

## BASIC PANTRY ITEMS

- Chicken Broth or Chicken Bouillon
- Vegetable Broth or Vegetable Bouillon
- Dry or Canned Beans (black, red, white, chickpeas)
- Dried Lentils
- Canned Tomatoes (whole peeled tomatoes, tomato sauce, tomato paste)
- Tuna Fish
- Dried Pasta
- Rice/Grains (choose your favorites)
- Panko Breadcrumbs
- Salt
- Pepper
- Extra Virgin Olive Oil
- Granulated Garlic
- Granulated Onion
- Dried Oregano
- Dried Thyme
- Chili Powder
- Taco Seasoning
- Red Chili Pepper Flakes
- Vinegar (Apple Cider, Balsamic)
- Ketchup
- Salsa
- Hot Sauce

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