

# 5 PANTRY STAPLES

...and what to do with them



## Tomato Sauce



Canned or jarred tomato sauce is a great base for many dishes. Whole tomatoes, tomato paste, and seasoned tomato-based sauce can often be used interchangeably, depending on the dish being prepared.

- [Stuffed Peppers](#)
- [Veggie Pizza Pita Pockets](#)
- [Tomato Soup](#)



## Canned/ Dried Beans

Canned beans are quick to prepare food high in fiber and protein. Any variety is typically low cost and can be stored safely for a long time. Look for low-sodium, or no-salt-added canned variety. Dried lentils and split peas are quick-to-cook varieties great for soup or stew.

- [Beef and Pinto Bean Chili](#)
- [Spicy-Oven Roasted Chickpeas](#)
- [Black Bean Burgers](#)



## Peanut Butter

Peanut butter, other nut butters, and fresh nuts are great to have on hand for snacking, sandwiches, smoothies and sauces.

- [Peanuty African Stew](#)
- [Creamy Peanut Dip](#)
- [Peanut Butter & Fruit-wich](#)



## Canned Chicken & Fish

Canned proteins like chicken, tuna, salmon or other fish can make for a great no-cook snack, or added to vegetable and grains for a warm meal. Using leftover chicken instead of canned is an option to reduce food waste.

- [Tuna Salad on Greens](#)
- [Salmon Patties](#)
- [Easy Chicken Salad](#)



## Whole Grains

Whole grains are an important component of a balanced diet. Whole grains are a better source of fiber, protein and naturally occurring minerals than more processed grains.

OATS can be used for hot breakfast cereal, flourless muffins, a filler for meat loaf, or added to a blended smoothie.

- [Glazed Meatloaf](#)
- [Cinnamon Vanilla Granola](#)
- [Banana Oat Cookies](#)



PASTA can be a base for many dishes. It can be paired with a sauce or be added to a soup, stir fry, or casserole.



- [Pasta & White Bean Salad](#)
- [Italian Pasta Salad](#)
- [Quick Spaghetti & Meat Sauce](#)

RICE can be paired with a protein like beans and fresh or frozen veggies for a quick meal. Extra rice can be frozen and used later.

- [Chicken, Rice, & Fruit Salad](#)
- [Arroz con Pollo](#)
- [Brown Rice Tabbouleh](#)

