

My staple Pantry Items

from juliechiou [dot] com

last updated: 9/19/2011

Spices

- Cumin
- Cinnamon
- Garlic powder
- Paprika
- Cayenne pepper
- Chili powder
- Chipotle chili powder
- Allspice
- Nutmeg
- Ground ginger
- Ground cloves
- Dried thyme
- Dried basil
- Oregano
- Chinese five spice
- Dried mustard
- Black pepper
- Salt
- Taco seasoning

Canned/jarred/bottled goods

- Chicken broth
- Green chiles
- Diced tomatoes
- Worcestershire sauce
- Soy sauce
- Vegetable oil
- Canola oil
- Extra virgin olive oil
- Balsamic vinegar
- Apple cider vinegar
- Red wine vinegar
- Cream of mushroom

- Cream of chicken
- Sesame oil
- Honey
- Masala wine
- Dried pasta

Refrigerated goods

- Sour cream
- Pillsbury pizza dough
- Ketchup
- Mayo
- Pickles
- Butter
- Heavy cream
- Cream cheese
- Eggs
- Shredded cheeses (extra sharp cheddar, mozzarella, provolone, parmesan)
- Lemons
- Ground mustard
- Garlic
- Yellow onions
- Red onions
- Red and green bell peppers

Baking goods

- All-purpose flour
- Confectioners' sugar
- Sugar
- Cocoa powder
- Baking soda
- Baking powder
- Dark and light brown sugar
- Vanilla extract
- Cooking spray
- Corn starch
- Panko bread crumbs
- Italian bread crumbs
- Semi-sweet chocolate chips

Meats

- Ground turkey

- Ground pork
- Ground beef
- Chicken tenderloins/breasts
- Chinese sweet sausages
- Italian mild or hot sausages

Freezer

- Frozen peas
- Frozen corn
- Frozen broccoli