

Affordable
Gluten Free
Dinners



by Kimberlee Stokes

Affordable **Gluten Free** Dinners

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Please note that the contents of this e-book are not intended as professional or medical advice and should not be construed as such. You should seek the advice of a competent medical professional should your circumstances require it.

Gluten Free Goodness You'll Find Inside

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Our Story

In the Fall of 2009 my then 12 year old daughter was diagnosed with a severe wheat allergy. Our world was turned upside down as I discovered the vast array of foods that contain wheat, gluten or oats.

I had to completely revamp the way I shopped and cooked to accommodate my daughter's needs, but I had two problems: a strict grocery budget and a huge dislike of spending time in the kitchen. I needed to create easy meals that the entire family would enjoy, but without causing a huge increase in our grocery budget.

Thus began our journey into making gluten-free affordable. In this e-book I share our favorite low-cost gluten free dinners along with simple recipes and serving suggestions so you can make them in your own kitchen.

If you'd like more gluten free recipes, menu ideas and product reviews, you can check out our website: ThePeacefulMom.com and select "Gluten Free" in the navigation bar. Enjoy!

Kimberlee

Note: Additional recipes and information are hyperlinked throughout the text. Simply open your internet browser and click the link to be redirected to the recipe.

Affordable Gluten Free Dinners

6 Tips for Making Gluten Free Affordable

Eat More Fruit and Veggies

Fresh fruit and vegetables are reasonably priced, nutritious and naturally gluten free. Basing your diet on these fresh alternatives rather than processed foods can help you save on your overall grocery bill. Check local produce stands and ethnic markets for the best prices.

Eat Naturally Gluten Free Foods

Along with fruit and vegetables, there are many whole foods that are naturally gluten free. Foods advertised as “gluten free” are priced higher due to the cost of production and advertising. Eating more natural and unprocessed foods lowers your budget and keeps you healthier.

Click here to print my [Naturally Gluten Free Foods List](#).

Wait for a Sale

We save process gluten free foods for special occasions (like sales!). When you find a gluten free item on sale, stock up. Bakery items can be stored in your freezer for up to three months. Check the expiration date on boxed items like crackers.

Buy Markdowns

Scan the aisles of the health food section of your grocery store for clearance items. We regularly find gluten free items like crackers and cookies in these areas at 50%-75% off.

Use Coupons

Yes, there are coupons for gluten free items! Many times you can also pair those coupons with a sale to get an even better deal. [Click here](#) to see a current list of available gluten free coupons and deals.

Make Your Own

Instead of paying \$6.00 for those gluten free muffins, learn to make your own! Not only will you save money, you can control the ingredients. When we find a tasty baked item, we double the recipe and freeze most of it so my daughter can enjoy the homemade goodness without having to bake every day.

[Click here](#) for some easy and delicious gluten free side dish and breakfast recipes!

The Seven Stages of Going Gluten Free

Anyone who has had to make the transition to a gluten free lifestyle can relate to the initial shock of realizing that life is about to change drastically. Knowing what's coming next can help.

STAGE 1 DISBELIEF *"What do you mean I can't eat bread?"*

Your craving for a simple peanut butter and jelly sandwich becomes uncontrollable.

STAGE 2 PANIC *"I can't eat that either?"*

The dark realization sets in that not only can you not eat bread, you cannot eat waffles, cake or ice cream sandwiches. Anxiety overwhelms you as you wonder what you will do to celebrate your birthday.

STAGE 3 DESPAIR *"I can't eat anything!"*

You clear your pantry of all non-gluten free food and proceed to make your last will and testament. You are sure that you will die of starvation.

STAGE 4 DISCOVERY *"I will live!"*

The point at which you discover the health food section of your local grocery store and the "Gluten Free" label. You buy every box and bag with the words "Gluten Free" and feel quite happy that life will be returning to normal.

STAGE 5 REALITY *"My total is what?!"*

At which time you are standing in the check out line and realize that you will have to take out a second mortgage in order to eat.

STAGE 6 RESEARCH *"There has to be another way."*

Determined to live, you begin researching gluten free recipes. You spend hours in the grocery store reading labels to find normal foods that are gluten free. (Check out this list of [Naturally Gluten Free Foods!](#))

STAGE 7 RHYTHM *"I can do this!"*

You find foods you like, shortcuts to take (like having GF baking mix on hand) and a balance of cooking from scratch and buying processed foods. You've made it!

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If you are anywhere from Stage 1 to Stage 7, The Peaceful Mom can help! Check out gluten free recipes, product reviews, coupons, menus and more [here](#). (If you would like to share The 7 Steps, please share [this link](#) to my blog. Thanks!)

