Baking Supplies and Basic Ingredients

- **Flour** – a necessity for baking all things desserts and breads, and also a great ingredient for thickening sauces or breading chicken.
- **Sugar** – another necessity for baking and an easy way to add a touch of sweetness to any meal.
- **Dessert Mixes** – great ingredient to have on hand if you have a sweet tooth for a quick and easy sweet treat!
- **Oils** – a necessity for baking and cooking, also great for making your own dressings and sauces.

Dried Goods

- **Pasta and Rice** – extremely versatile ingredients for lots of different recipes. Try experimenting with different types of pastas and rice or adding them to a casserole for something new!
- **Broth** – great for making homemade soups, casseroles, and gravy. Also great to cook meats, rice, pasta, and vegetables with for added moisture and flavor.
- **Oatmeal** – oats are one of the most versatile ingredients. A great option for breakfast and for baking! Can also use oats as a substitute for flour in most recipes.
- **Beans** – also another versatile ingredient. Packed with nutrition and can be added to almost every meal and even replace meat altogether. My favorite beans are black beans and chickpeas!
- **Canned Meat** – quick and easy source of protein. Try adding to casseroles or whip up a quick chicken and tuna salad!
- **Diced Tomatoes** – great addition to pastas, soups & stews and chilis. Also great for making your own pasta sauce.
- **Pasta Sauce** – you can use pasta sauce for so many things besides pasta! Use as a sauce for meats and veggies with some melted cheese, or use as a substitute for tomato sauce in soups, stews, and chilis.
- **Spices** – spices are one of the easiest ways to elevate your meal and add lots of flavor. My favorite spices are garlic powder, paprika, and dried herbs!

Vegetables

- **Onions and Garlic** – I use onions and garlic as a base for almost every single recipe. They are a cheap and easy way to add lots of flavor to your meal.
- **Carrots** – an extremely versatile vegetable; eat by itself as a snack with some dip or chop up and add to a variety of meals such as salads, soups & stews, and chilis.
- **Celery** – celery will last a long time in your fridge and adds great flavor to any dish, especially when paired with carrots. I love adding celery to chicken salads, tuna salads, and bean salads for a great crunch. Celery is also great by itself with any kind of dip.
- **Potatoes** – not only can you make hundreds of different recipes with potatoes, but you can cook them so many different ways and never get bored of them. My go-to potato dish is a loaded baked potato with different toppings!

Fruits

- **Bananas** – bananas are a great source of quick energy and potassium! The best part about bananas is if they start to go bad, you can reuse them several different ways! Try slicing and freezing your bananas and using them in smoothies for a creamier consistency, or add mashed bananas to oatmeal, cookies, and banana bread.
- **Apples** – apples are great as a snack with peanut butter and cheese, but also great in other dishes! Try adding apples to salads and sandwiches for an extra crunch or add it to oatmeal with cinnamon.
- **Citrus** – just a small squeeze of a citrus fruit can really elevate the flavor of any meal.
### Dairy
- **Eggs** – great addition to every meal and recipe and a great source of protein. There are so many different ways to cook and incorporate eggs into your meals.
- **Butter** – great for baking and cooking; can often use butter and oil interchangeably in most recipes.
- **Shredded Cheese** – a great staple for many recipes. I love to melt shredded cheese to steamed veggies when I don’t have lots of time to cook, but still want something yummy.
- **Yogurt** – a great snack by itself and a great substitution for sour cream or cream cheese in any recipe. Incorporate yogurt into your baking for an extra creamy and moist dessert!
- **Sour Cream** – great topping for a variety of meals such as tacos and baked potatoes. Add to soups, stews, sauces, and casseroles for a creamier consistency.

### Condiments
- **Mayonnaise** – a great condiment for sandwiches and adds lots of creaminess to dressings and sauces.
- **Mustard** – another great condiment for sandwiches and adds lots of flavor and a slight tang to dressings and sauces. When paired together, mustard and mayonnaise add lots of flavor to any dish such as chicken or tuna salads.
- **Soy Sauce** – an easy ingredient to reach for when your dish needs quick flavor. Soy sauce is a staple ingredient for making a variety of sauces. I love to use soy sauce in rice bowls with meat and veggies.
- **Sriracha or Hot Sauce** – another easy reach to add quick flavor to your meals and a staple ingredient for a variety of sauces. Great addition to all types of dishes and is a necessity if you love spicy flavor!
- **Vinegar** – great for salad dressings, marinades, and a variety of other sauces and dressings. Great addition to all types of dishes and is a necessity if you like tangy flavors!

### Other
- **Bread** – great to have on hand to make all sorts of sandwiches when you need a quick bite to eat!
- **Tortillas** – another great ingredient to have on hand when you need a quick bite to eat!
- **Popcorn** – an easy and filling snack packed with nutrients from whole grains. Get creative and experiment with your popcorn toppings! For a savory flavor, try adding some melted butter with salt, melted or powdered cheese, or sprinkle on some Ranch Dip seasoning. For a sweeter flavor, try sprinkling your popcorn with some cinnamon and sugar, honey, caramel, or maple syrup.
- **Chocolate Chips** – one of my favorite go-to snacks when I am having a sweet tooth! Melt some chocolate chips in the microwave and use as a chocolate sauce topping for ice cream and other desserts, or as a chocolate dip for fruits and graham crackers!
- **Herbs** – herbs are one of the easiest ways to elevate the flavor of your food! Herbs are extremely versatile and usually good on everything! Use herbs to cook with, or to top your dishes with! I love using chopped herbs such as cilantro and green onions to add flavor to my rice!
- **Seasonal Items** – another easy & affordable way to keep things interesting in the kitchen is to look out for seasonal items at the store! Produce will be much cheaper when it is in season and this is a great way to learn how to cook with a new ingredient and try new flavors!