



Vegetarian Pantry Essentials

PANTRY ESSENTIALS

Whether you are preparing for those "just in case" moments in life or simply trying to include more home-cooked meals in your daily routine, a well-stocked pantry can help make meal time easier.

- [Complete Guide to Vegetarian Pantry Essentials](#)
- [30 Vegetarian Pantry Recipes](#)

CANNED VS. DRY VS. FROZEN

- Canned, frozen and dry goods are nutritionally equivalent
- Dry beans will almost always be less expensive than canned or frozen
- Keep a few canned or frozen beans on hand just in case you don't have time to soak the beans or cook them in an Instant Pot
- Some canned items may have added ingredients like sodium and seasonings
- Cut down on added salt by choosing canned items labeled "no added salt" or "reduced sodium"

STORAGE IDEAS

- Cloth bags (can be purchased online)
- Ball jars (found at grocery stores, thrift stores, and online)
- Old pickle or jam jars



Vegetarian Pantry Essentials

PROTEIN

- Black beans
- Chickpeas
- Kidney beans
- White beans
- Lentils
- Frozen edamame
- Peanut butter
- Tofu*
- Tempeh*
- Eggs*
- Veggie sausages*

GRAINS

- White rice
- Brown rice
- Quinoa
- Barley, millet or couscous
- Grits
- Pasta (short and long)
- Rolled oats
- Popcorn

*perishable items

FRUITS & VEGGIES

- Canned diced tomatoes
- Tomato sauce
- Enchilada sauce
- Frozen broccoli, green beans, green peas
- Dry fruit (mango, cherries, raisins)
- Frozen or canned fruit (peaches, blueberries)

EXTRAS

- Cashews
- Chia seeds
- Shredded coconut
- Trail mix
- Pumpkin seeds
- Pecans
- Nut butter (peanut, almond)



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COOKING ESSENTIALS

- Olive oil
- Neutral oil
- Tahini
- Mustard
- Mayonnaise
- BBQ sauce
- Miso
- Soy sauce
- Vinegar (apple cider, balsamic, rice wine)
- Vegetable broth
- Hot sauce
- Nutritional yeast
- Coconut milk

BAKING ESSENTIALS

- All-purpose flour
- Whole wheat flour
- Gluten-free flour
- Sugar
- Light brown sugar
- Vanilla extract
- Maple syrup or honey
- Soy or almond milk
- Butter
- Cinnamon, nutmeg, cloves
- Cornstarch
- Ground flaxseed

SPICES

- Salt
- Fresh ground black pepper
- Garlic powder
- Onion powder
- Oregano
- Thyme
- Rosemary
- Bay leaves
- Chili powder
- Cumin
- Curry powder
- Garam masala
- Paprika
- Ground ginger
- Red pepper flakes



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PROTEIN

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GRAINS

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FRUITS & VEGGIES

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EXTRAS

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COOKING ESSENTIALS

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BAKING ESSENTIALS

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SPICES

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