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Meal Ideas

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BBQ Bacon Burgers

INGREDIENTS

- 1 pound ground beef
- 3 tablespoons KC style barbecue sauce
- 1 tablespoon Montreal Steak Seasoning (add more if you like spicy food)
- 4 slices pepper jack cheese
- 4 slices cooked bacon, each strip cut in half
- 2 red onion rings (optional)

DIRECTIONS

In a large bowl combine ground beef, barbecue sauce and steak seasoning. Form ground beef mixture into four patties. Grill, bake or fry burgers.

1-2 minutes before burgers are done, add 1 cheese slice and two bacon strips halves to the top of each burger. Remove to a paper towel lined plate. Place burger on a gluten free bun and garnish with onion slices if desired.

SERVE WITH KETTLE CHIPS OR [SWEET POTATO FRIES](#). Serves 4.

Note: To make these burgers more affordable, we serve them without the bun unless we are able to purchase the buns on sale or with a coupon.

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BBQ Chicken and Black Bean Tostadas

INGREDIENTS

- 4 boneless skinless chicken breasts
- 2 cups prepared barbecue sauce (we like Jack Daniels Original)
- 1 can black beans or 1 1/2 cups prepared black beans
- 1 medium red onion thinly sliced
- 2 cups shredded cheddar or Mexican blend cheese
- 12 tostadas (purchase in the ethnic section)

DIRECTIONS

Place chicken breasts in crockpot and pour barbecue sauce over the chicken. Cook on low 4-6 hours or until done. Do not over cook.

Place tostadas side by side on two large cookie sheets. Shred BBQ chicken in crock pot with a fork. Place approximately 1/3 cup of chicken on each tostada. Top with 2-3 tablespoons black beans, 2-3 onion slices and 3-4 tablespoons of shredded cheese. Place cookie sheets one at a time under the broiler for about 2 minutes or until cheese is melted and bubbly. Serve immediately.

SERVE WITH MEXICAN CORN AND AVOCADO SLICES. Serves 5-6

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Black Bean Chicken Chili

INGREDIENTS

- 3 baked chicken breasts, shredded
- 16 oz. bag of frozen corn
- 4 cups prepared black beans ([Click here to see how I prepare these for the freezer.](#))
- (3) 28 ounce cans unflavored diced tomatoes*
- 5 cubes green sauce ([recipe here](#))
- 3 Tablespoons chili powder
- 2 Tablespoons ground cumin
- 1/2 Tablespoon garlic salt
- 1/2 Tablespoon regular salt

DIRECTIONS

Place all ingredients in the crock pot,. Stir to combine and cook on low for 5-6 hours.

**This recipe has a rich tomato flavor. If you would like less tomato flavor you can easily use two 28 ounce cans of tomato and add a little more of the chicken, beans and corn. You can also substitute a jar of salsa and one can of diced green chilies for one of the cans of tomatoes and the green sauce.*

SERVE WITH CORN CHIPS OR [GLUTEN FREE CORNBREAD](#). Serves 6-8.

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Chebe Pizza

INGREDIENTS

1 pkg All Purpose Chebe Mix* (NOT the pizza crust mix)
1 tsp salt + 1/2 tsp garlic salt
1 tsp dried basil
grated cheese to taste (I use 1/2 cup of cheddar plus 1/4 cup of fresh grated Parmesan)
2 eggs beaten
2 Tablespoons olive oil

DIRECTIONS

In a large bowl combine Chebe mix, spices and cheese. In a separate bowl combine the eggs and olive oil, add to the dry mix and combine well. Add 3 tablespoons of water while continuing to mix.

Place dough on the counter. Knead for 5 minutes or until you can form a smooth ball. Roll out the dough to about 1/4 inch thick. Carefully transfer dough to a cookie sheet, prick both sides with a fork and brush with olive oil. Bake at 375 degrees for 9 minutes on each side. Add toppings and place under the broiler for 1 minute or until cheese melts.

*[Click here](#) for a photo tutorial and information to purchase Chebe Mix.

SERVE WITH A GREEN SALAD. Serves 4.

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Ham and Navy Bean Soup

INGREDIENTS

1 lb bag dry navy beans
leftover ham (a ham bone is especially good)
1/4 cup chopped onion
1/2 cup chopped celery
salt to taste
green onion for garnish (optional)

DIRECTIONS

Rinse and soak beans overnight in a large stainless steel pot. Drain and rinse beans the following morning. Return beans to pot, add ham bone (or ham pieces) and add water to one inch above beans and ham. Add salt to taste (ham tends to be salty so I add only a tablespoon of salt .
Bring water to a boil, then lower to a simmer and cook for 3-4 hours or until beans are tender. Remove ham bone and cut ham pieces from it. Add ham pieces back to the pot with chopped onion and celery and add 1-2 quarts water. Bring to a boil and lower to a simmer to cook for 30 to 45 minutes more. Garnish with chopped green onion.

