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.