

# How to Stock Your Kitchen for Quick Dinners: An Essential Shopping List



This list includes all of the pantry items you need to make the 5-ingredient and 15-minute recipe from our spotlight [It's 5:15 p.m.—What's for Dinner?](#) plus other ingredients we like to keep on hand to make quick weeknight meals on the fly less stressful.

## SEASONINGS

- Kosher salt
- Table salt
- Ground pepper
- Salt-free Cajun seasoning
- Crushed red pepper
- Ground cumin
- Curry powder
- Chili powder
- Ground mustard
- Dried thyme
- Dried rosemary
- Italian seasoning
- Sesame seeds (white and/or black)
- Taco seasoning (30%-lower-sodium)
- Curry paste
- Chipotles in adobo sauce

## CONDIMENTS, ETC.

- Worcestershire sauce (vegan, if desired)
- Soy sauce (lower-sodium)
- Dijon mustard
- Whole-grain mustard

- Salsa
- Ketchup
- Hot sauce
- Mayonnaise
- Hoisin sauce
- Fish sauce
- Chile-garlic sauce

## OILS & VINEGARS

- Distilled white vinegar
- Cider vinegar
- Balsamic vinegar
- Red-wine vinegar
- White-wine vinegar
- Rice vinegar
- Extra-virgin olive oil
- Canola oil
- Grapeseed and/or avocado oil
- Sesame oil
- Toasted sesame oil
- White balsamic vinegar

## WHOLE GRAINS

- Quick grits
- Bulgur

- Quinoa
- Farro
- Microwaveable precooked brown rice precooked
- Microwaveable precooked quinoa packets
- Whole-wheat fusilli
- Whole-wheat couscous

## CANNED GOODS

- Unsalted chicken broth
- Unsalted beef broth
- Unsalted vegetable broth
- Coconut milk
- No-salt-added canned diced fire-roasted tomatoes
- Tomato sauce
- Tomato paste
- Marinara sauce
- Red enchilada sauce
- Microwaveable precooked black lentils
- No-salt-added canned black beans
- No-salt-added cannellini beans
- No-salt-added chickpeas
- No-salt-added pinto beans

# How to Stock Your Kitchen for Quick Dinners: An Essential Shopping List Continued

## CANNED GOODS CONTINUED

- No-salt-added water-packed tuna
- Canned salmon

## OTHER STAPLES

- Capers
- Tahini
- Honey
- Maple syrup
- Granulated sugar
- Light brown sugar
- Whole-wheat panko breadcrumbs
- Cornstarch
- Tart cherry juice concentrate
- Dry white wine
- Red wine
- Olives

## DRIED FRUIT, NUTS, & SEEDS

- Dried dates
- Golden raisins
- Raisins
- Walnuts
- Almonds
- Peanuts

- Peanut butter
- Almond butter
- Chia seeds
- Flaxseeds

## LONG-LASTING PRODUCE ITEMS

- Limes
- Lemons
- Onions
- Garlic
- Carrots
- Celery
- Cabbage
- Refrigerated garlic paste
- Refrigerated ginger paste

## REFRIGERATOR

- Large eggs
- Unsalted butter
- Parmesan cheese
- Milk

## FREEZER

- Corn
- Peas
- Edamame

- Broccoli
- Spinach
- Mixed berries
- Shredded hash brown potatoes