



# AARP Wellness Wednesdays: October 20, 2021

## Menu, Shopping, & Equipment List

### RECIPES

Turkey & White Bean Chili with Fall Vegetables  
Homemade Cornbread Muffins  
Pumpkin Spice Lattes

### DIETARY CONSIDERATIONS

Contains Dairy  
Contains Dairy

### SHOPPING LIST

✓	Type	Ingredient	Amount	Unit
	Beverages	Coffee, brewed strong (or 2 shots Espresso)	½	cup
	Dairy	Buttermilk, nonfat	1	cup
	Dairy	Cheddar Cheese, shredded (optional add-in for cornbread muffins)	½	cup
	Dairy	Egg, large	1	each
	Dairy	Low-fat Milk (1%)	2	cups
	Dry	All-purpose Flour	1	cup
	Dry	Baking Powder	1	Tbsp
	Dry	Canola Oil	1	Tbsp
	Dry	Chopped Green Chiles, canned	1 (4.5 oz)	can
	Dry	Olive Oil	2	tsp
	Dry	Pumpkin Puree, canned (15 oz. can)	1 ¼	cup
	Dry	Sugar	⅓ + 2	cup + Tbsp
	Dry	Vegetable or Chicken Stock, no salt added or homemade	2	cups
	Dry	White Beans, canned	1 (15 oz)	can
	Dry	Yellow Cornmeal	¾	cup
	Dry	Vanilla Extract	1	Tbsp
	Frozen	Corn (optional add-in for cornbread muffins)	½	cup
	Produce	Bell Pepper, any color	1	each
	Produce	Garlic	3	cloves
	Produce	Jalapeno pepper (optional add-in for cornbread muffins)	1	each
	Produce	Kale or Spinach, chopped	2	cups
	Produce	Onion	1	each



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	Protein	Ground Turkey, at least 90% lean	1/2	lb.
	Spice	Allspice, ground	$\frac{3}{4}$	tsp
	Spice	Cinnamon	4 $\frac{1}{2}$ + 1	tsp
	Spice	Chili Powder, ground	2	tsp
	Spice	Cloves, ground	$\frac{3}{4}$	tsp
	Spice	Cumin, ground	2	tsp
	Spice	Ginger, ground	1	tsp
	Spice	Kosher Salt	$\frac{3}{4}$	tsp
	Spice	Nutmeg, ground	1	tsp
	Spice	Oregano	1	Tbsp
	Spice	Smoked Paprika	1	tsp



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### EQUIPMENT LIST

Qty	Equipment
<b>Equipment for All Recipes</b>	
1 each	Cutting board
1 each	Chef's knife
1 set	Measuring cups
1 set	Measuring spoons
Various	Mise en place bowls (small bowls, cups, or mugs)
<b>Pumpkin Turkey White Bean Chili</b>	
1 each	Large saucepot or Dutch Oven
1 each	Spatula or Wooden Spoon
<b>Cornbread Muffins</b>	
1 each	12-cup muffin pan with paper liners
2 each	Medium mixing bowls
1 each	Whisk
1 each	Rubber Spatula
1 each	Muffin scoop (#24 – 1.5 oz. size)
1 each	Wire cooling rack
<b>Pumpkin Spice Latte</b>	
1 each	Small jar or container with tight-fitting lid
1 each	Small saucepot
1 each	Whisk
2 each	Mugs for serving