

Pantry & Freezer Staples List

Pantry Staples

- Whole, peeled tomatoes
- Canned diced tomatoes
- Rotel
- Canned olives
- Canned green chiles
- Canned tomato sauce
- Marinara sauce (Rao's is our favorite)
- Canned beans (black beans, chickpeas, pinto beans)
- Dried beans (kidney, pinto)
- Orzo pasta
- Pasta of all shapes (elbows, penne, spaghetti – we love Banza pasta because it's made from chickpeas)
- Heat-and-Eat Polenta
- White rice
- Chicken and beef stock
- Basil pesto
- Cream of Chicken and Cream of Mushroom Soups
- Chicken and beef bouillon cubes
- Enchilada sauce
- Soy Sauce
- Hoisin sauce
- BBQ sauce
- Ranch
- Dijon mustard
- Plain breadcrumbs
- Pork gravy mix and Lemon Onion Soup Mix

Pantry Staples: The Produce Section

- Tomatoes (cherry and regular)
- Sweet potatoes
- Citrus (limes, lemons, oranges)
- Garlic (stored in a garlic keeper)
- Yellow onions (onions need to always be stored separate from other produce items or they will make other items go bad)

Pantry Staples: The Oil and Vinegar Section

- Apple Cider Vinegar
- Extra-virgin olive oil
- Toasted sesame oil
- White wine vinegar
- Balsamic vinegar



Freezer Staples

- Frozen vegetables
- Chicken breast
- Pork tenderloin
- Boneless pork chops
- Ground sirloin (90/10)
- Bacon
- Beef chuck roast
- Trader Joe's Cauliflower Gnocchi
- Frozen homemade meals (Swedish Meatballs, Italian Meatballs, Red Beans and Rice, Chicken and Sausage Gumbo, and Beef and Potato Curry to name a few)