

Pantry Basics

Dried Herbs & Spices

NEED to Have

Salt (Kosher, Sea, or Pink Himalayan)
Peppercorns (pepper), dried black
Italian seasoning
Basil
Oregano
Rosemary
Sage
Thyme
Garlic powder
Bay leaves
Cayenne pepper
Paprika
Chili powder
Cinnamon, ground
Nutmeg
Vanilla extract

NICE to Have

Dill weed
Fennel seeds
Marjoram
Tarragon
Mustard, dried
Allspice, ground
Cinnamon, sticks
Cloves, ground and whole
Ginger, ground
Poppy seeds
Turmeric
Coriander
Cumin
Curry powder

Oils & Condiments

Cooking spray (Pam)
Olive oil
Vinegars: balsamic, rice
Ketchup
Mayonnaise (Hellmann's olive oil)
Dijon mustard (Gray Poupon)
Soy sauce (Kikkoman)
Worcestershire sauce (Lea & Perrins)

Baking

Baking powder
Baking soda
Cornmeal
Cornstarch
All-Purpose Flour
Sugar
Brown sugar (microwave to soften)
Honey
Maple syrup

Helpful to Have

Garlic, fresh
Lemons, fresh
Onions: red & yellow
Nuts: almonds, walnuts
Pasta, dried
Tomato puree
Yeast, dry active (store in freezer)