

# Pantry Cooking



## Grains and Pasta

### WHAT TO STOCK:

- Whole grains, such as brown rice (regular and instant), wild rice, quinoa, barley, bulgur, oats (old-fashioned and quick)
- Your favorite Italian pastas (preferably whole wheat or bean-based)
- Other ethnic varieties, such as Asian rice noodles, soba noodles, Israeli couscous, orzo
- Whole grain breads, buns, tortillas

### IDEAS FOR USE:

- Grains + veggies + vinaigrette = grain bowl
- Pasta + crushed tomatoes + dried herbs + ground meat = pasta with meat sauce
- Rice noodles + stock + frozen veggies = noodle soup

## Legumes

### WHAT TO STOCK:

- Black, cannellini, garbanzo, kidney, pinto, lentils, split peas, black-eyed peas
- If buying canned, look for lower sodium varieties.

### IDEAS FOR USE:

- Whole wheat tortilla + smashed black beans + cheese = quesadillas
- Rice + pinto beans = easy beans and rice
- White beans + veggies + stock = pureed soup

## Canned fish

### WHAT TO STOCK:

- Sardines, tuna (buy light vs. white due to mercury levels), and salmon

### IDEAS FOR USE:

- Sardines + tomato sauce + toast = peasant Italian dinner
- Tuna / salmon + mayo + celery = fish salad

## Eggs and Dairy

### WHAT TO STOCK:

- Eggs
- Cheese: popular staples include cheddar, mozzarella and parmesan
- Milk, sour cream and yogurt (use for adding body and depth to dishes)

### IDEAS FOR USE:

- Eggs + frozen vegetables + cheese = frittata
- Cheese + tomato sauce + protein baked in the oven = bubbly, cheesy casserole
- Coconut milk + veggies + stock = fragrant pureed soup
- Sliced cheese + whole grain bread = grilled cheese

## Frozen Stuff

### WHAT TO STOCK:

- Frozen fruits and vegetables (look for special blends to help with recipes)
- Frozen proteins such as chicken, pork, beef, shrimp, fish, sausage, edamame
- Frozen potatoes (diced or shredded with no oil or salt added)
- Frozen pastas such as ravioli or tortellini

### IDEAS FOR USE:

- Frozen veggies + egg + rice = fried rice
- Frozen potatoes + turkey smoked sausage + onions = easy hash
- Frozen shrimp + frozen Asian vegetables + rice + soy sauce = easy stir fry
- Frozen beef + frozen peppers strips + whole wheat tortillas = fajitas

## Nuts

### WHAT TO STOCK:

- Almonds, cashews, peanuts (technically a legume), pecans, pine nuts, pistachios, walnuts
- Don't forget the nut butters too!

### IDEAS FOR USE:

- Nuts + herbs + garlic + olive oil = pesto
- Crushed nuts (like almonds) + protein (like fish) = crunchy breaded protein
- Nuts + dried fruit = healthy trail mix
- Nut butter + milk + frozen banana = smoothie

## Seeds

### WHAT TO STOCK:

- Crunchy seeds like sesame, sunflower or pumpkin seeds for adding to salads or soups
- Finer seeds like hemp, flax or chia for smoothies, baked goods, yogurt or oatmeal
- Seed butters such as sunflower seed butter and tahini

### IDEAS FOR USE:

- Crunchy seeds + nuts + dried fruit = trail mix
- Crunchy seeds + salad greens + protein = balanced salad
- Finer seeds + steel cut oats + dried fruit = healthy morning oatmeal

## Flours and Thickeners

### WHAT TO STOCK:

- Flours: all-purpose flour, bread flour, whole wheat or white whole wheat flour
- Breading: panko and breadcrumbs (both plain and Italian seasoned)
- Thickeners: cornstarch, arrowroot powder

### IDEAS FOR USE:

- Breading + fish = crunchy baked fish
- Flours + egg + milk + baking essentials = muffins or pancakes
- Soy sauce + water + cornstarch (or arrowroot powder) = stir-fry sauce

## Sauces and Soup Bases

### WHAT TO STOCK:

- Crushed or diced tomatoes
- Coconut milk
- Broths, stocks or bouillon

### IDEAS FOR USE:

- Stock + beans + diced tomatoes + veggies + spices = veggie chili
- Crushed tomatoes + aromatics = homemade tomato sauce
- Stock + rice + tomatoes = flavored rice

## Ethnic Bases

### WHAT TO STOCK:

- Indian curry bases, Italian pasta sauces, miso pastes, curry sauces or Latin enchilada sauces

### IDEAS FOR USE:

- Thai curry paste + coconut milk + stock + veggies = rich veggie curry
- Indian curry base + chicken + frozen veggies = better than Indian take-out
- Enchilada sauce + black beans + tortillas + cheese = vegetarian enchiladas
- Italian pasta sauce + pasta + veggies = easy pasta night

## *Aromatics*

### WHAT TO STOCK:

- Anything in the allium family – garlic, shallots, and onions. Look for frozen, jarred or tube versions for added convenience.
- Carrots and celery are also helpful aromatics to have on hand.

## *Oils*

### WHAT TO STOCK:

- Use an oil with a high smoke-point, like avocado or pure olive oil, as your all-purpose oil. It'll be versatile enough to suit any type of cooking need.
- Keep an extra-virgin olive oil for dipping and for drizzling over finished dishes.

## *Vinegars*

### WHAT TO STOCK:

- If you're just building your pantry, 2 to 3 varieties of vinegar is a great place to start. Apple cider, balsamic, red wine or sherry and rice vinegar are recommended.

## *Condiments*

### WHAT TO STOCK:

- For sweetness: ketchup, jellies, jams, preserves
- For saltiness / umami: bouillon, capers, soy sauce, tomato paste, Worcestershire sauce, pestos
- For spice / sharpness: chili sauces, harissa, horseradish, hot sauces, mustards, salsas

## *Other flavorings*

### WHAT TO STOCK:

- Sugars, syrups, honeys, etc..
- Kosher or sea salt for everyday cooking; table salt for baking because it's super granular and dissolves well.
- Spices for savory cooking: crushed red pepper, oregano, cumin, paprika, chili powder, Italian seasoning, garlic powder
- Spices for sweet cooking: cinnamon, nutmeg, ginger, vanilla extract (not a spice, but definitely essential!)

[25 Pantry Meals Using What You Already Have](#)

[25 Pantry Recipes \(That You'll Actually Love\)](#)

[10 Dinners You Can Make Without a Trip to the Grocery Store](#)