

Simple Eats - “Fall Casseroles” Grocery List



On The Menu This Week ...

French Toast Casserole

Veggie-Packed Lasagna

Healthier Loaded Baked Potato & Veggie Casserole

Tex-Mex Casserole

Yields 4 servings per meal

All ingredients are color-coded if you'd prefer to make only *some* of the weekly options. For ingredients that in numerous recipes (ie. limes), check the parenthesis to the right to see how many are in the recipes you're interested in making.

Protein:

- ☐ 1/2 lb ground chicken sausage
- ☐ 6 slices turkey bacon, cut 1/2-inch thick
- ☐ 2 lbs coarsely chopped smoked chicken (optional)

Produce:

- ☐ 2 (¼ cup + 1 ½ cup) medium onions
- ☐ 3 (2 + 1) medium zucchini
- ☐ 1 medium summer squash
- ☐ 4 (1 1/4 pounds) russet potatoes
- ☐ 1 lb cauliflower
- ☐ 2 scallions
- ☐ 2 (1 + 1) red bell pepper
- ☐ 1 yellow bell pepper
- ☐ 2 garlic cloves, chopped
- ☐ 1 bunch (1 cup) fresh cilantro leaves

Dry Goods & Bakery:

- ☐ 1 loaf (12 cups) french bread, cubed
- ☐ 1/4 cups sugar
- ☐ 2 Tbsp cinnamon
- ☐ 1 cup white or brown sugar
- ☐ 1 tsp vanilla
- ☐ ½ tsp baking soda
- ☐ 15 oz. whole tomatoes canned
- ☐ 10 oz. tomato sauce
- ☐ 1/2 tsp garlic powder
- ☐ 1/2 tsp dried parsley

- ☐ 1 tsp dried basil
- ☐ 6 uncooked lasagna noodles (can use GF or Whole Wheat)
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 1/2 teaspoon freshly ground black pepper
- ☐ 1 cup chicken broth or vegetable broth
- ☐ 1 (10-oz.) can diced tomatoes with green chiles, drained
- ☐ 2 tablespoons tomato paste
- ☐ 1 can of black beans
- ☐ 18 (8-inch) soft taco-size corn tortillas

Dairy & Refrigerated:

- ☐ 8 eggs
- ☐ 3 cups milk
- ☐ 1 stick + 6 Tbsp butter
- ☐ 14 oz (8 + 6) cream cheese
- ☐ 10 oz. small curd cottage cheese
- ☐ 1/2 cup grated parmesan
- ☐ 1 cup shredded mozzarella
- ☐ 2 cups shredded Cheddar
- ☐ 2/3 cup plain greek yogurt
- ☐ 1 1/2 cups sour cream
- ☐ 8 oz. (2 cups) shredded Monterey Jack cheese