

Five Easy Dinners

Week 5 shopping list . dinners for the week of October 26

THIS WEEK

Monday	Chicken and Dumplings
Tuesday	Frito Pie Casserole
Wednesday	Catfish Nuggets
Thursday	Honey Chipotle Ribs
Friday	Asian Glazed Sea Bass
Treat	Halloween Dirt Cups

PRODUCE

- ☐ Yellow onions, 2
(1 whole for Monday, 1 small diced for Tuesday)
- ☐ Garlic, 3 cloves
- ☐ Celery, 2 stalks
- ☐ Scallions, 1 bunch
- ☐ Broccoli, 1 head (optional, Friday side)
- ☐ Coleslaw mix, 1 bag (optional, Wednesday side)

MEAT AND SEAFOOD

- ☐ Boneless skinless chicken breasts, 1 lb
- ☐ Ground beef, 1 1/2 lb
- ☐ Catfish fillets, 1 lb
- ☐ St. Louis style pork ribs, 4 to 5 lb
- ☐ Chilean sea bass fillets, 24 oz (four 6 oz)

DAIRY AND EGGS

- ☐ Buttermilk, 1 quart
(1 1/3 cups Monday, 1/3 cup Wednesday)
- ☐ Shredded cheddar cheese, 3 cups (12 oz)
- ☐ Sour cream (for serving Tuesday)
- ☐ Eggs, 1 large
- ☐ Whole milk, 4 cups (the treat)
- ☐ Whipped topping, one 16 oz tub (freezer aisle)

PANTRY

- ☐ Low sodium chicken stock, 6 cups
- ☐ Beef stock, 1/2 cup
- ☐ All purpose flour, about 3 1/2 cups
- ☐ Baking powder, 1 tablespoon
- ☐ Cornmeal, 1/2 cup
- ☐ Fritos, one 18 oz party size bag
- ☐ Tomato paste, one 6 oz can
- ☐ Tomato sauce, one 15 oz can
- ☐ BBQ sauce, one 18 oz bottle
- ☐ Honey, about 3/4 cup
(Thursday's ribs and Friday's sea bass glaze)
- ☐ Worcestershire sauce, 2 tablespoons
- ☐ Hoisin sauce, 2 tablespoons
- ☐ Soy sauce and rice wine vinegar
- ☐ Light brown sugar, 1/2 tablespoon
- ☐ White rice (optional, Friday)
- ☐ Chipotle powder, 2 1/2 teaspoons
(Tuesday's chili and Thursday's ribs)
- ☐ Chili powder, cumin, smoked paprika
- ☐ Garlic powder, onion powder
- ☐ Cajun seasoning, 1 tablespoon
- ☐ Kosher salt and black pepper

FOR THE TREAT

- ☐ Oreo cookies, two 19.1 oz family size packs
- ☐ Instant chocolate pudding, two 3.9 oz boxes
- ☐ Chocolate syrup, 1 cup
- ☐ Milano cookies and black cookie icing
- ☐ Ghost Peeps and mini candy pumpkins
- ☐ Halloween sprinkles