

THE ESSENTIAL INSTANT POT PANTRY SHOPPING LIST

Dry Goods Essentials

- Flour
- Cornstarch
- Panko or breadcrumbs
- Favorite sweeteners, including
 - White sugar
 - Brown sugar
 - Powdered sugar
 - Maple syrup
 - Honey
- Grains
 - White rice
 - Brown rice
 - Arborio rice
 - Quinoa
 - Couscous
 - Steel cut oats
 - Rolled oats
- Pasta in several shapes
 - Bow tie pasta
 - Elbows
 - Spaghetti
 - Small shells
 - Rotini
 - Penne
 - Orzo
 - Egg noodles
- Favorite dried fruits, especially
 - Raisins
 - Dried cranberries
- Nuts, especially
 - Cashews
 - Peanuts
 - Walnuts
- Dried beans, especially
 - Cannellini beans
 - Lentils
 - 15 bean soup mix
- Bread
 - Sandwich bread
 - Sandwich rolls / buns
 - Sour dough / other crusty bread
- Tortillas
- Graham crackers
- Soup crackers

Jarred & Canned Essentials

- Olive oil
- Canola oil
- Sesame oil
- Nonstick cooking spray
- Canned stocks and broths
 - Chicken
 - Beef
 - Vegetable
- Canned tomatoes
 - Crushed tomatoes
 - Petite diced tomatoes
 - Diced tomatoes with green chiles
 - Tomato purée
 - Tomato sauce
 - Tomato paste
- Canned beans, including
 - Black beans
 - Kidney beans
- Canned hominy
- Jarred salsa
- Enchilada sauce
- BBQ sauce
- Soy sauce
- Peanut butter
- Evaporated milk

Dried Spices

- Salt
- Pepper
- Basil
- Cayenne pepper
- Chili powder
- Cinnamon
- Cumin
- Curry
- Dried parsley
- Garlic powder
- Italian seasoning
- Onion powder
- Oregano
- Paprika
- Red pepper flakes
- Rosemary
- Thyme

Freezer Essentials

- Frozen meats
 - Chicken thighs
 - Chicken breasts
 - Chicken tenders
 - Chuck roast
 - Pork shoulder
 - Ground beef
 - Ground sausage
 - Sausages
 - Bacon
- Frozen vegetables
 - Chopped onions
 - Peas
 - Corn
 - Spinach
 - Beans
- Frozen fruit
 - Blueberries
 - Triple berry blend
 - Cherries
 - Tropical fruit mix

Refrigerated Essentials

- Eggs
- Butter
- Milk
- Heavy cream
- Half & half
- Sour cream
- Cream cheese
- Assorted cheese
 - Cheddar
 - Mozzarella
 - Parmesan

Produce Essentials

- Carrots
- Celery
- Garlic
- Onions
- Potatoes
- Lemons