

Stock Your Pantry, and helpful Kitchen Tools - VegWithMandy.com

**I highly recommend you find a few recipes (on here or elsewhere) that you want to try or already enjoy eating regularly, and stock the ingredients required for those FIRST, before adding all the other pantry items. This will reduce overwhelm and up-front costs. And only buy enough produce for 5-7 days, to avoid spoilage.*

Spices, Oils, Vinegars, Flavor agents -

Basics to get you started-

- salt
- pepper
- garlic (powder or pre-minced)
- cumin
- paprika
- Parsley
- soy sauce-low sodium
- olive oil-extra virgin...

...then you can add as you go:

- basil (dried)
- black pepper
- cayenne pepper
- chili powder
- chipotle powder
- cilantro (dried)
- cinnamon
- chocolate chips (dark, vegan)
- cumin
- dill (dried)
- garlic (granulated powder + fresh or refrigerated/minced)
- Italian seasoning blend
- onion powder
- oregano (dried)
- paprika, parsley (dried)
- table salt
- vanilla extract. //
- BBQ sauce

- Canola oil
- Hot Sauce (e.g. Frank's)
- Maple syrup
- Olive oil (extra virgin)
- Soy sauce (low sodium)
- Vinegar-Apple Cider
- Vinegar-Red Wine.

Canned and Dry Goods -

Basics to get you started:

- beans (kidney, cannellini, chickpea/garbanzos, black - 1 can each)
- olives-kalamata
- pasta of your choice,
- peanut butter (smooth)
- Rotel (or generic equivalent)
- tortillas of your choice...

...then you can add as you go:

- artichokes (handful of recipes)
- baking soda
- baking powder
- Beans-organic or low sodium (black, cannellini, chickpeas/garbanzo, kidney, lard-free/fat-free refried)
- broth-vegetable
- capers
- cocoa powder (unsweetened)
- corn meal

- egg-replacer (handful of recipes, or use ground flaxseed)
- flour (whole wheat and regular/bleached)
- oats (old-fashioned)
- oat flour (or make your own with oats if you have a Vitamix)
- olives-kalamata
- pasta (elbow/macaroni, orzo, linguine or angel hair)
- quinoa (white; handful of recipes)
- peanut butter (smooth, natural or low ingredient)
- rice (long-grain, par-boiled, cooks in 20 min)
- Rotel (or generic green chiles/tomatoes)
- sugar (white/granulated)
- sunflower seeds (raw)
- tomatoes (diced 15oz cans, paste, sauce)
- tortillas (whole wheat; we like Xtreme Wellness brand, 60 calories)
- Tortillas (corn, IF gluten-sensitive; confirm GF)
- walnuts (whole or chopped)
- Kitchen tools** -
 - baking sheet (~10x15 in)
 - Glass mixing bowls (~2,4,7 cups with lids, double as food storage)
 - Lg mixing bowl (~2.5qt/L)
 - Baking pan/casserole dish (8x8)
 - Cast Iron pan 13 in (not required, but accentuates flavors) -or- 13 in frying pan/skillet
 - citrus juicer (a starter, small plastic version available at Dollar Tree!)
 - cutting board (wood preferred)
 - food processor (small, inexpensive, 3 cup size)
 - food storage containers for packing lunches (2-3 cup size)
 - knife for chopping veggies
 - popsicle molds (only for popsicle recipes)
 - pot (medium for rice, with lid)
 - pot (large stock pot for soups, with lid)

rooted in plants

Commonly-used Produce.

Refrigerator/Frozen foods

*(*only buy enough produce for recipes for 5-7 days at a time) -*

- apples
- avocado
- basil (fresh)
- bell pepper (green, red or orange)
- blueberries (fresh or frozen)
- carrots (whole)
- celery
- cilantro (fresh)
- corn (frozen)
- cucumbers
- guacamole (I like single serving portions to reduce spoilage)
- green onion
- lemon
- lettuce-Romaine
- lime
- mandarin oranges (for popsicles, snacking)
- mustard (yellow)
- margarine (I like Earth Balance or Smart Balance)
- non-dairy milk (I like almond and soy)
- mixed veggies (frozen mix-carrots, peas, corn, green beans)
- onion (red/purple; yellow or sweet)
- salsa
- spinach
- tofu (extra firm)

- tomato (on-the-vine, cherry/grape varieties)
- vegan mayo (Vegenaise-usually near produce)
- zucchini.

