



# HEALTHY PANTRY ESSENTIALS

## CHECKLIST

### FRUITS

- Canned Fruit
- Dry Fruit
- Frozen Fruit

### VEGETABLES

- Canned Vegetables
- Frozen Vegetables

### PROTEIN

- Canned Tuna, Chicken, Salmon
- Peanut Butter
- Shelf-stable Milk
- Nuts
- Canned Beans & Legumes

### WHOLE GRAINS

- Oatmeal
- Pasta
- Rice/Brown Rice
- Whole Grain Bread, Crackers, Cereal

### SNACKS/MISC.

- Popcorn
- Trail mix
- Granola Bars
- Low Sodium Broth
- Mayonnaise

## 10 Minute Pantry Vegetable Soup

### INGREDIENTS:

- 1 TBSP OLIVE OIL
- 1 TSP ITALIAN SEASONING
- 4 CUPS LOW SODIUM VEG. BROTH
- 1 ONION, DICED
- 1 CAN PEAS (RINSED)
- 1 CAN CARROTS (RINSED)
- 1 CAN CHICKPEAS (RINSED)
- 1 CAN DICED TOMATOES

### DIRECTIONS:

1. HEAT THE OIL IN A LARGE PAN OVER MEDIUM HIGH HEAT. SAUTE THE ONION UNTIL TRANSLUCENT, ABOUT 2 MINUTES. ADD ITALIAN SEASONING.
2. ADD THE BROTH AND BRING TO A BOIL.
3. ADD THE PEAS, CARROTS, CHICKPEAS, AND TOMATOES AND SIMMER FOR 4-5 MINUTES.



SAUCES