

25 PANTRY ESSENTIALS

TO PUT SIMPLE, FROM-SCRATCH MEALS,
ON THE TABLE EVERY NIGHT!

All-Purpose Flour
Granulated Sugar
Brown Sugar
Instant Yeast
Corn Starch
Kosher Salt
Black Pepper
Garlic Powder
Chilli Powder

Dried Oregano
Dried Basil
Cayenne Pepper
Baking Powder
Onion Powder
Dried Parsley
Paprika
Cumin

Baking Soda
Canned Tomatoes
Tomato Paste
Olive Oil
White Wine Vinegar
Soy Sauce
Better than Bouillon
Lemon Juice



Having a well-stocked pantry is KEY to ending dinnertime overwhelm and being prepared to whip out homecooked meals on a moment's notice. The list above may seem simple, but see below for 10 things you can make using ONLY the ingredients above!

USING ONLY THESE ITEMS YOU CAN MAKE:

CREAM OF CHICKEN SOUP– flour, better than bouillon, salt, pepper, oil, water, garlic & onion powder

RED ENCHILADA SAUCE– water, better than bouillon, chili & garlic powder, flour, cumin, oregano, oil

TACO SEASONING– chili powder, salt, pepper, garlic & onion powder, cumin, oregano

SEASONING SALT– paprika, chili powder, salt, pepper, garlic powder, onion powder, cayenne pepper

PIZZA SAUCE– tomatoes, tomato paste, salt, pepper, sugar, garlic & onion powder, oregano, basil

TERIYAKI SAUCE– soy sauce, brown sugar, water, garlic powder

RANCH SEASONING– parsley, onion powder, garlic powder, salt, pepper, sugar

BREAD DOUGH– flour, sugar, instant yeast, water, oil

ITALIAN SALAD DRESSING– oil, vinegar, lemon juice, garlic, basil, cayenne, parsley, oregano

PANCAKE MIX– flour, sugar, baking soda, baking powder, salt

WELCOME TO THE FROM-SCRATCH COOKING SQUAD!

Be sure to check back to the freebies page often, I've got lots of awesome resources coming your way. Look for my (upcoming) fridge and pantry lists, naptime meals, and holiday planning resources in the near future. I'm excited to have you join me on my from-scratch cooking journey.

XOXO-AMANDA (AKA BETTY)