

## Creating a Plant-Based Pantry



**Be prepared for anything! Keep your pantry, refrigerator and freezer stocked so when you are short on time, what you need is on hand.**

**This list can serve as your handy guideline.**

**Fresh produce counts as staple food but would be too cumbersome to list everything here. Keep an array of year-round and seasonal produce.**

Vegetables to include:, Leafy greens, broccoli, cauliflower, potatoes, sweet potatoes, scallions, cabbage, onions, cucumbers, peppers, carrots, celery, hardy greens (kale, collards, chard),

Fruit tends to be more seasonal. A few fruits to keep on hand: Ripe avocados, lemons, limes, apples and bananas. In the winter, pears and oranges are added to the list. In the summer, there's a changing array of grapes, cherries, strawberries, blueberries, stone fruits and melons.

Don't forget to stock the freezer with frozen fruits and vegetables! No sugar or sauces added.

**Now, no matter how time-crunched life gets, you can be sure that a healthy, nearly effortless meal awaits at the end of the day! Of course there are other items you might like to keep on hand, but these are the basics.**

## **BEANS, CANNED**

Look for good-quality beans, without additives, or better yet, organic canned or jarred beans from natural food stores or co-ops, including your favorites from the following:

- Black beans
- Black-eyed peas
- Chickpeas (garbanzos)
- Great northern beans (cannellini)
- Pinto beans
- Red or kidney beans

## **BEANS, PEAS, LENTILS DRIED**

If you're inclined to cook beans from scratch, so much the better. Black beans, adzuki beans, and navy beans are particularly good cooked from scratch; there is also pink, kidney, red, and large white beans; brown and red lentils, and split peas.

## **WHOLE GRAINS AND WHOLE GRAIN FLOURS**

If you store whole grains at room temperature, don't buy more than what you will use up in about 3 months. During hot summer months, refrigerate them—especially flours.

- Barley
- Bulgur
- Couscous
- Millet
- Oats
- Rice (long-grain brown, basmati, Arborio, quick-cooking, etc.)
- Quinoa
- Whole grain berries (like wheat berries, triticale, etc.)
- Wild rice

*Whole grain flours (if you like to bake)*

- Cornmeal
- Specialty flours (quinoa, teff, rice, etc. – especially good for gluten-free)
- Spelt flour
- Whole wheat pastry flour

### **HERBS AND SPICES**

Keep a good range of commonly used varieties on hand; seasoning blends, especially an all-purpose salt-free herb-and-spice blend, Italian seasonings, a good-quality curry powder, chili powder, cumin, turmeric, and fresh garlic.

### **OILS**

- Dark sesame oil
- Extra-virgin olive oil
- Safflower, sunflower, or other light-flavored oil for baking and high-heat cooking

### **PASTAS AND NOODLES**



Keep a good supply of different sizes and shapes of pasta in your pantry. Some useful shapes to have on hand include angel hair, thin spaghetti, spirals (rotini), ziti or penne, fettuccine, and linguine.

Asian noodles, such as udon, soba, rice noodles, and bean thread noodles, are available in natural food stores and well-stocked supermarkets, are nice to have on hand as well.

## **NUTS, SEEDS, AND NUT AND SEED BUTTERS**

Keep what you like on hand from among peanuts, cashews, almonds, walnuts, pecans, sunflower seeds, pumpkin seeds, and sesame seeds. All nuts and seeds should be kept in the refrigerator during the summer as they will go rancid otherwise. Chia, hemp, and flaxseeds should always be refrigerated.

As far as nut and seed butters, choose from among natural, organic peanut, cashew, almond, sunflower, and tahini (sesame paste).

## **SOY SAUCE OR TAMARI**

Buy a good natural brand for best flavor. Some people prefer the milder taste of Bragg's Liquid Aminos.

## **TOMATO PRODUCTS, CANNED**

- Diced, in 14- to 16-ounce cans (try fire-roasted or Italian-style for extra flavor)
- Crushed or pureed, in 14, 16, and 28-ounce cans
- Tomato sauce

## **VINEGARS**

- Balsamic (dark and/or white)
- Red wine or white wine vinegar
- Rice vinegar (for Asian-style cooking)
- Organic apple cider vinegar (all-around vinegar, and very healthful)

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## **PREPARED CONDIMENTS, SAUCES, AND SUCH**

- Barbecue sauce (great for broiling or stir-frying tofu, tempeh, or seitan)
  - Pasta (marinara) sauce —this comes in so many natural and flavorful varieties
  - Salsa, tomato-based, mild to hot as you prefer
  - Salsa, tomatillo (Salsa verde)
  - Thai peanut sauce
  - Stir-fry sauce and/or other Asian sauces like hoisin and black bean sauce
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