

## Build a Healthy Pantry

Healthy grocery shopping can be a struggle when you just don't know what to buy. Use this list to stock your pantry with the absolute essentials so that you'll always be ready! Use the recipes on the back to get you started working with your new pantry. All of the recipes require **only** the ingredients on this shopping list.



### Refrigerator

- Lemons
- Garlic
- Onions
- Potatoes
- Carrots
- Frozen fruits and vegetables (i.e., broccoli, peas, corn)
- Parmesan cheese
- Eggs
- Yoghurt
- Lettuce



### Spices

- Salt
- Pepper (we prefer cracked pepper)
- Oregano
- Cumin
- Paprika
- Thyme
- Chili Powder

### Dry Goods

- Flour (whole wheat)
- Brown rice
- Whole wheat bread
- Whole wheat pasta
- Olive oil
- Mustard
- Worcestershire sauce
- Vinegars (some of our favorites are red and white wine and cider)
- Honey
- Tomato products (such as tinned tomato, tomato paste, tomato passata)
- Low sodium canned beans in water (white beans, black beans, kidney beans, pinto beans, black eyed peas, chickpeas, etc.)
- Low salt vegetable or chicken stock



One Pot Bean Chili      Servings: 10      Serving Size: 1 cup

Ingredients:

|                |  |
|----------------|--|
| 2 (15 oz) cans | Low sodium beans (pinto, black, kidney, red, etc.), not drained            |
| 1 (15 oz) can  | Tomatoes, diced, low sodium  |
| 1 cup          | Vegetable or Chicken Stock (look for low sodium, or make your own at home) |
| 2 tbsp         | Chili powder   |
| 2 tbsp         | Cumin, ground  |
| ½ each         | Onion, diced   |
| 1 each         | Bell peppers, diced  |
| 1-2 each       | Carrots, diced   |
| 2 tsp          | Oregano, dried   |
| 2 cups         | Corn, frozen   |

Method of Preparation:

1. Mix all ingredients in a suitable sized saucepan or kettle. Mix well.
2. Bring to a simmer over medium heat.
3. Stir often, keeping on a simmer, for 15 minutes to 1 hour to meld flavors.
4. Serve immediately, or cool and then reheat.

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Parmesan Pasta with White Beans      Servings: 4      Serving size: 1/4 of recipe

Ingredients

|               |  |
|---------------|--|
| 8 oz          | Whole grain penne, bowtie, or other Pasta            |
| 1 cup         | Reserved pasta water                                 |
| 1 tbsp        | Olive oil  |
| 2-3 cloves    | Garlic, minced                                       |
| 1/2 cup       | Dry white wine, such as Pinot Grigio                 |
| ¼ tsp         | Dried thyme  |
| 1 (15 oz) can | White beans (such as cannellini), drained and rinsed |
| ½ each        | Lemon, juiced  |
| ½ tsp         | Kosher salt  |
| To taste      | Black pepper   |
| 4 tbsp        | Parmesan cheese, grated                              |

Method of Preparation:

1. Gather all the ingredients and equipment.
2. In a large pot, bring 3 quarts of water to a boil. Once the water is boiling, add pasta. Cook until al dente and remove with a slotted spoon. RESERVE 1 CUP OF PASTA WATER.
3. In a large sauté pan, heat the olive oil over medium-low heat. Once hot, add the garlic, stirring constantly. If garlic is getting very dark, turn heat down. Cook for about 1 minute until garlic is golden brown.
4. Add the white wine, scraping up all the garlic bits off the bottom.
5. Toss in the white beans, lemon juice, salt, pepper and pasta. Stir until ingredients are heated through. Add pasta water as needed to make sauce a little creamy.
6. Toss in the parmesan cheese at the end, just before serving, and enjoy!

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Simple Hummus      Servings: 4      Serving size: ½ cup

Ingredients:

|               |                                    |
|---------------|------------------------------------|
| 1-2 cloves    | Garlic, fresh                      |
| 1 (15 oz) can | Garbanzo beans, drained and rinsed |
| 1 each        | Lemon, juiced                      |
| ¼ cup         | Water                              |
| ¾ Teaspoon    | Salt                               |
| ½ Teaspoon    | Pepper                             |
| to taste      | Hot sauce (optional)               |
| ¼ Cup         | Olive oil                          |

Method of Preparation

1. Gather all the ingredients and equipment.
2. Blend all ingredients in a food processor or blender until smooth.
3. Refrigerate after making.