

Shopping List for 5 Easy Dinner Meals for Fall

Remember to check your pantry and refrigerator before shopping!

Pantry Staples

- canola oil
- apple cider vinegar
- Worcestershire sauce
- salt
- ground black pepper
- dried oregano
- mustard powder
- all -purpose flour
- dried thyme
- ground chipotle pepper
- chili powder
- ground cumin
- garlic powder
- brown sugar
- bay leaf

Refrigerator & Freezer Items

- 2 large eggs
- 2 Tbsp (30 mL) milk
- 2 cups (500 mL) frozen mixed vegetables
- 1/2 cup (125 mL) buttermilk
- 1/4 cup (60 mL) butter
- 1 cup (250 mL) shredded aged cheddar cheese
- 1 1/2 cups (375 mL) grated cheddar cheese

Produce

- 4 clove garlic
- 3 celery stalks
- 4 carrot
- 1/4 cup (60 mL) parsley
- 1 lb (550 g) sweet potatoes
- 6 medium onions
- 1 1/2 lbs (750 g) potatoes
- 1 cup (250 mL) squash or sweet potato
- 1 medium turnip

Canned, Bottles & Dry Goods

- 1/4 cup (60 mL) ketchup
- 3 Tbsp (45 mL) Dijon mustard
- 1/4 cup (60 mL) tomato paste
- 1 tsp (5 mL) yellow prepared mustard
- 2/3 cup (150 mL) light mayonnaise
- 1 can (28 oz/796 mL) crushed tomatoes
- 1 pkg dry green lentils
- 6 Tbsp (90 mL) tomato paste
- 3 cup (750 mL) low sodium beef stock
- 1/2 cup (125 mL) pearl or pot barley

Meat & Seafood

- 2 (1 lb/500 g) pork tenderloins
- 1 1/2 lbs (750 g) lean ground beef
- 1 lb (500 g) lean ground beef sirloin, round or chunk
- 1 1/2 lbs (750 g) boneless beef chunk or blade

Bakery

- 1/2 cup (125 mL) breadcrumbs
- 6 medium whole wheat tortillas

