



From Chef Linda

Planning A Pantry- Staple Items to Have on Hand

While every household is different, I have put together a list of the items that I consider staples and that I like to have on hand. Depending on where you are from, some of these items may vary or some may be almost the same with the preference being a certain brand.

Canned Goods

1. Whole tomatoes- I like to keep a few cans of whole tomatoes on hand because I can dice them or puree them if needed.
2. Tomato paste- the tubes are easy to use- look for a double concentrate paste. This product packs lots of flavor in a small amount.
3. Beans and lentils, all types. These are great to add to soups or grain dishes. Also, to make homemade hummus or to bolster salads and add protein.

Condiments- these products are needed for many recipes.

1. Vinegars- Balsamic, white balsamic, apple cider, red wine vinegar are common types. I also keep a couple of flavored vinegars on hand such as sherry, Ume plum, rice wine and fig.
2. Mustards- Dijon is a must have for me but I also use yellow and honey mustards as well.
3. Savory flavor enhancers- soy sauce, Tamari or liquid amino, Worcestershire sauce and hot sauces.
4. Mayonnaise, plant-based or regular.
5. Soup base- vegetable, mushroom, chicken, beef, and/or clam/lobster.

Whole grains and dry goods

1. Brown rice, arborio and wild rice.
2. Lentils and beans
3. Quinoa, polenta, farro, and other types of grains.
4. Dried fruits such as raisins, dates, or apricots or whatever you prefer-these are great to add to oatmeal.
5. Nuts and seeds- keep cool and dry- store in the refrigerator if possible as they will last longer. There are many varieties- start with 1-3 types and add to recipes or snack on, buy small amounts till you figure out which ones you like and will use.
6. Oats!
7. Flours- whatever type you like- whole grain, gluten free and some type of sugar or sweetener as these are needed in many recipes.

Vegetables and fruits

1. Jarred or canned roasted peppers, garlic, olives, and sun-dried tomatoes. Pickled vegetables on occasion.
2. Frozen vegetables are great to have on hand. All types- you can get chopped garlic, onions and peppers frozen to help speed up meal prep.
3. Fresh- onions, garlic, potatoes, celery, and carrots are staples I use weekly.
4. Salad stuff- some type of lettuce, cucumbers, and tomatoes at least.
5. Frozen or canned fruit, great to have on hand for smoothies, chutney, or to enhance recipes.