

PANTRY 101 – What should you have in your pantry?

Baking

Baking Powder
Baking Soda
Chocolate
-Cocoa powder
-Bitter-sweet chocolate chips
-Milk chocolate chips
-White chocolate chips
Cornmeal
Cornstarch
Flours
- All-purpose flour
- Gluten-free flour
- Whole-wheat flour
Sugars
- Granulated sugar
- Brown sugar
- Powdered sugar
Vanilla extract
Sweeteners
- Agave syrup
- Honey
- Maple syrup
- Molasses

Oils

Coconut oil
Olive oil
Sesame oil
Vegetable oil

Nuts

Almonds (sliced and or whole)
Cashews
Peanuts
Pecans
Walnuts

Dried Fruits

Apricots
Craisins
Prunes
Raisins

Condiments, Sauces & Liquids

Barbecue Sauce
Chicken stock
Ketchup
Mustard
Peanut butter
Soy Sauce
Teriyaki sauce
Vegetable stock
Vinegars
- Balsamic vinegar
- Cider vinegar
- Red wine vinegar
- Rice vinegar
- White wine vinegar
Worcestershire sauce

Spices, Seasonings & Herbs

Bay leaves (dry)
Black Pepper
Chili powder
Crushed red pepper
Curry powder
Dried basil
Dried oregano
Dried rosemary
Dried thyme
Garlic powder
Ground all-spice
Ground cinnamon
Ground cumin
Ground ginger
Ground nutmeg
Paprika
Salt

Vegetables (canned/jarred)

Artichoke hearts
Beans
- Black beans
- Chickpeas/Garbanzo beans
- Kidney Beans
Diced green chillies
Tomatoes
- Diced tomatoes
- Sun-dried tomatoes
- Tomato paste
- Tomato sauce