

75 INGREDIENTS YOU SHOULD *always* KEEP IN YOUR KITCHEN

Pantry

1. All-purpose flour
2. Granulated sugar
3. Confectioner's sugar
4. Cornstarch
5. Brown sugar
6. Baking soda
7. Baking powder
8. Bread crumbs
9. Bread
10. Pasta (spaghetti, penne macaroni, lasagna)
11. Crackers
12. Corn flakes
13. Rice (white, brown, jasmine)
14. Garlic
15. Potatoes

Condiments

16. Ketchup
17. Mustard (yellow and Dijon)
18. Relish
19. Mayonnaise or Miracle Whip
20. Soy sauce
21. Honey
22. Vinegar (apple cider, white, and balsamic)
23. Worcestershire sauce
24. Hot sauce

Oil

25. Olive oil
26. Sesame oil
27. Canola, vegetable, or corn oil
28. Cooking spray

Canned / Jarred Goods

29. Cream of chicken soup
30. Cream of mushroom soup
31. Chicken broth
32. Vegetable broth
33. Canned tomatoes
34. Tomato paste
35. Pasta Sauce
36. Canned beans (kidney, black)
37. Tuna

Herbs / Spices

38. Salt
39. Pepper
40. Kosher salt
41. Cinnamon
42. Nutmeg
43. Oregano
44. Rosemary
45. Basil
46. Red pepper flakes
47. Parsley flakes
48. Garlic powder
49. Cayenne pepper
50. Paprika
51. Bay leaves
52. Vanilla extract
53. Chili powder
54. Ginger
55. Lawry's seasoned salt
56. Adobo
57. Lawry's seasoned pepper

Refrigerator / Freezer

58. Butter
59. Milk
60. Eggs
61. Minced garlic
62. Lemons
63. Parmesan cheese
64. Cheddar cheese
65. Mozzarella cheese
66. Peas
67. Spinach
68. Corn
69. Green beans
70. Carrots
71. Broccoli
72. Sausage
73. Boneless chicken breast
74. Chicken parts (thighs, wings, legs)
75. Ground turkey or beef

Extras

- Italian seasoning
- Cumin
- Curry powder
- Thyme
- Tarragon
- Allspice
- Dill