

# Grocery List

Betty Crocker®

Your Weekly Dinner Menu

## Produce



- 4 medium onions
- 1 bunch fresh cilantro
- 2 medium tomatoes
- 1 bunch green onions
- 3 medium bell peppers (2 red, 1 green)
- 1 bunch fresh Italian (flat-leaf) parsley, if desired for beef stroganoff
- Lettuce \*You'll need 1 cup shredded
- 3 containers (8 oz) fresh mushrooms

## Meat & Deli



- Chicken breasts \*You'll need 2 cups cooked and shredded and 2 cups cooked and cubed
- 2 cans (5 oz each) solid white albacore tuna in water
- 6 boneless pork loin chops (4 oz each)
- 1 1/4 lb boneless beef sirloin steak

## Dairy



- 2 bags shredded reduced-fat Mexican cheese blend
- 1 bag shredded reduced-fat sharp Cheddar cheese
- 2 containers (8 oz each) reduced-fat sour cream
- 1 package 1/3-less-fat cream cheese (Neufchâtel)
- Fat-free (skim) milk
- Grated Parmesan cheese
- Butter

## Breads & Grains



- 8 corn or flour tortillas (6 or 7 inch)
- 8 oz uncooked multigrain or whole-grain rotini or penne pasta
- 8 oz uncooked medium egg noodles

## Dry & Canned Goods



- 1 carton (32 oz) Progresso™ reduced-sodium chicken broth
- 1 carton (32 oz) Progresso™ beef-flavored broth
- 1 can (4.5 oz) chopped green chiles
- 2 cans (10 3/4 oz) condensed 98% fat-free cream of mushroom soup with 45% less sodium
- 1 package stone-ground wheat crackers
- 1 can (14 oz) black beans
- 2 cans (10 oz each) Old El Paso™ enchilada sauce

## Frozen Foods



- 2 bags (12 oz each) frozen whole kernel sweet corn
- 1 bag (10 oz) frozen whole grain brown rice

## Pantry Items & Condiments



- Olive oil
- Canola oil
- 1 head garlic
- Gold Medal™ all-purpose flour
- Ground cumin
- Pepper
- Dried sage or thyme leaves
- Montreal steak seasoning
- Chili powder
- Garlic powder
- Reduced-sodium soy sauce
- Salsa, if desired for enchiladas

# Recipes

Skinny Creamy Chicken Enchiladas  
Skinny Tuna-Pasta Casserole  
Skinny Smothered Pork Chops

One-Pot Beef Stroganoff  
Skinny Mexican Chicken Casserole

Looking for next week's dinner menu?

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