



Pantry Staples

This is a dry pantry list of most of the main things I use on a regular basis. This one does not contain produce, refrigerator, or freezer lists.

Can & Container Goods

- **Bread crumbs:** Italian bread crumbs, Plain Panko
- **Fruit:** Unsweet Applesauce, Dates & Date Sugar, Mandarin Oranges, Pumpkin
- **Peppers and Tomatoes:** Banana peppers, Jalapeno slices, Pepperoncini, Crushed tomatoes, Plain Tomatoe sauce, Diced Tomatoes with Green Chillies, Plain diced, Fire-roasted diced, Tomatoe paste,
- **Legumes:** Black beans, Cannellini beans, Chickpeas, light & dark Kidney beans, Pinto beans, Blackeye peas, Lentils
- **Vegetable Broth** – More economical to make & freeze, but I started out store bought
- **Vegetables:** Corn, Green beans, Peas, (I prefer fresh and frozen but I still keep some cans on hand).

Condiments

*Moderately used

- *Agave
- Bragg Liquid Aminos
- Bragg Apple Cider Vinegar,
- Balsamic Vinegar
- Distilled Vinegar
- *Jelly
- Ketchup
- Vegan Mayo
- *Molasses, *unsulphured*
- Mustard: Yellow & Dijon
- *Oils: Olive Oil & Spray, Toasted Sesame Oil
- *Pure Maple Syrup
- Red Wine Vinegar
- Tahini
- White Cooking Wine
- Liquid Smoke

Dry Legumes: More economical, cook and freeze

- Black, red, white beans, lentils, blackeye peas, and green split peas.

Grains

* Gluten free

- *Almond flour
- *Arrowroot flour and *Cornstarch for thickening
- Barley, Bulgur, *Buckwheat, *Chickpea flour, *Cornmeal,
- *Bob's Red Mill Baking Flour
- Oat Flour (made from Rolled oats)
- Old Fashioned rolled Oats
- *Quinoa (technically a seed, but classified as a whole grain) Great source of protein and fiber.
- *Tapioca flour

Nuts, Nut Butters, & Seeds - Unsalted

- Almonds: Sliced & whole, Cashews, Pecans, Pistachios, Walnuts
- Almond butter, Peanut butter
- Chia seeds, Ground Flax seed, Sunflower seeds

Rice, Pasta and Noodles

- Brown Rice and Minute Brown Rice, Wild Rice
- Pasta: I use a variety: Whole wheat pasta, Brown rice pasta, Chickpea pasta, GF

Seasonings

- Bragg Nutritional Yeast (for those unfamiliar -it's a savory seasoning, good source of protein and adds a cheesy flavor. I use it often).
- Bay leaf, Basil, Italian seasoning, Oregano, Parsley, Rosemary, Thyme,
- Cayenne, Chili powder, Chipotle, Cumin, Paprika, Smoked Paprika,
- Cinnamon, Ground Ginger, Nutmeg, Pumpkin Spice,
- Garlic powder, Onion powder
- Ground Black Pepper, Peppercorns, Red Pepper flakes
- Sea Salt, Mrs. Dash
- Turmeric