

One-Pot Meals *(grocery list for all recipes)*

Produce

- 1 onion, small
- 1 onion, medium
- 1 onion, large
- 1 bell pepper, green
- 1 bell pepper, red
- 2 carrots
- 2 celery stalks
- 2 cups (500 mL) fresh green beans
- 2 limes
- 3 bell peppers, any color
- Optional: Parsley
- Optional: Guacamole

Meat/Protein

- 1 lb. (450 g) boneless, skinless chicken breast
- 1 lb. (450g) lean ground beef
- 2 cups (500 mL) cooked shredded turkey

Dairy

- 4 oz. (125 g) cheddar cheese block
- 6 tbsp (90 mL) butter
- Optional: shredded cheese
- Optional: Parmesan cheese
- Optional: sour cream

Grains

- ½ cup (125 mL) long grain white rice
- 1 demi baguette (5 cups/1.25 L) bread cubes)
- 8 7-8" (18-20 cm) flour tortillas

Pantry & Staples

- ¾ tsp (2.5 mL) black pepper
- ¾ cup (175 mL) chicken broth
- 1 tbsp (15 mL) canola oil
- 1 tbsp (15 mL) Dijon mustard
- 1 cup (10.5 oz./284 mL) low-sodium cream of mushroom soup
- 1¾ tsp (6.5 mL) salt
- 2 tsp (10 mL) oil
- 15 oz. (425 g) tomato sauce
- Optional: ½ cup (125 mL) croutons
- Optional: salsa
- Optional: whole berry cranberry sauce

Pampered Chef Seasoning

- 1½ tsp (7mL) **Rosemary Herb Seasoning Mix**
- 2 tbsp (30 mL) **Chipotle Rub**