and pepper to taste

Suggested toppings:

- Pico de gallo, avocado, chopped jalapeno or red onion
- Chopped cilantro, chopped oregano
- Sour cream/cheese (skip to keep dairy free)
- Cholula, tabasco, tomatillo sauce, salsa
- Tortilla strips or chips (check corn chips for gluten)

Directions:

Heat a large saucepan over medium heat; add oil, onion, and jalapeno. Cook for about 5-7 minutes until onion is soft and slightly golden brown. Add garlic and cook for 30 seconds until fragrant.

Add quinoa and cook for 1-2 minutes until quinoa is light brown; add remaining ingredients.

Bring to a simmer and cook until liquid absorbed, about 15-20 minutes. Add extra vegetable broth if needed. Quinoa should be soft and not crunchy.

Serve with desired toppings.

Note:

Serves 4; double or triple the recipe as needed.

Portobello Burgers (vegan, gluten free)

by Remi Shores

Ingredients:

- 1 large Portobello mushroom per person, stalk cut off for mushroom cap that sits flat
- Balsamic vinegar
- olive oil
- Italian seasoning, paprika, any spices on hand
- Liquid Smoke if you like that on burgers
- gluten-free hamburger buns

Suggested toppings:

- burger-type veggies
- burger-type condiments (ketchup & mustard are vegan; vegan mayo is available)
- vegan cheese slices

Directions:

Mix up the vinegar, oil, and spices; brush onto each mushroom.

Grill the mushroom caps on both sides.

Serve with desired toppings.

Vegan Chili

submitted by Kristen Wilson, from Delish

Ingredients:

- 1 tbsp. olive oil
- 2 bell peppers, diced
- 1 yellow onion, chopped
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 2 tsp. chili powder
- 1 tsp. smoked paprika
- 1 tsp. cumin
- 1 tsp. dried oregano
- kosher salt
- freshly ground black pepper
- 1 (12-oz) bottle Mexican beer such as Modelo (note: beer is *not* gluten-free)
- 1 large sweet potato, cut into 1/2" cubes
- 1 (15-oz) can black beans, drained and rinsed
- 1 (15-oz) can pinto beans, drained and rinsed
- 1 (28-oz) can diced pre-roasted tomatoes
- 2 c. vegetable broth

Suggested toppings:

- avocado chunks
- sliced lime wedges
- thinly sliced scallions

Directions:

In a large pot, heat olive oil over medium heat.

Add peppers, onions and celery and cook until softened, 3 to 4 minutes.

Add garlic, chili powder, paprika, cumin, and oregano; sauté until fragrant, 1 to 2 minutes more. Season with salt and pepper.

Add beer and cook until it has reduced by half, about 6 to 8 minutes, stirring occasionally.

Add sweet potato, black and pinto beans, tomatoes and vegetable broth. Stir and bring to a boil, then reduce to a simmer and cook until slightly reduced and sweet potatoes are cooked through, 30 to 35 minutes.

Serve with the toppings of your choice.

Note:

Serves 6.

Loaded Vegan Baked Potatoes with Cashew Sour Cream (vegan, gluten-free)

submitted by Carissa Robinson from The Mostly Vegan

Ingredients:

Baked Potatoes

- 2 russet potatoes (3/4 - 1 pound each)
- 1 tablespoon olive oil
- 2 teaspoons sea salt

Veggie Filling

- 2 cups zucchini, chopped
- 2 cups asparagus, chopped
- 1 cup prepared black eyed peas (drained and rinsed if using canned)
- ½ cup frozen corn
- ½ cup green onions, chopped
- 1 tablespoon olive oil
- salt and pepper

Cashew Sour Cream

- 1 cup raw unsalted cashews, soaked for 2 - 24 hours*
- 4 teaspoons apple cider vinegar
- ½ teaspoon sea salt
- ⅓ cup water

Instructions:

1. Baked Potatoes

Preheat oven to 425 F. Rub the potatoes with olive oil until very well coated and then sprinkle with salt. Place the potatoes on a parchment lined baking sheet and roast for 1 hour. (Do not poke any holes in the potatoes!)

After removing the potatoes from the oven, drop onto a plate or cutting board from 10" up, this will help break up the center of the potato and yield a fluffier filling. Cut a slit down the length of each potato and pinch the edges together to make the opening bigger. Sprinkle with more sea salt and black pepper use a fork to further fluff up the insides.

2. Veggie Filling

When the potatoes have 15 minutes left to cook, begin preparing the veggie filling. Heat tablespoon oil in a pan over medium-high heat. Add asparagus and zucchini and cook until softened and lightly browned, about 10 minutes. Add corn to pan and cook 2 minutes more. Lower heat to medium and add black eyed peas. Season with salt and pepper to taste.

To assemble potatoes, top with the veggie filling, add sour cream and garnish with green onions.

3. Cashew Sour Cream

Add drained cashews, apple cider vinegar, salt and $\frac{1}{3}$ cup water to a high speed blender (such as a Vitamix). Using the variable setting, start on low and gradually increase the speed until you reach the highest setting. Continue to blend on high until the mixture is smooth and creamy, about 1 minute.

For a more pourable sour cream, add up to an additional $\frac{2}{3}$ cup water.

Refrigerate for at least 30 minutes before serving. Leftovers can be stored in the refrigerator for up to 2 weeks.

Notes:

Serves 2. Multiply!

If you're short on time, pour boiling water over raw cashews and allow to sit for 20 minutes. Drain and rinse cashews and continue with recipe as written.

