

ESSENTIALS FOR A WELL-STOCKED VEGETARIAN PANTRY

BEANS/LEGUMES

A GREAT ADDITION TO SOUPS AND SALADS, PLUS THEY ARE VERSATILE TO MANY DIFFERENT CUISINES

- BLACK BEANS, PINTO BEANS, CHICKPEAS
- LENTILS - RED, YELLOW, GREEN, BLACK
- A VARIETY OF CANNED AND DRY BEANS

GRAINS

INCLUDE A VARIETY OF WHOLE GRAINS

- RICE - BROWN, BASMATI, WILD, WHITE
- QUINOA, OATS, BARLEY
- FARRO, FREEKEH, WHEAT BERRIES (FOR SOMETHING A LITTLE DIFFERENT!)

TOFU

CAN BE PREPARED IN A VARIETY OF WAYS

- SILKEN, SOFT
- FIRM OR EXTRA FIRM
- USE IN EVERYTHING FROM SOUPS TO STIR-FRY

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NUTS/NUT BUTTER/SEEDS

NUTS ADD GREAT TEXTURE TO DISHES AND NUT BUTTERS CAN BE THE BASE OF A FLAVORFUL DIP OR SAUCE

- ALMONDS, PISTACHIOS, CASHEWS
- SUNFLOWER, SESAME, CHIA, FLAX, PEPITAS
- TAHINI, PEANUT BUTTER

VEGETABLE STOCK

USED FOR THE BASE OF HOMEMADE SOUPS AND SAUCES

- MADE FROM ONIONS, GARLIC, CELERY, CARROTS
- FIND A STORE-BOUGHT BRAND YOU LOVE TO STORE IN THE PANTRY
- SAVE YOUR VEGETABLE SCRAPS TO MAKE YOUR OWN!

PASTAS

SOUPS, SALADS OR DRESSED WITH A LITTLE SAUCE

- EGG NOODLES, PLUS A VARIETY OF LONG AND SHORT PASTAS
- RICE NOODLES, SOBA NOODLES
- ISRAELI (PEARL) COUSCOUS AND REGULAR COUSCOUS

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OILS

KEEP A VARIETY OF OILS ON HAND FOR DIFFERENT USES - FROM SAUTÉING TO SALAD DRESSING

- NEUTRAL FLAVOR: GRAPESEED, CANOLA
- MORE FLAVOR: OLIVE, AVOCADO
- STRONG FLAVOR: SESAME, WALNUT

VINEGARS

A SPLASH OF VINEGAR CAN BRIGHTEN UP THE FLAVOR OF ALMOST ANYTHING

- WHITE WINE, RED WINE, APPLE CIDER
- BALSAMIC, SHERRY, RICE WINE
- CHAMPAGNE, WHITE BALSAMIC

SPICES

A GOOD MIX OF SPICES CAN TAKE YOU ANYWHERE YOU WANT TO GO, CULINARILY SPEAKING...

- SALT, PEPPER, ONION, GARLIC, BAY LEAF
- BASIL, OREGANO, THYME, ROSEMARY, SAGE
- CUMIN, CINNAMON, CURRY, GINGER, CHILI POWDER, PAPRIKA, GARAM MASALA

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CONDIMENTS

THEY MAKE EVERYTHING BETTER!

- KETCHUP, SALSA, BBQ SAUCE
- MUSTARDS - DIJON, WHOLE GRAIN, YELLOW
- SOY SAUCE, TAMARI, AMINOS

SWEETENERS

KEEP A FEW DIFFERENT SWEETENERS FOR DIFFERENT USES AND FLAVORS

- WHITE SUGAR, BROWN SUGAR
- MAPLE SYRUP, AGAVE, HONEY, DATE SYRUP
- SUGAR-FREE OPTIONS LIKE MONKFRUIT

FLOURS

FROM BAKING TO THICKENING SAUCES, FLOUR IS A STAPLE.

- ALL PURPOSE, WHOLE WHEAT, CAKE FLOUR
- ALMOND FLOUR, BREAD FLOUR, RICE FLOUR
- CHICKPEA, EINKORN, GLUTEN-FREE ALL PURPOSE

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TOMATOES

A FLAVOR BASE IN MANY RECIPES AND CUISINES

- CANNED TOMATOES - DICED & CRUSHED
- TOMATO PASTE

WORLD CUISINES

ESSENTIAL FOR A GLOBALLY-INSPIRED PANTRY

- MISO PASTE, THAI CURRY PASTE
- SAMBAL OELEK, COCONUT MILK, LIME LEAVES
- ENCHILADA SAUCE - YOU CAN JAZZ UP STORE-BOUGHT!

FLAVOR BOMBS

ADDING A BIT OF THESE REALLY AMPS UP THE FLAVOR!

- OLIVES - GREEN, KALAMATA, OIL-CURED
- CAPERS (PACKED IN BRINE, NOT SALT)
- DRIED FRUIT - APRICOTS, PRUNES, GOLDEN RAISINS, CRANBERRIES, CURRANTS

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CHEESE

NOT TECHNICALLY A "PANTRY" ITEM, BUT A STAPLE IN OUR HOUSE

- HARD CHEESES LIKE PARMESAN - THESE CHEESES HAVE A LONG SHELF LIFE, SO YOU CAN KEEP A PIECE IN THE FRIDGE FOR MONTHS
- SOFT CHEESE LIKE RICOTTA ADDS BODY AND FLAVOR TO PASTA DISHES

ROOTS

ROOT VEGETABLES TEND TO KEEP FOR AN EXTENDED TIME, STORE IN A COOL, DARK PLACE

- POTATOES, SWEET POTATOES
- GARLIC, ONIONS (SWEET, RED, YELLOW)
- GINGER - THIS ROOT WILL KEEP FOR WEEKS IN THE FRIDGE

FREEZER

WHEN YOU CAN'T GET FRESH PRODUCE, THIS IS A GREAT OPTION

- FROZEN VEGETABLES - PEAS, CORN, CARROTS
- FRUIT - BERRIES, MANGO, CHERRIES
- EDAMAME FOR SNACKING!