LORI'S FOOD OBSESSION

Three Cozy Fall Dinners

One grocery list. A little less deciding.

A White Chicken Chili | about 8 servings
B Chicken, Squash & Rice Casserole | 6 servings
C Slow-Cooker Salsa Chicken | 6 servings, before sides

One full batch of each recipe. Check your pantry first. Cooked chicken for A and B is separate from the raw thighs for C. Letters show which dinner uses each item.

CHICKEN

- ☐ **4 cooked boneless chicken breast halves**, chopped (A).
- ☐ **2 1/2 cups cooked chicken**, in addition to the chicken for A (B).
- ☐ **2 lb raw boneless, skinless chicken thighs**; fully thaw before cooking (C).

PRODUCE

- ☐ **Yellow onions:** 1 large (A), 1 medium (use half for B), and 1 small (C).
- ☐ **Garlic:** 5 cloves total; 3 for A, 2 for B.
- ☐ **Butternut squash:** 3 cups peeled, 1/2-inch cubes (B).
- ☐ **Lime:** enough for 1 tbsp fresh juice (C).

DAIRY

- ☐ **Monterey Jack:** 1 cup shredded (A).

OPTIONAL EXTRAS

- ☐ **Tortillas** (about 2 per person), or extra rice for salsa-chicken bowls.
- ☐ **Toppings:** avocado, cilantro, jalapenos, extra lime, cabbage, or tomatoes.
- ☐ **With the casserole:** parsley and a green salad, if desired.

CANS, JARS & GRAINS

- ☐ **Great Northern beans:** five 14.5-oz cans (A).
- ☐ **Green chiles:** two 4-oz cans (A).
- ☐ **Diced tomatoes:** one 14.5-oz can (B).
- ☐ **Tomato salsa:** 2 cups, mild or medium (C).
- ☐ **Chicken broth:** three 14.5-oz cans (A) + 3 cups low-sodium broth (B), plus a little extra. Three 32-fl-oz cartons cover both recipes.
- ☐ **Long-grain white rice:** 1 1/2 cups uncooked (B). Extra serving rice is separate.

CHECK THE PANTRY FIRST

- ☐ **Olive oil:** 3 tbsp total + a little for the dish (2 tbsp A; 1 tbsp B).
- ☐ **Ground cumin:** 3 tsp (2 A; 1 C).
- ☐ **Dried oregano:** 2 tsp (A).
- ☐ **Cayenne:** up to 1 tsp (A); start with 1/4 tsp or omit for a milder chili.
- ☐ **Italian seasoning:** 1 tsp (B).
- ☐ **Chili powder:** 1 tsp (C).
- ☐ **Garlic powder:** 1/2 tsp (C).
- ☐ **Kosher salt:** 1/2 tsp (B), adjusted for broth; taste C before adding any.
- ☐ **Black pepper:** 1/4 tsp (B).

Open the dinner plan, recipes & prep notes

Before you shop

For this grocery list, choose organic tortillas for the optional taco-night extras, and check the broth, salsa, and seasoning labels.

Flour: I prefer organic flour, using the same flour type and amount listed in the recipe.

Tortillas: I look for organic tortillas and still read the ingredient list. Homemade tortillas are welcome, too.

Taco seasoning: Read the ingredient list and choose a blend without added food dyes. My Easy Taco Lasagna includes a homemade seasoning blend.

Chips and dressing: For Taco Salad, I use Late July Nacho Cheese tortilla chips, but any plain salted tortilla chip works. The recipe includes my homemade Western dressing, with avocado oil preferred and canola oil as an option. Any Western, French, or Catalina dressing also works.

Other packaged ingredients: I use uncured bacon. Jars, cans, and the freezer can help with dinner. Read labels on sauces, dressings, broth, crackers, bread, sausage, chocolate chips, and seasoning blends for added colors or flavorings you prefer to avoid.

Keep it practical: Organic is my shopping preference, and I still read the label. Start with the basic ingredients for a meal you want to make, then build from there.

Read my everyday pantry notes