

Pantry List

The We Got the List Team would recommend that you stock these items in your pantry:

- Oils: Olive Oil or Extra Virgin Olive Oil for dressings & marinades and Canola or Vegetable Oil for frying
- Cooking Spray - *to coat pans for easy release of cooked foods*
- Vinegar: *Red wine and/or White Wine and Balsamic*
- Mustard - *Spicy Brown*
- Ketchup
- Tabasco Sauce
- Soy Sauce
- Worcestershire Sauce
- Italian Salad Dressing - *to use as a marinade*
- Stock: *Chicken or Vegetable and Bouillon Cubes*
- Whole Grain Rice: *White or Brown*
- Beans: *Dried or Canned (black, white, red)*

Dry Spices

- Salt: *Kosher for Seasoning and Iodized for baking*
- Pepper: *Ground and Whole in peppermill to top on salads & pasta dishes*
- Cinnamon
- Nutmeg
- Garlic Powder
- Onion Powder
- Hot Pepper Flakes
- Italian Herb Mix- mix of basil, oregano, parsley
- Paprika

Baking Needs

- Flour - Unbleached all purpose flour and Whole Wheat Flour
- Sugar: White and Light Brown
- Honey - to use as a natural sweetener
- Cornstarch - to use as a thickener
- Baking Powder

***TIP:** Check discount stores for many of these items and stock up on them if you have the opportunity to pick them up at a less expensive price.