

BASIC PANTRY

List of ingredients to have on hand to make cooking easier

FRESH FOOD ITEMS (perishable items with a short shelf live) IN THE FRIDGE



Eggs



Milk



Cheese (cheddar, mozzarella)



Butter or margarine



Firm tofu



Apples



Celery



Rutabaga



Green cabbage



Carrots



Your choice of meat (pork chops, ground meat, beef cubes, chicken thighs)

ON THE COUNTER



Bananas

IN THE CUPBOARD



Garlic



Potatoes



Sliced bread

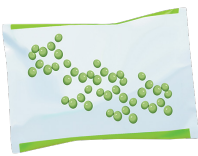


Yellow onions

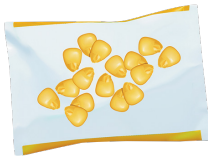
FROZEN FOODS IN THE FREEZER



Spinach



Green peas



Whole kernel corn



Sole fillets

DRY INGREDIENTS IN THE CUPBOARD



Pasta



Rice



Couscous



Raisins



Pearl barley

Basic pantry Condiments

CANNED GOODS

IN THE CUPBOARD



Beans
(chick peas,
black beans,
kidney beans,
lentils)



Salmon



Tomato
paste



Diced
tomatoes



Cream of
tomato soup

CONDIMENTS

IN THE CUPBOARD



Chick broth
(powder or
concentrated)



Canola
oil



Apple cider
vinegar



Peanut
butter

IN THE FRIDGE



Hot
sauce



Soy
sauce



Mustard



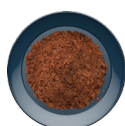
Ketchup



Mayonnaise

BAKING INGREDIENTS

IN THE CUPBOARD



Cocoa powder



White sugar



Brown sugar



All-purpose
flour



Whole-
wheat flour



Artificial vanilla
extract



Baking
powder



Molasses



Corn
starch



Baking
soda



Rolled
oats



Honey

HERBS AND SPICES

IN THE CUPBOARD



Curry powder,
ground cumin,
chili powder,
ground cinnamon
and paprika



Mustard
powder



Dried parsley
and thyme



Ground pepper
and salt

Useful tools for Fondation Olo recipes

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