SERVE WITH [GLUTEN FREE CORNBREAD](#). Serves 5-6.

Affordable Gluten Free Dinners



(Easy) Hot Wings

INGREDIENTS

4-5 chicken wings per person
Lawry's Seasoning Salt
Frank's Hot Sauce (not wing sauce)
1 stick butter

DIRECTIONS

Preheat oven to 450 degrees. Cover a cookie sheet with foil and spray with olive oil spray. Place uncooked wings in a single layer on foil. Sprinkle generously with Lawry's Seasoning Salt. Bake at 450 degrees for 1 hour, turning wings over after 30 minutes. After the hour, turn oven to broil to finish browning the wings (about 5 minutes).

Mix equal parts Frank's Hot Sauce and melted butter. Pour over wings. Serve immediately. (I eat these without the hot sauce because that's just the kind of girl I am. 😊)

SERVE WITH FRENCH FRIES OR [HOME FRIED POTATOES](#).

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Individual Gluten Free Lasagna Bake

INGREDIENTS

- ¾ cup uncooked Gluten Free rotelle pasta ([click here](#) to see our favorite brands)
- 2 tablespoons ricotta cheese
- 3-4 tablespoons prepared spaghetti sauce
- ¼ cup shredded mozzarella cheese
- 1-2 tablespoons freshly grated parmesan (optional)

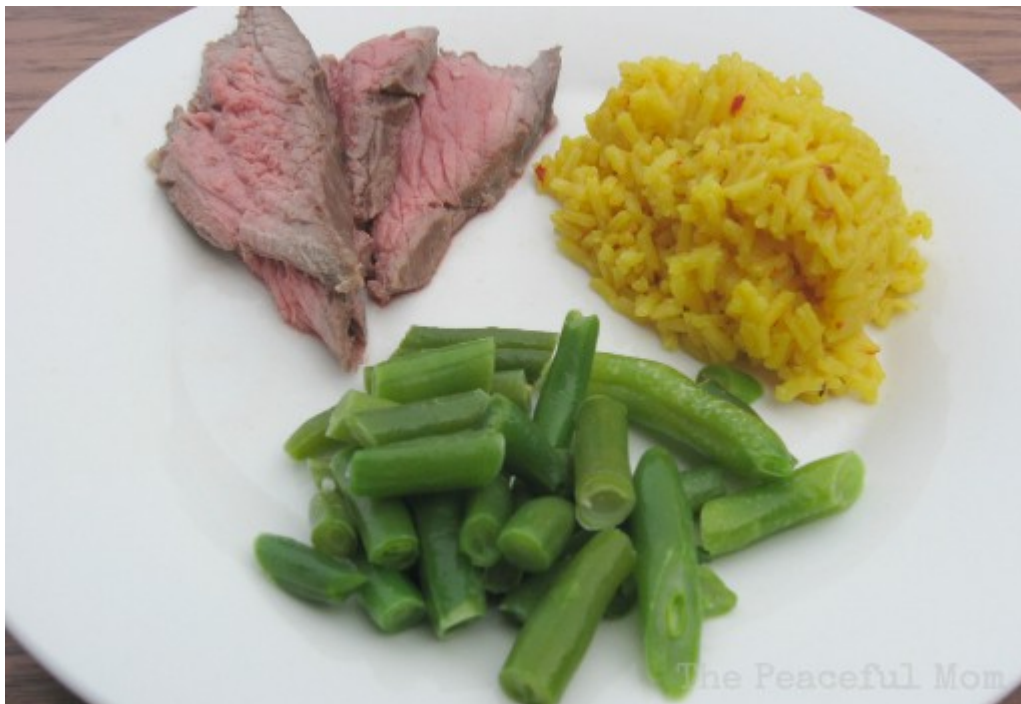
DIRECTIONS

Cook pasta according to package directions. Drain and rinse. In a small oven-proof bowl or ramekin combine 1 cup of cooked pasta, ricotta and sauce. Top with mozzarella.

Place the bowl on a cookie sheet and place it under the broiler for 1-2 minutes or until cheese is melted and brown. Watch carefully as browning occurs quickly! Remove cookie sheet from oven and garnish with grated parmesan. (Be careful the bowl will be very hot!) Serve immediately. Serves 1.

