

# Easy Pantry Meals

Shelf stable ingredients like beans, grains, canned vegetables, pastas and condiments are easy to use and can be found in most peoples pantries. These ingredients are also perfect for making comforting and nourishing meals.



# Grocery List



24 ingredients

## FRUITS

- 1 Lemon
- 2 cups Strawberries

## BREAKFAST

- 2 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1 tsp Chili Powder
- 1 1/2 tpsps Cinnamon
- 1 tsp Cumin
- 1/2 tsp Sea Salt

## VEGETABLES

- 2 Garlic
- 9 stalks Green Onion
- 1/2 cup Parsley
- 1 Red Bell Pepper
- 1 Tomato

## BOXED & CANNED

- 1/2 cup Black Beans
- 1/2 cup Brown Rice
- 2 cups Brown Rice Pasta Shells
- 2 cups Chickpeas
- 2 1/2 cups Organic Chicken Broth
- 1 cup Organic Salsa
- 1 can Tuna

## BAKING

- 1 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 1 lb Extra Lean Ground Beef

## CONDIMENTS & OILS

- 1/3 cup Extra Virgin Olive Oil

## COLD

- 2 cups Unsweetened Almond Milk



# Cinnamon Maple Brown Rice Porridge



6 ingredients



1 hour



2 servings

## DIRECTIONS

1. Add the almond milk, maple syrup, cinnamon and vanilla to a large saucepan with a tight-fitting lid. Bring to a gentle boil then stir into the rice.
2. Reduce heat to low and cover the pot with the lid. Let it cook, stirring occasionally, for 50 to 55 minutes, or until the rice is very tender and the porridge has thickened.
3. Divide the porridge between bowls and top with the chopped strawberries. Serve with additional almond milk, maple syrup and cinnamon if desired and enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to 5 days.

### Service Size

One serving is approximately 3/4 cup of porridge.

### Nut-Free

Use coconut milk, oat milk, or dairy milk instead of almond milk.

### Additional Toppings

Top with hemp seeds, chia seeds, chopped nuts, sunflower seeds, pumpkin seeds, extra berries or a drizzle of almond butter.

### No Maple Syrup

Use honey or agave instead.

### Cooking Tip

To keep the porridge from boiling over while cooking, use a bigger pot than necessary and stir frequently or remove from heat briefly until the cooking liquid goes back down.

## INGREDIENTS

- 2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 1 1/2 tsps Cinnamon
- 1 tsp Vanilla Extract
- 1/2 cup Brown Rice (long grain, rinsed well under cold water)
- 2 cups Strawberries (chopped)

## NUTRITION

### Amount per serving

Calories	307	Cholesterol	0mg
Fat	4g	Sodium	167mg
Carbs	63g	Vitamin A	522IU
Fiber	7g	Vitamin C	85mg
Sugar	20g	Calcium	519mg
Protein	6g	Iron	2mg



# One Pot Taco Pasta



14 ingredients



40 minutes



6 servings

## DIRECTIONS

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell peppers to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa, and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

## NOTES

### No Ground Beef

Use ground chicken or turkey instead.

### Vegan & Vegetarian

Swap the ground meat out for cooked lentils.

### Optional Toppings

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

### No Brown Rice Pasta Shells

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

## INGREDIENTS

- 1 **tblsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Beef
- 4 **stalks** Green Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 **tsp** Chili Powder
- 1 **tsp** Sea Salt
- 1/4 **tsp** Tomato (large, diced)
- 1 Frozen Corn (thawed)
- 1/2 **cup** Black Beans (cooked, from the can)
- 1/2 **cup** Red Bell Pepper (diced)
- 2 1/2 **cups** Organic Chicken Broth
- 1 **cup** Organic Salsa
- 2 **cups** Brown Rice Pasta Shells (dry, uncooked)

## NUTRITION

		Amount per serving	
<b>Calories</b>	369	<b>Cholesterol</b>	51mg
<b>Fat</b>	12g	<b>Sodium</b>	864mg
<b>Carbs</b>	44g	<b>Vitamin A</b>	1594IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	31mg
<b>Sugar</b>	4g	<b>Calcium</b>	43mg
<b>Protein</b>	22g	<b>Iron</b>	3mg



# Tuna Chickpea Salad



7 ingredients



15 minutes



4 servings

## DIRECTIONS

1. In a large mixing bowl whisk olive oil, lemon zest, lemon juice and salt. Fold in chickpeas, tuna, green onions and parsley. Season with additional salt or lemon juice if needed.
2. Serve immediately and enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to 3 days.

### Make it a Meal

Serve salad over baby spinach with sliced cucumber on the side.

### No Green Onions

Use red or white onion instead.

### No Chickpeas

Use white beans or lentils instead

### No Tuna

Use canned salmon instead

### More Flavour

Add dried or fresh dill, minced garlic, red chili flakes or freshly ground black pepper to taste.

## INGREDIENTS

- 1/4 cup** Extra Virgin Olive Oil
- 1** Lemon (zest and juice)
- 1/4 tsp** Sea Salt
- 2 cups** Chickpeas (cooked)
- 1 can** Tuna (drained)
- 5 stalks** Green Onion (chopped)
- 1/2 cup** Parsley (chopped)

## NUTRITION

		Amount per serving	
<b>Calories</b>	299	<b>Cholesterol</b>	15mg
<b>Fat</b>	16g	<b>Sodium</b>	262mg
<b>Carbs</b>	25g	<b>Vitamin A</b>	1287IU
<b>Fiber</b>	7g	<b>Vitamin C</b>	18mg
<b>Sugar</b>	5g	<b>Calcium</b>	66mg
<b>Protein</b>	16g	<b>Iron</b>	4mg