

SHOPPING LIST

1. Tortellini Soup
2. White Chicken Chili
3. Tuna Noodle Casserole
4. Pizza Pasta
5. Shrimp Fried Rice (can use any protein)
6. Chicken Burrito Bowls
7. Taco Soup
8. Chili
9. Italian Skillet
10. Black Bean Soup

CANNED/JARRED

- 1 box (4 cups) and 3 cans Chicken Broth
- 1 - 10 1/4 ounce can cream of celery soup
- 1 -14.5-ounce Italian-style stewed tomatoes
- 4 -14.5 ounce cans diced tomatoes
- 1 can (15 oz) tomato sauce
- 1 jar (about 26 ounces) spaghetti sauce
- 2 – 15 ounce canned pizza sauce
- 1 can diced tomatoes and green chilies
- 1 can (4 ounces) chopped green chiles
- 1 lb. (about 2.5 cups) good-quality salsa
- 1 can corn
- 1 can hominy (white or yellow)
- 4 ounces sliced mushrooms
- 4 - 15 ounce cans of black beans
- 2 cans (15 ounces each) cannellini beans (or Great Northern)
- 1 can Ranch Style beans undrained
- 1 – 16 oz can chili beans in sauce
- Soy sauce
- Mayonnaise
- 1 can evaporated milk
-

FROZEN

- 1-10-oz package frozen chopped spinach
- 1 pound large shrimp peeled and deveined
- 1 cup frozen peas and carrots
- choose some veggies for sides

REFRIGERATED

- Parmesan cheese (grated)
- Container Sour Cream
- 3 Cups grated cheddar cheese
- guacamole - garnish optional
- 2 cups Mozzarella cheese
- 3 eggs

MEAT

- 2 lbs ground beef and 2 pounds sausage—
(*your choice 4 pounds of ground meat*)
- 2 lbs Chicken (could use canned) 1 pound can be ground chicken.
- 1 sliced pepperoni(6 ounce bag)
- 1 (7 ounce) can tuna in water

DRY GOODS / PASTA

- 3 cup uncooked extra-long grain rice
- 16 ounces uncooked rotini
- 1- 9-ounce package cheese tortellini (can double)
- 16 ounces egg noodles
- Tortilla Chips - optional side
- French Bread - optional sides
- Crackers - optional side

VEGGIES

- 6 onions
- green onions (optional)
- celery
- cilantro
- freshly diced tomatoes

SPICES

- 1 pkg Ranch Dressing dip/dressing mix
- 1 pkg taco seasoning (or a homemade blend)
- jar of minced garlic
- Dried basil
- Dried oregano
- Cumin
- Garlic powder
- Chili powder
- Italian seasoning
- Salt and Pepper

- Sesame oil
- Olive oil

RECIPE INGREDIENT LIST

This is an expanded list that tells you what recipe each ingredient is used for. This allows you to omit items for recipes your family doesn't like. Just mark them off the shopping list and you are ready to go to the store.

CANNED/JARED

- 1 box and 3 cans Chicken Broth
 - 6 cups low-sodium chicken stock (Tortellini Soup)
 - 1 can (14-1/2 ounces) reduced-sodium chicken broth (White Chicken Chili)
- 1 - 10 1/4 ounce can cream of celery soup (Tuna Noodle Casserole)
- 1 - 14.5-ounce can Italian-style stewed tomatoes (Tortellini Soup)
- 4 - 14.5 ounce cans diced tomatoes
 - 1 14.5 oz can of diced tomatoes drained (One Pot Chicken Burrito Bowls)
 - 1 can diced tomatoes with juice (Chicken Taco Soup)
 - 1 - 28 oz can diced tomatoes, undrained (or 2 - 14.5 ounce cans) (Chili)
- 1 can (15 oz) tomato sauce (Chili)
- 1 jar (26 ounces) your favorite chunky spaghetti sauce (Italian Skillet)
- 2 - 15 ounce canned pizza sauce (I used Chef Boyardee Pizza Sauce With Cheese) (Pizza Pasta)
- 1 can diced tomatoes and green chilies with juice (Chicken Taco Soup)
- 1 can (4 ounces) chopped green chiles (White Chicken Chili)
- 1 lb. (about 2.5 cups) good-quality salsa, homemade or store-bought (Black Bean Soup)
- 1 can corn with juice (Chicken Taco Soup)
- 1 can hominy with juice (Chicken Taco Soup)
- 4 ounces mushrooms, drained (optional) (Tuna Noodle Casserole)
- 4 - 15 ounce cans of black beans

1 15 oz can of black beans drained and rinsed (One Pot Chicken Burrito Bowls)

3 (15 oz) cans black beans, with liquid (Black Bean Soup)

- 2 cans (15 ounces each) cannellini beans (great northern beans would work too), rinsed and drained (White Chicken Chili)
- 1 can Ranch Style beans undrained (Chicken Taco Soup)
- 1 - 16 oz can chili beans in sauce, undrained (use hot chili beans if you like it spicy) (Chili)
- 2-3 Tablespoons soy sauce more or less to taste (Shrimp Fried Rice)
- 1/2 cup mayonnaise (Tuna Noodle Casserole)
- 3/4 cup evaporated milk (Tuna Noodle Casserole)

