

Grocery List

Betty Crocker®

Your Weekly Dinner Menu

Produce



- 4 large red or yellow bell peppers (about 1/2 lb each)
- 2 medium red bell peppers
- 4 medium plum (Roma) tomatoes
- 1 bunch fresh basil
- 1 bunch green onions
- 1 lime *You'll need 1 tablespoon juice
- 1 medium red onion
- 1 medium onion
- 1 package (14 oz) refrigerated guacamole

Meat & Deli



- 1 lb lean (at least 93%) ground turkey
- 1 lb ground beef
- 2 lb uncooked deveined peeled medium shrimp
- 1 package chicken breasts *You'll need 1 cup cooked and cut up
- 1 1/4 lb pork tenderloin
- 3 slices deli ham (about 1/4 lb)

Eggs & Dairy



- 1 bag reduced-fat shredded mozzarella cheese
- 1 bag shredded Mexican blend cheese
- 1 bag shredded reduced-fat sharp Cheddar cheese
- 1 package Swiss cheese slices
- 1 package (4 oz) feta cheese crumbles
- 1 container sour cream
- Fat-free (skim) milk
- Eggs or fat-free egg product

Breads



- 1 package (11 oz) Old El Paso™ flour tortillas for burritos (8 inch)
- 4 Old El Paso™ flour tortillas (6 inch)

Dry & Canned Goods



- 1 jar Muir Glen™ organic roasted garlic pasta sauce
- 1 jar (6 oz) Progresso™ artichoke hearts, marinated
- 1 can (15 oz) Progresso™ chick peas
- 1 package (1 oz) Old El Paso™ taco seasoning mix
- 1 jar chunky salsa
- 1 can (15 oz) black beans

Frozen Veggies



- 1 package (12 oz) frozen broccoli florets

Pantry Items & Condiments



- Italian seasoning
- 1 head garlic
- Salt & pepper
- Chili powder
- Ground cumin
- Olive oil cooking spray
- Bisquick Heart Smart® mix
- Yellow mustard
- Dill pickle relish
- Vegetable oil

Recipes

Mediterranean Stuffed Peppers
Easy Beef Burrito Skillet
Grilled Shrimp Fajitas

Skinny Impossibly Easy Chicken
and Broccoli Pie
Stuffed Cuban Pork Tenderloin

Looking for next week's dinner menu?

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