

pantry staples

A well stocked pantry is the basis of a great meal. This list reflects things I like to keep on hand, as you become your own jefa you'll have better judgment of what works for you but this is a good start. I don't suggest running out and buying all of this in one trip, rather building up to these staples over time.

DRY GOODS

PASTA
FLOUR
YEAST
SUGAR
BREADCRUMBS
CORNMEAL
BAKING SODA & POWDER
NUTS
GRAINS
(rice, bulgar, quinoa)
OATS
CORN STARCH
DRIED BEANS
(kidney, black, chickpeas)
LENTILS
SUGAR
(brown, white, powdered)

FRIDGE

MILK
(dairy or non-dairy)
EGGS
BUTTER
PLAIN YOGURT
PARMESAN
MAYONNAISE
SHREDDED CHEESE
TORTILLAS
PRODUCE
CHICKEN OR VEGETABLE
BASE

FREEZER

BROCCOLI
SPINACH
STIR FRY PACK
BERRIES
CORN
MEATS
(chicken, ground beef,
bacon)

SPICES & SEASONINGS

WHOLE PEPPERCORNS
BASIL
OREGANO
THYME
CUMIN
CRUSHED
RED PEPPER
CAYENNE PEPPER
SMOKED PAPRIKA
CINNAMON
CURRY POWDER
CHILI POWDER
GARLIC POWDER
GINGER POWDER
ONION POWDER
COCOA POWDER
DILL
VANILLA EXTRACT
TURMERIC
SALT
(sea salt and coarse Kosher
salt)

CONDIMENTS

HOT SAUCE
SESAME SEEDS
HONEY OR AGAVE
YELLOW MUSTARD
DIJON MUSTARD
MAYONNAISE
HOISIN SAUCE
NUT BUTTER
(peanut, almond, etc.)

OILS

VEGETABLE OR CANOLA
EXTRA VIRGIN OLIVE OIL
TOASTED SESAME OIL
NON-STICK SPRAY

VINEGAR

APPLE CIDER
RED WINE
RICE
BALSAMIC
SOY SAUCE

CANNED

TOMATOES
BEANS
PASTA SAUCE
PESTO SAUCE
EVAPORATED MILK
COCONUT MILK

PRODUCE*

CILANTRO
ONIONS
POTATOES
SWEET POTATOES
PLATANOS
YUCA
PUMPKIN
LIMES/LEMONS
GARLIC
GINGER
LEAFY GREENS
CELERY
CARROTS

*this is a **basic** list of produce i like to keep at home at all times