

# One-Dish MEAL PLAN



## 3 ONE-DISH MEALS IN 15 ITEMS OR LESS

Our Express Lane Meal Plans & Shopping Lists help make your meal planning and shopping a little easier. With 15 simple ingredients, you can make three yummy Perdue recipes. Just check off each item as you shop!



Chicken & Sausage Casserole



Dutch Oven Chicken & Herbed Dumpling



Braised Chicken Cacciatore

## SHOPPING LIST

### PERDUE® CHICKEN

- 3 lbs. PERDUE® Chicken Thighs



### PRODUCE

- 1 box Large Mushrooms
- 2 Green Peppers
- 3 Medium Onions
- 1 bunch Celery
- 1 bunch Carrots
- 1 box of a Fresh Herb Blend
- 1 bunch Green Onions

### DAIRY

- 1 quart Buttermilk

### MEAT

- 1/2 pound pre-cooked Turkey Sausage

### MISCELLANEOUS

- 1 jar Chunky Spaghetti Sauce
- 1 jar Low Sodium Chicken Bouillon
- 1 (10-ounce) can Tomatoes with Green Chilies

### PANTRY STAPLES

- Olive Oil
- Salt
- Black Pepper
- Flour
- Rice
- Worcestershire Sauce
- Butter
- Baking Powder
- Vegetable Shortening

### Quick Tips

- Use PERDUE® Chicken Thighs in all your recipes
- Use chicken bouillon granules or cubes to make your own chicken stock
- You can find a variety of fresh herb blends, like poultry blend, hanging in the herb section of your produce department. Use a box of your choice to make your Herbed Dumplings
- You can substitute dried herbs for fresh, just use 1/3 the amount of dried for fresh in the recipe.
- Don't have buttermilk? Just add 1 tablespoon of lemon juice or vinegar to 1 cup of milk and let stand for 5 minutes.
- Use regular white mushrooms in place of cremini in your Braised Chicken Cacciatore

Get these recipes and more at [PERDUE®.com](https://www.perdue.com)