

# 10 PANTRY ESSENTIALS

I like to keep a pretty well stocked pantry, so that it can help cover any gaps between grocery shopping trips. The good thing with unopened pantry items is that many have a long shelf life, so if you find yourself in a pinch, you'll have things on hand to eat.

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1

## CANNED CHICKEN

I buy good quality canned chicken breast, and keep it on hand to use in a pinch when I'm in a hurry, and may not have time to cook up some chicken breasts.

2

## CANNED SOUP & CHILI

You could serve with grilled sandwiches or with quality hot dogs.

3

## SALSA AND CHIPS

It's great to have on hand, either for dipping tortilla chips in, or flavoring up soups, burritos, baked potatoes, nachos or chicken breast.

4

## CRACKERS

If you need a quick snack, appetizer, or run out of bread, it's simple and filling to top crackers with cheese, peanut butter or almond butter.

5

## TORTILLAS

Tortillas are great because if you run out of bread, most sandwich toppings work just as well in a tortilla.

6

## CANNED BEANS

You can toss them in a soup, dip, or salad, or add them to quesadillas, burritos or tacos.

7

## CANNED FRUIT

You can stir together pineapple, mandarin oranges, and peaches with whatever fresh fruit you have on hand and make a fruit salad.

8

## RICE

Because rice can be doctored up so many different ways, it's a valuable staple to keep stocked.

9

## BOXED POTATOES

When dinner rolls around, if you're a bit tuckered out and don't want to peel potatoes, there are some tasty brands.

10

## TUNA

Tuna in the pouches or cans are super handy for a quick tuna salad at lunch. It also makes yummy tuna cakes, pot pie or casseroles.