SERVE WITH A FRESH GARDEN SALAD. Serves 1.

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London Broil

INGREDIENTS

1-2 lb. flank steak or top round roast (purchased on sale)

Marinade:

¼ cup extra virgin olive oil

2 tablespoons freshly squeezed lemon juice

1 clove garlic minced

DIRECTIONS

Combine last 3 ingredients to make marinade. Score meat at 1 inch intervals diagonally across both sides. Marinate overnight in a covered glass dish, turning once and coating with marinade.

Place meat on an unheated broiler pan. Broil (about 3 inches from heat) for 6-7 minutes, then turn and broil 6 minutes more for rare or 8 minutes for medium rare. Rest for 3 minutes then slice thinly on the diagonal.

SERVE WITH SAFFRON RICE AND STEAMED GREEN BEANS. Serves 4-6.

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Mango Salsa Chicken

INGREDIENTS

4 boneless, skinless chicken breasts
Flesh from 2 medium-sized mangoes (ripe, but firm), large dice
1 medium size red pepper, diced
1/4 cup fresh cilantro, diced
2/3 cup green onions, diced
2 tablespoons freshly squeezed lime juice
1 tablespoon olive oil
Salt to taste (I used a pinch.)

DIRECTIONS

One to four hours before dinner combine mango, red pepper, cilantro and green onions in a glass bowl. Add lime juice and oil. Stir to coat all ingredients well. Refrigerate for 1-4 hours to allow flavors to infuse throughout.

Grill or bake chicken breasts. Spoon mango salsa on top.

SERVE WITH RICE AND A GREEN SALAD. Serves 4.

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Parmesan Chicken Strips

INGREDIENTS

2 boneless skinless chicken breasts cut into large strips
1/2 cup freshly grated Parmesan (not the kind in the can!)
1/2 cup Romano cheese, grated
1 teaspoon pepper
1 teaspoon Italian seasoning
1 egg beaten
1/8 cup (1/4 stick) butter + 1/8 cup olive oil

DIRECTIONS

Combine the cheese, pepper and Italian seasoning. Dip chicken into the egg, then dredge in the cheese mixture. Use more cheese as needed.

Heat butter and oil over medium-high heat, being careful not to let the butter burn. Saute chicken strips for about 4 minutes per side or until cooked through. Serve immediately.

SERVE WITH [BLACK BEAN AND CORN SALSA](#). Serves 2.

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Ranch Chicken Casserole

INGREDIENTS

- 1 green pepper, diced
- 1 yellow or red onion, diced
- 1 small clove garlic, minced
- 3 tablespoons butter
- 1 cup sour cream
- (1) 14.5 ounce can Mexican style tomatoes
- 1/2 tablespoon chili powder + 1 teaspoon dried cumin
- (1) 8 ounce can of sliced mushrooms, drained (or 1 cup sauteed fresh mushrooms)
- (1) 14 ounce can artichoke hearts, drained and chopped
- 2 cups cooked chicken, shredded
- 2 cups Cheddar Monterey Jack cheese, shredded

Ranch Chicken Casserole (continued)

DIRECTIONS

Preheat oven to 350 degrees. Spray a 9x13 glass or stoneware baking dish with preferred cooking oil or spread olive oil around the inside of the pan using a paper towel.

In a large skillet, melt butter over medium high heat. Saute green pepper, onion and garlic for 1-2 minutes until onion is almost translucent. Stir in sour cream and stir until the mixture is smooth and starting to bubble.

Add tomatoes, chili powder and cumin and stir to combine. Add artichokes and mushrooms and stir to combine. Fold in chicken. Pour mixture into prepared baking dish. Sprinkle cheese on top. Bake for 30 minutes or until cheese is melted and lightly browned.

SERVE WITH ROMAINE SALAD AND A GLUTEN FREE BAGEL WITH BUTTER AND GARLIC SALT. Serves 5-6.

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Steak and Peppers

INGREDIENTS

- 1 pound top sirloin cut into strips* (marinated in [Delicious Steak Marinade](#))
- 3 tablespoons extra virgin olive oil
- 2-3 green bell peppers cut into strips
- 2 medium yellow or red onions cut into strips

DIRECTIONS

In a stainless steel skillet, sauté pepper slices in olive oil for 2 minutes. Add steak and sauté 1 minute more. Add onions, stir to combine and cook until onions are translucent and pepper slices are tender.

SERVE WITH [BROCCOLI SLAW SALAD](#) AND RICE. Serves 4.

*Buy steak or sirloin tip roast on sale or marked down to make this more affordable.