FROZEN

- One 10-ounce package frozen chopped spinach, thawed and squeezed (Tortellini Soup)
- 1 pound large shrimp peeled and deveined (Shrimp Fried Rice)
- 1 cup frozen peas and carrots thawed (Shrimp Fried Rice)

REFRIGERATED

- Parmesan cheese, grated, for serving (Tortellini Soup)
- Container Sour Cream
 - Sour cream, shredded cheddar cheese - garnish (White Chicken Chili)
 - sour cream - garnish (One Pot Chicken Burrito Bowls)
- 3 Cups grated cheddar cheese
 - 2 cups of colby jack monterey jack or cheddar cheese (One Pot Chicken Burrito Bowls)
 - 1 cup grated cheddar cheese, divided (Tuna Noodle Casserole)
- guacamole - garnish optional (One Pot Chicken Burrito Bowls)
- 2 cups Mozzarella cheese
 - 1 cup shredded mozzarella cheese (or more) (Pizza Pasta)

1 cup Mozzarella cheese, shredded (Italian Skillet)
3 eggs lightly beaten (Shrimp Fried Rice)

MEAT

2 lbs ground beef / 2 pounds sausage (your choice)
2 lbs lean ground beef (Chili)
1 pound lean ground beef or 1 pound sausage (Italian Skillet)
1 pound sausage or lean ground beef (I use sausage) (Pizza Pasta)
2 lbs Chicken
1 pound lean ground chicken (I do a shredded) (White Chicken Chili)
1 pound boneless skinless chicken breasts, diced into bite sized pieces (One Pot Chicken Burrito Bowls)
1 cup sliced pepperoni (6 ounce bag) (Pizza Pasta)
1 (7 ounce) can tuna, with juice (Tuna Noodle Casserole)

DRY / PASTA

1 cup of uncooked extra-long grain rice (One Pot Chicken Burrito Bowls)
16 ounces uncooked rotini (Pizza Pasta)
One 9-ounce package cheese tortellini (Tortellini Soup)
8 ounces egg noodles (Tuna Noodle Casserole)
8 ounces Egg Noodles (Italian Skillet)
3 cups cooked rice (Shrimp Fried Rice)
Tortilla Chips - garnish (White Chicken Chili, Burrito Bowls, Black Bean Soup, Taco Soup)
French Bread - (Italian Skillet, Pizza Pasta)
Crackers (Chili)

VEGGIES

6 onions
1 medium onion, chopped (White Chicken Chili)
1/4 cup of diced yellow onion (One Pot Chicken Burrito Bowls)
1 onion chopped (save time by using one cup of frozen chopped onion) (Chili)
1 onion, chopped (Pizza Pasta)

1/2 small onion, finely chopped (Tuna Noodle Casserole)
1 medium onion, chopped (Italian Skillet)
1 small white onion chopped (Shrimp Fried Rice)

2 Tbsp chopped green onions optional (Shrimp Fried Rice)
1/2 cup finely chopped celery (Tuna Noodle Casserole)
1/2 cup chopped fresh cilantro, loosely packed (plus extra for garnish) (Black Bean Soup)
freshly diced tomatoes (One Pot Chicken Burrito Bowls)
fresh cilantro (White Chicken Chili)

SPICES

- 1 pkg Ranch Dressing dip/dressing mix (Chicken Taco Soup)
- 1 pkg taco seasoning (Chicken Taco Soup) (or homemade mix)
- jar of minced garlic
 - 1 to 2 teaspoons minced garlic (Tortellini Soup)
 - 2 cloves garlic, minced (Pizza Pasta)
 - 1 clove garlic, minced (Black Bean Soup)
- Dried basil, to taste (Tortellini Soup)
- 1/2 teaspoon dried oregano (White Chicken Chili)
- Cumin
 - 1 teaspoon ground cumin (White Chicken Chili)
 - 2 tsp. ground cumin (Black Bean Soup)
 - 1 teaspoon of cumin (One Pot Chicken Burrito Bowls)
 - 1 1/2 teaspoons ground cumin (Chili)
- 1/2 teaspoon of garlic powder (One Pot Chicken Burrito Bowls)
- Chili powder
 - 1/2 teaspoon of chili powder (One Pot Chicken Burrito Bowls)
 - 2 tablespoons chili powder (Chili)

- 2 teaspoons Italian seasoning (Italian Skillet)
- Salt and Pepper
 - 1/4 teaspoon pepper (White Chicken Chili)
 - kosher salt and pepper (One Pot Chicken Burrito Bowls)
 - 1/2 teaspoon salt (Chili)
 - 1/4 teaspoon pepper (Chili)
 - 1 teaspoon black pepper (Tuna Noodle Casserole)
 - Kosher salt and freshly ground black pepper (Tortellini Soup)

2 Tablespoon sesame oil divided (Shrimp Fried Rice)

3 tablespoon of olive oil (One Pot Chicken Burrito Bowls)