

The Dinner in Minutes Pantry

Every ingredient you'll need to make dozens of delicious meals in no time

By Bonnie S. Benwick

Produce

- zucchini
- asparagus
- fennel
- ginger
- lemons
- limes
- oranges
- grapefruit
- parsley
- basil
- thyme
- rosemary
- carrots
- celery
- grape or cherry tomatoes
- scallions
- red bell peppers
- jalapeños
- salad greens
- potatoes
- garlic
- onions
- shallots
- frozen peas
- frozen corn
- frozen green beans
- frozen spinach

Meat + Fish

In the freezer:

- bacon
- flank steak
 - boneless, skinless
- chicken breasts
- bone-in, skin-on chicken thighs
- ground turkey
- cod
- salmon fillets
 - shrimp
- In the pantry:*
 - canned tuna packed in oil

Spices

- ground cardamom
- black peppercorns
- kosher salt
- fine sea salt
- chili powder
- sweet paprika
- smoked paprika
- cinnamon
- cumin
- dried oregano
- crushed red pepper flakes
- garlic powder
- onion flakes
- za'atar
- celery seed

Condiments

- dijon mustard
- whole-grain mustard
- fish sauce
- tomato paste
- ketchup
- hoisin sauce
- tahini
- mayonnaise
- chicken broth
- vegetable broth
- Louisiana style hot sauce
- Sriracha
- soy sauce
- honey
- apricot jam
- red wine vinegar
- champagne vinegar
- balsamic vinegar
- vegetable oil
- extra-virgin olive oil
- toasted sesame oil

Baking

- all-purpose, unbleached flour
- granulated sugar
- light brown sugar
- confectioners' sugar
- unsweetened cocoa powder
- baking soda
- baking powder
- golden raisins
- raw cashews
- walnut halves
- pecan halves
- pine nuts
- blanched or sliced almonds
- roasted/toasted sesame seeds

Canned

(all preferably no-salt added)

- cannellini beans
- chickpeas
- black beans
- whole peeled tomatoes
- coconut milk

Grains etc.

- bread
- basmati rice
- arborio rice
- instant brown rice
- dried lentils
 - vermicelli, fettuccine or
- pappardelle pasta
- macaroni
- wide egg noodles
 - pearl or quick-cooking
- couscous
- polenta
- quinoa
- panko
- pita
- corn tortillas