Affordable
Side Dishes



Black Bean and Corn Salsa

INGREDIENTS

4 cups cooked black beans ([Click here to see how I pre-cook and freeze them](#))
(1)16 oz. bag frozen corn kernels
1/2 cup red or yellow onion chopped (use more if you like)
handful of fresh cilantro chopped
juice of 3 fresh lemons
Salt to taste (I use about 1 Tablespoon)

DIRECTIONS

Combine all ingredients. Stir and refrigerate 4 hours before serving. Fresh and delicious!

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Broccoli Slaw Salad with Cranberries and Pecans

INGREDIENTS

12 ounce bag fresh broccoli slaw
12 ounce bag fresh broccoli florets
1 cup dried cranberries
3/4 cup chopped pecans
2/3 cup poppy seed dressing
1/3 cup raspberry vinaigrette

DIRECTIONS

Remove broccoli florets from the bag and cut larger florets into smaller pieces. Add broccoli slaw, florets, dried cranberries and chopped pecans to a large bowl and mix well.

In a separate bowl or bottle, combine dressings and pour over slaw mix. Stir salad to coat with dressing. (Note: If you like more dressing you can increase the poppy seed dressing to 1 cup and the raspberry vinaigrette to 1/2 cup.) Refrigerate for 1-2 hours to meld flavors.

Note: To make this more affordable I purchase dried cranberries and the salad dressing when they are on sale and save them until the broccoli slaw goes on sale (about every 6 weeks in my area.).



Fresh Cucumber and Tomato Salad

INGREDIENTS

3 large ripe tomatoes, large dice
2 cucumbers, large dice
1 green onion, diced
1/2 cup light olive oil
1/4 cup red wine vinegar
salt to taste

DIRECTIONS

Combine all ingredients in a glass bowl. Refrigerate for 1-2 hours to allow flavors to blend.

Serves 4.

Note: This is best with garden fresh tomatoes rather than store bought. If you don't have your own garden, try local farmer's markets. Also, you can use 3/4 cup olive oil and 1/3 cup red wine vinegar if you like rather than the amounts listed above.

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Gluten Free Apple Crisp

INGREDIENTS

4 cups peeled sliced apples
2/3-3/4 cup brown sugar
1/2 cup all purpose gluten free baking mix ([click here](#) to see our favorite brands)
1/2 cup gluten free oats ([click here](#) to see our favorite brands)
3/4 teaspoon cinnamon
1/3 cup butter softened

DIRECTIONS

Preheat oven to 375 degrees. Grease an 8x8 pan with butter (or spray with nonstick cooking spray). Place apple slices in the pan.

In a medium size bowl, combine brown sugar, baking mix, oats and cinnamon and mix well. Cut in butter to make a crumbly texture. Sprinkle mixture over apples.

Bake 35-40 minutes and try not to pass out from the amazing aroma filling your house! Serves 4.



Tropical Fruit Salad

INGREDIENTS

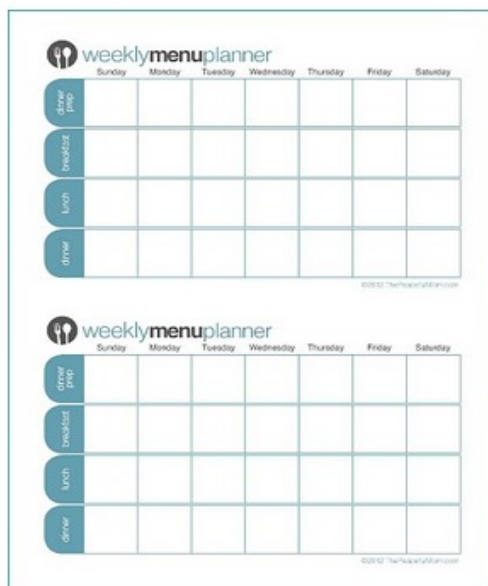
- (2) 20 oz. cans unsweetened pineapple chunks (the salad is just too sweet otherwise)
- (2) 15 oz. cans mandarin oranges slices
- 1 cup sweetened coconut flakes
- 1 cup vanilla yogurt (optional)

DIRECTIONS

Drain the juice from the fruit. In a medium size bowl, combine fruit and coconut. Add yogurt if desired.

Chill in the refrigerator for 1-4 hours. Serve and enjoy! Serves 4.

Additional Resources



[Free Customizable Menu Planners](#)

[Free Printable Grocery List](#)

[More Gluten Free Recipes](#)

View my Gluten Free Pinterest Boards!

[Gluten Free Recipes](#)

[Gluten Free Product Reviews](#)

[Gluten Free Food Information](#)

If you have questions, please visit ThePeacefulMom.com and select the contact button.

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