

Basic Pantry Staples

DRY GOODS

baking powder
baking soda
breadcrumbs
cornstarch
flour
rolled oats
nuts
rice
sugar
brown sugar
pasta
polenta
grits
chocolate chips

CONDIMENTS

jelly
bbq sauce
honey
syrup
ketchup
mayo
mustard
hot sauce
worcestershire sauce
soy sauce

SPICES

Salt
black pepper
chili powder
bay leaves
cinnamon
cumin
ginger
garlic powder
onion powder
cajun seasoning
dry mustard
Italian seasoning
lemon pepper
thyme
cayenne pepper
crushed red pepper
parsley
oregano
paprika
vanilla extract
minced garlic
lemon juice
lime juice

OIL & VINEGAR

cooking spray
olive oil
vegetable oil
vinegar
balsamic vinegr
red wine vinegar

CANNED

chicken broth
beef broth
vegetable broth
black beans
cream of chicken
cream of mushroom
diced tomatoes
tomato paste
tomato sauce
roasted red peppers
chipotles in adobo

DAIRY

milk
yogurt
cheese
eggs
butter