Rice and Beans (vegan/vegetarian, gluten-free)

submitted by Brenda Cranson

Ingredients:

- 3 cups white rice
- 6 cups water
- 2 cans black beans (make sure the beans are vegetarian; most are, but. . .)
- 2 cans tomato sauce
- 3 cubes vegan bouillon (try Edison & Sons Not-Chick'n)

Instructions:

1. Cook rice.

On stovetop, mix rice and water in a large pot. Cook on medium-high until boiling, reduce heat to low. Cover with a fitting lid and let cook with the lid on 10-15 minutes or until water is absorbed.

OR: in Instant Pot! You only need 3.5 cups of water. Mix water and rice in the inner pot. Set on Pressure Cook 7 minutes. Let it natural release. Turn "Keep Warm" off.

OR: If you have a favorite way to cook rice, that is fine, too. You can also add a couple of TBS of margarine (I use Smart Balance).

2. Prepare Beans

Drain and rinse them. This reduces the gassiness!

3. Combine

Mix rice, beans, tomato sauce, and bouillon in a large pot.

Heat over medium until warmed through. Stir frequently.

Notes:

Serve warm with gluten-free bread. You can get vegetarian cornbread pretty easily. You can get gluten-free loaves and toast them (but not in a toaster that has held regular bread).

Pita Pizza Bar (vegan/vegetarian)

submitted by Brenda Cranson

Ingredients:

- 1 pita per person (most pita is vegan. Try Papa's Pita from Walmart.)
- vegan Cheese, about 1/4 cup per person.
- marinara sauce, about 2 TB per person. Most marinara is vegan; check ingredient list for cheese. Walmart's "Great Value" marinara is vegan and super cheap.
- vegan margarine
- garlic powder
- oregano
- various veggies for toppings

Instructions:

Let everyone make their own.

Spread margarine on both sides of the pita; sprinkle garlic powder and oregano on it.

Add cheese of choice.

Add whatever toppings.

Bake three or more on a cookie sheet. Line with parchment paper for easy clean-up.

Bake at 350 until cheese is melted, about 8 minutes. (Some vegan cheese may not melt all the way.)

Notes on feeding vegan and/or gluten-free friends

- Save the wrappers from anything you use in your recipe, so that those with dietary restrictions can confirm that the food meets their requirements.
- If you are feeding cheese to vegetarians watch for “rennet” which is NOT vegetarian. It appears in many cheeses.
- “Lactose-free” is not the same as dairy-free, and thus doesn’t work for vegans.
- Imitation cheese is not vegan and is made from dairy.
- Plant-based cheese is vegan. Some vegan friends recommend Follow Your Heart Mozzarella.
- Gardein’s “beefless ground” makes good vegan, gluten-free tacos.
- Refried beans are often *not* vegetarian/vegan, but if they’re marked “vegetarian” they are usually also vegan.
- Mission’s Tortillas makes gluten-free flour tortillas, as an alternative to corn tortillas.
- Schar’s brand breads, sub rolls, and buns are both gluten free and vegan.
- Some ingredients have “hidden” gluten: beer, soy sauce, some spice mixes. Check ingredients carefully, including the “may contain” note on the package.
- If your gluten-free friend is a celiac (meaning that cross-contamination by gluten remnants is dangerous to their health), don’t use your toaster, don’t let G-group food touch your oven rack, and don’t use porous dishes (wooden cutting boards, baking stones) that retain gluten forever.

Here's some prepared food you can buy for \$40

A note from Katie, the master of pizza math:

Sometimes you just can't cook a meal for your G-Group. Travel time and work schedules and logistics don't work for every Co-Host. But it's actually helpful for you to raise your hand and say, "I'll bring pizza next week." Because putting in an order, picking it up, and getting reimbursed are work that you're doing on behalf of your G-Group. They'll be grateful, I promise. No one has ever turned down a slice of pizza at my house, or asked why I didn't make something homemade... Well, there was that one guy, but we buried him out back. Shhh.

Chicken Express:

- Family Meal with 30-piece tenders and two family-size sides. Get both sides the same so everybody gets some.
- Add salad from the grocery store.

Schlotsky's:

- Family-size soup, \$10 each, buy four
- Free toppings included
- Add 2 loaves of bread from the store.

Domino's Pizza:

- Can get expensive quick! Be careful!
- 2 extra-large pizzas from Domino's, \$20 a piece.
- Add a bag of salad from the store, plus dressing.
- 2 slices of pizza per person is good math, for extra-large pizza.
- Some Domino's offer gluten-free crust for small pizza if you need that.
- Carry-out is cheaper than delivery, and no tip for carry-out. Always tip for delivery!

Pizza Hut:

- Order online: \$7.99 per large pizza, two toppings, any crust
- Carry-out only for this deal
- No gluten-free crust at Pizza Huts in our area, but coming soon
- Add a bag of salad from the store, plus dressing.
- 2.5 slices per person is the math for large pizza.

Subway Sandwiches (and some other sandwich places, but Subway is cheapest):

- Footlong sandwiches are under \$10 and can feed 2 or 3 people.
- Sub of the Day is cheaper.
- Add big bags of chips from the store – not individual bags from Subway.

Taco Bell (and other Taco Etc. places):

- 12 crunchy tacos (corn shells on Taco Bell's menu for gluten-free)
- 12 bean burritos
- 2 or 3 chicken quesadillas
- Don't forget hot sauce!
- Add tortilla chips and salsa from the store

Braum's:

- Bag of 5 burgers for \$5; get 4 bags for 20 burgers (they're small)
- 2 large orders of fries
- Condiments from Braum's