# Simply Made Dish

Our

-WITH BETH AND TARA-

Pavorite

Pantry Staples

8

Kitchen Gadgets

## Kitchen & Pantry Staples

### **Spices**

- garlic powder
- onion powder
- paprika
- chili powder
- red pepper flakes
- oregano
- cinnamon
- cumin
- seasoned salt
- taco seasoning
- cajun blend
- Italian blend
- Sazon packets
- Ranch seasoning

### Freezer

- precooked meatballs
- diced onions and peppers
- frozen veggies
- frozen berries
- ginger (buy fresh and freeze for later)
- Hoagies/sandwich bread (buy fresh and freeze individually for convenience)
- frozen dough (phyllo, puff pastry, pie crust)

### **Dry Goods**

- pasta (any kind)
- dried gnocchi (found with the pasta)
- breadcrumbs (plain, seasoned, and panko)
- rice and/or quinoa
- tortillas
- coffee (ground and instant)
- assorted nuts
- crackers and pretzels

# • celery

**Produce** 

• fresh garlic

potatoes

bananas

lemons

carrots

limes

onion (yellow/red)

bell peppers

### Foods

- butter
- cheese
- eggs
- cream cheese

Refrigerated

- milk
- cream (half and half, heavy, whipped)

### Can/Jar Goods

- tomatoes (diced, whole plum, crushed, etc.)
- tomato paste
- red pasta sauce
- diced green chilis
- beans (black, chickpea, kidney)
- canned fruit (peaches, pineapples, pie filling)
- pure pumpkin (not pie)
- broth or stock (beef and chicken)
- salsa
- olives
- roasted red peppers

### Meats

- ground beef or poultry
- pork tenderloin
- chicken breasts and/or tenders
- boneless and bone-in chicken thighs
- sirloin steak (cost effective and versatile)
- chuck roast
- smoked sausage

### **Condiments**

- extra virgin olive oil
- ketchup
- mayonnaise
- mustard (regular and dijon)
- barbecue sauce
- vinegar (white, apple cider, wine, balsamic)
- Worcestershire sauce
- Italian dressing (easy marinade)
- pickles
- soy sauce
- jelly/jam
- sriracha
- honey

### Wine and Liquor

Many alcohols can be used to make a quick sauce or enhance a dish's flavor. Buy small bottles if you don't plan on drinking the leftovers.

- white wine (Pinot Grigio has a mild flavor; perfect if you're unsure about cooking with wine
- red wine (Cabernet Sauvignon pairs well with beef or try a red blend)
- brandy (keeps well and makes a yummy sauce with a bit of cream. Also, a must for sangria!)

### **Baking Essentials**

- baking soda
- baking powder
- granulated sugar
- brown sugar
- powdered sugar
- all purpose flour
- sweetened condensed milk
- oil (vegetable, avocado, coconut)
- vanilla extract
- almond extract
- peppermint extract
- maple syrup
- honey
- food coloring
- brownies/cake mixes
- protein pancake mix
- parchment paper

### Amazon

Some ingredients can be difficult to find locally. We like to keep these on hand since they are not readily available.

- edible rose petals
- rose water
- fresh raw shelled pistachios
- Pioneer Brand Au Jus Sauce packets
- Lipton Savory Herb and Garlic Soup Mix
- Fun shaped Ice cube molds
- holiday candy accessories

### International Market

- Silver Swan soy sauce
- spring roll wrappers
- various noodles
  - o ramen
  - flour stick (pancit canton)
  - rice stick (bihon)

### Kitchen Gadgets

- Kitchen Aid hand mixer
- slowcooker
- Instant Pot air fryer & pressure cooker
- Cuisinart mini food processor
- Aroma rice cooker
- dutch oven for soups and breads
- ThermoPro instant meat thermometer
- citrus squeezer
- cast iron cookware (we love Lodge and Tramontina)
- wooden utensils
- Cook with Color cutting boards
- assorted baking sheets
- silicone tongs
- box grater
- colander/strainer
- measuring cups for liquids (with spout) and solids (without spout)
- mixing bowls