

# Pantry Staples

By Chef Jen

There has been much in the news and on the internet about “pantry recipes” or “pantry must haves”. Even we at UD have been talking a lot about these as well, such as my first video and recipe that featured a 5-ingredient pantry meal. But what constitutes “pantry staples”? Here is a list of the items I believe should be in everyone’s pantry and fridge/freezer.

## Chef Jen’s recommendations for “Pantry Staples”

- Canned and/or dried beans and lentils (low sodium if canned)
- Canned Tuna (sustainably sourced, if possible)
- Whole grains (Brown rice, quinoa, farro, barley, etc.). I suggest 2 different kinds on hand.
- Whole wheat and/or regular pasta
- Canned diced tomatoes and tomato paste
- Canned lite coconut milk
- Canned pumpkin
- Natural nut butters (I prefer chunky peanut and unsalted almond)
- Natural jelly (fruit of choice)
- Dried fruit (raisins, apricots and/or cranberries)
- Old fashioned oats
- All-purpose flour, whole wheat flour and/or white whole wheat flour
- Cornmeal
- Sugar (granulated, light brown, dark brown, coconut or sweetener of choice)
- Honey
- Molasses
- Baking soda, baking powder
- Box of brownie mix
- Semi or bittersweet chocolate chips
- Unsweetened cocoa powder
- Unsweetened applesauce
- Vanilla extract
- Nuts (almonds, pecans, walnuts)
- Kosher and/or sea salt (grind up smaller for baking recipes)
- Herbs/spice: Basil, oregano, thyme, paprika, cumin, curry, onion and garlic powders, cinnamon, nutmeg, ground black pepper
- Yeast packets
- Extra Virgin Olive Oil, Canola oil
- Vinegars (of all kinds, specifically Apple Cider, Balsamic and white wine)
- Reduced sodium soy sauce
- Worcestershire sauce
- Mustard (Dijon and yellow specifically, others if desired)
- Refrigerator/Freezer: fish, ground turkey or chicken, chicken breasts, vegan burgers/crumbles, frozen and fresh veggies and fruit, unsalted butter, eggs, plain Greek yogurt, milk of choice, parmesan cheese, cheddar cheese.

### Why some of these products?

Molasses- used in making homemade whole wheat bread

Soy sauce and Worcestershire sauce- Both used to add Unami/depth of flavor. Worcestershire can be used in chicken and turkey burgers; Reduced sodium soy sauce can be used for homemade Chinese take-out.

Mustards and vinegar- used to make vinaigrettes

Canned coconut milk and pumpkin – can be used in both sweet and savory dishes (muffins, cakes, soups, coconut rice, pumpkin risotto)

Beans, lentils, whole grains and canned tuna (or salmon)- inexpensive and easy ways for protein and fiber intake (beans and lentils = protein for vegetarians/vegans).

Brownie mix- for those days where you need a little chocolate/sweetness in your life! Use it for Black Bean Brownie recipe—quick, easy, higher fiber and protein than regular brownies.

Unsweetened applesauce- this is a great substitute for oil in baking recipes.



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