

Family Dinner

Grocery List

Mexican Chocolate Three Bean Chili

- 2 tablespoons Nielsen-Massey Pure Chocolate Extract
- 1 tablespoon olive oil
- 4oz can green chilies
- 14.5oz can fire roasted diced tomatoes
- 15oz can tomato sauce
- 15oz can red kidney beans
- 15oz can black beans
- 15oz can garbanzo beans
- ½ teaspoon salt
- 1 tablespoon chili powder
- ¼ teaspoon ground cinnamon
- Black pepper
- 1 small white onion
- 2 garlic cloves

Vanilla Cardamom Roasted Acorn Squash

- 1 Nielsen-Massey Madagascar Bourbon Vanilla Bean
- 4 tablespoons (½ stick) butter
- 1 tablespoon light brown sugar
- 1 teaspoon salt
- 1 teaspoon whole cardamom
- ¼ teaspoon cayenne pepper
- 1 medium acorn squash
- 1 parsley bunch

Rich Cornbread with Vanilla Honey Butter

- 1 teaspoon Nielsen-Massey Madagascar Bourbon Pure Vanilla Extract
- 7oz yellow cornmeal
- ½ cup unbleached flour
- 2 tablespoons confectioners' sugar
- 1 teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons baking powder
- 1 tablespoon honey
- ¼ cup heavy cream
- 1 cup milk
- 3 eggs
- 13 tablespoons (approx. 1 ½ sticks) butter

Vanilla Apple Pudding

- 2 teaspoons Nielsen-Massey Madagascar Bourbon Pure Vanilla Extract
- 2 cups granulated sugar
- ½ cup dark brown sugar
- 2 cups unbleached flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 2 eggs
- 8 tablespoons butter (1 stick)
- 4oz package whole or chopped walnuts (optional)
- 6 medium apples

