



Stock Your Pantry

Semiannual Shopping List.

Quantities are general, and are based on cooking for 4 people. If you will be cooking for larger or smaller groups, adjust the quantities accordingly.

Canned Goods

Canned tomato soup, 3 - 10.5 oz. cans
Canned diced tomatoes, 12 - 14 oz. cans
Chicken broth, either 8 - 14 oz. cans or packaged bouillon to make your own broth quantities
Canned or dry black beans, 6 - 15 oz. cans, or equivalent
Canned cream of mushroom soup, 6 - 10.5 oz. cans
Canned mushrooms, 6 - 4 oz. cans
Canned marinated artichoke hearts, 2 - 4 oz. cans
Tomato paste - 8 - 6 oz. cans

Freezer Aisle

Frozen spinach, 2 - 10 oz. packages
Frozen mixed vegetables (mixture of corn, peas, carrots, etc.) 2 - 2lb. bags
2 packages of 2 crust pie crusts

Dry Goods

Rice, 5 lb. bag
Flour, 1 - 5 lb. bag
Yeast, 1 - 4 oz. jar
Corn bread mix, 2 packages
Pasta: 4 lbs. spaghetti noodles, 3 lbs rotini, macaroni or other thick noodles
Salt, 8 oz.
Pepper, 4 oz.
Garlic salt, 4 oz.
Taco seasoning, 6 oz.
Bread crumbs, 1 - 10 oz. canister
Honey, 1 - 8 oz. jar
Powdered Italian dressing mix - 6 single serving packets
Chopped pecans, 8 oz.

Condiments

Olive oil, 1 liter
Vegetable oil, 1 liter
Jar of diced garlic, 12 oz. (or add fresh garlic to your weekly list if you prefer)
Balsamic vinegar, 10 oz.
Dijon mustard, 8 oz.
Hot sauce, 8 oz. (Buy a sauce that suits your "heat" reference. There are mild hot sauces that will still add the required flavor).
Bottled lemon juice, 8 oz.