

Pantry, Fridge & Freezer

This is a list of items for your pantry, fridge and freezer; it is, by far, not a ginormous extensive list, but it will give you what you need for most delicious recipes.

<p>Spices</p> <ul style="list-style-type: none"> • Salt & pepper • Garlic salt • Italian blend • Oregano • Cumin • Chili powder • Paprika • Ginger • Turmeric 	<p>Refrigerator</p> <ul style="list-style-type: none"> • Eggs • Butter • Ketchup • Mustard- yellow & dijon • Worcestershire sauce <p>Baking</p> <ul style="list-style-type: none"> • Flour • Brown sugar • Sugar
<p>Cabinet</p> <ul style="list-style-type: none"> • Olive oil • Sesame oil • Cooking Spray • Chicken/vegetable broth • Beef broth • Soy Sauce or tamari • Balsamic vinegar • Roasted peppers • Maple syrup • Honey • Minute Rice- brown or white • Peanut butter <p>Nuts</p> <ul style="list-style-type: none"> • Pecans • Almonds • Cashews 	<p>Freezer</p> <ul style="list-style-type: none"> • Frozen chopped onions <p>Non- Food Items</p> <ul style="list-style-type: none"> • Aluminum foil • Parchment paper <p>Skillets, Pans & Bowls</p> <ul style="list-style-type: none"> • Small, medium & large bowls • Medium or large oven safe skillet <p><i>*If you don't have an ovenproof skillet, it's totally fine to sear in a skillet or frying pan, then transfer it all into an oven safe casserole dish to finish cooking in the oven.</i></p> <ul style="list-style-type: none"> • Medium, large skillets • Medium, large pan • Baking sheet • Measuring spoons • Peeler