

Things that [www.SouthernMomCooks.com](http://www.SouthernMomCooks.com) keeps on hand at all times!

**Foods in my Freezer:**

- Boneless, skinless Chicken Breasts
- Boneless, skinless Chicken Tenderloins
- Beef Tips & Stew Meat
- Pork Chops, Boneless
- Pork & Beef Sausage
- Ground Hamburger Meat
- Make Ahead Ground Beef
- Frozen Seasoning Blend
- Bacon
- Pecans
- White Rice
- A Variety of Noodles: Elbow macaroni, Linguine, Angel Hair Pasta, Egg Noodle, etc
- Sugar
- Cornmeal
- White All-Purpose Flour
- Shredded Cheddar
- Shredded Mozzarella
- Shredded Mexi-Mix
- Texas Toast
- Dinner Rolls
- Cheese Bread
- Kidney Beans
- Tea Bags
- Broccoli
- Cauliflower
- Mixed Veggies

**Foods in My Pantry**

- Canned Corn
- Canned Green Beans
- Canned Red Beans
- BBQ Sauce
- Beef Broth
- Chicken Broth
- Cream of Mushroom
- Tomato Sauce
- Tomato Paste
- Diced Tomatoes
- Rice and Pasta Sides
- Brown Rice
- Yellow Rice
- Muffin Mixes (yeah, I cheat sometimes)
- Dessert Mixes

- Jelly
- Peanut Butter
- Evaporated Milk

### **Foods in my Fridge**

- Worcestershire Sauce
- Soy Sauce
- Kitchen Bouquet
- Stick & Tub Margarine
- Mayonaise
- Ketchup
- Mustard
- Eggs
- Canned Biscuits
- Canned Crescent Rolls
- Sliced Cheese
- Potatoes

### **Spices in my Spice Cabinet**

- Salt
- Black Pepper
- Vanilla Extract
- Beef Bullion Cubes
- Chicken Bullion Cubes
- Garlic Powder
- Onion Powder
- Chili Powder
- Cinnamon
- Italian Seasoning