

Kitchen Staples Checklist

Pantry	Refrigerator
<ul style="list-style-type: none">— Olive oil— Sesame oil— Vegetable oil— Balsamic vinegar— Chicken and vegetable stock— Rice— Pasta— Couscous— Ramen noodles— Canned beans (a variety of— garbanzo, kidney, black, etc.— Salsa— Seasonings, herbs and spices	<ul style="list-style-type: none">— Eggs— Tortillas (flour and corn)— Fresh spinach— Cheese— Greek yogurt— Slaw mix— Fresh garlic— Onions <div data-bbox="862 1522 1549 1955" style="background-color: #a0a0c0; padding: 10px; margin-top: 20px;"><p>Now that your kitchen is well stocked, find some quick and easy recipes at www.farmflavor.com!</p></div>