



Kasey's Kitchen

Essential Ingredients

A pinch of cute, a dash of sassy. On a budget, but always classy.

Here is my list of essentials in the kitchen from A-Z (well, W actually).
Print this out and leave it on your fridge as a reminder!

Almond extract: for adding a little extra flavor to desserts, pie crusts, vegetables and other dishes.

Apples: for long storage, eating out of hand and making desserts.

Applesauce: for snacking, cooking, baking and an easy dessert.

Balsamic vinegar: for flavoring dishes and making salad dressings ... or if you're like me, use on everything!

Barbecue sauce: for cooking and flavoring.

Bay leaves: for seasoning soups, stocks, roasts, sauces and poaching liquids.

Beans (dried and canned): for soups, stews and other dishes.

Boullion/Broth (beef, chicken, and vegetable): for soups, seasoning, casseroles and marinades.

Breadcrumbs: for toppings, stuffings and other dishes.

Brown rice: for casseroles, soups, stuffings and side dishes.

Brown sugar: for cooking, baking and seasoning.

Canned cream soup: to add to side dishes, soups, casseroles and other dishes.

Canned tomatoes: for sauces, salads, soups, stews, casseroles and other dishes.

Canned tuna fish: for quick sandwiches and casseroles.

Carrots: for long storage, snacking, soups, side dishes, roasting meats, casseroles, stews and more.

Cooking sprays: for greasing pans for baking or frying.

Cornstarch: for thickening puddings, sauces, stews and gravies.

Crackers: for snacking, appetizers and topping casseroles.

Dried fruit: for desserts, sauces, roasting meat and poultry and snacking.

Dried herbs: for seasoning sweet and savory dishes (good ones to have on hand: basil, oregano, thyme, rosemary, dill, cilantro, tarragon, chives)

Dried spices: for seasoning sweet and savory dishes (good ones to have on hand: cinnamon, nutmeg, cumin, paprika, mustard, ginger, allspice, cayenne pepper)

Garlic: for... well, everything!

Ginger: fresh for mincing or grating and adding to dishes for a spark.

Honey or Agave: for seasoning, cooking, or eating on biscuits or cereal.

Hot sauce: for adding a touch of spice to dishes.

Jams or jellies: for making sandwiches, desserts or sauces.

Ketchup & Mustard: for sandwiches, mayonnaise-based salads, salad dressings and marinade.

Kosher salt: for seasoning

Lemons and limes: for squeezing into fresh juice or using the zest in cooking.

Lentils: for soups, stews and other dishes.

Mayonnaise: for salads, sandwiches, salad dressings and many other dishes.

Nuts: a selection of your favorite nuts for breads, muffins, desserts, casseroles and side dishes.

Oatmeal: for baking, cooking and as a breakfast cereal.

Olive oil: for cooking, greasing pans or making salad dressings.

Onions: for seasoning meats, soups, stews, casseroles and many other dishes.

Pasta: for eating plain, with butter, or a sauce; also great for using in soups, stews, casseroles, or as a side dish.

Peanut butter: for cooking, baking and snacking.

Powdered sugar: for making frosting, cooking, baking and decorating.

Potatoes: for baking and mashing.

Red wine vinegar: for cooking and seasoning.

Semisweet chocolate chips: for desserts and snacking.

Soy sauce: for flavoring and quick stir-frying.

Tomato paste: for making pasta sauces, stews, soups and casseroles.

Unbleached white flour: for cooking, baking, thickening.

Vanilla: for flavoring many dishes, especially desserts; only use the real flavoring or vanilla beans.

Vegetable oil: for frying, cooking, salad dressings and greasing pans.

White sugar: for cooking and seasoning.

White wine vinegar: for salads, flavoring and cleaning coffee pots.

Worcestershire sauce: for seasoning and adding color.