

Chicken 3 Ways *(grocery list for all recipes)*

Produce

- ½ tsp (2 mL) thyme leaves, plus additional for topping
- 1 cup (250 mL) frozen corn
- 1 green bell pepper
- 1 jalapeno
- 1 onion, medium
- 1 onion, large
- 2 cups (500 mL) fresh or frozen broccoli florets
- 2 garlic cloves
- Optional: cilantro
- Optional: green onions

Meat/Protein

- 1¾ lbs. (750 g) boneless, skinless chicken breasts
- 6 boneless skinless chicken thighs (about 2 lbs./1 kg)

Dairy

- 6 oz (175 g) cheddar cheese
- 2¾ cup (675 mL) 2% milk
- 2 tbsp (20 mL) butter
- 4 oz. (125 g) Swiss cheese
- Greek yogurt (optional)

Grains

- 1 loaf French bread
- 2 tbsp (30 mL) flour
- 2 cups (500 mL) Instant long grain white rice

Pantry & Staples

- ⅛ tsp (0.5 mL) black pepper
- ⅛ tsp (0.5 mL) paprika
- ½ tsp (2 mL) salt
- ¼ tsp ground black pepper
- 1 tsp vegetable oil
- 1 tbsp (15 mL) olive oil
- 1 pkg (1 oz./30 g) onion soup
- 1 can (15 oz./425 mL) Great Northern beans
- 1 can (10¾ oz./320 mL) condensed cheddar cheese soup
- 2 cups (500 mL) low-sodium chicken broth

Pampered Chef Seasoning

- 1 tbsp (15 mL) **Southwestern Seasoning Mix**