

InstantPot Pantry List

Recommended list of staple groceries you may want to have on hand, things that you use over and over:

artichoke hearts	rice
beans	rice Arborio for risotto and rice pudding
beans - dry	rice arborio for risotto
beans chickpeas	rice basmati
beans great northern	rice calrose for risotto
Better Than Boullion	rice regular white
bones save the bones from chicken now and put them in the freezer until I have enough for a potful then freeze the broth	root veggies
broth	spices
carrots	squash acorn
celery	squash butternut
chicken boneless skinless thighs	squash whole hard winter
chicken thighs	steel cut oats
chicken wings	stock
cream cheese	sweet potatoes
dehydrated assorted vegetables I like to throw those in the liquid with whatever meat I am cooking They rehydrate and turn out very nicely And because they are dehydrated with a longer cooking time for meat they do not turn into mush	tomatoes canned stock up when they're on sale
diced canned tomatoes	tomatoes Fire roasted
eggs	
frozen chicken breasts	
frozen fish filets	
frozen mixed veggies	
garlic	
lentils	
low sodium broth	
low sodium tomato products	
meat	
meat cheap cuts	
meat chuck roast	
meat ribs	
meat whole chickens	
milk condensed for Dulce LaLeche	
milk evaporated	
mushrooms fresh	
mushrooms dried	
onions	
pasta	
penne pasta	
potatoes	