Vegan Pantry Essentials

ALL YOU NEED FOR A VEGAN PANTRY

Grains, Pasta & Rice

brown rice
basmati rice or similar
risotto rice
sushi rice
milles / couscous
bulgur
oats
granola
semolina
cornmeal
spaghetti
various pasta
buckwheat
quinoa
barley
panko

Legumes, Nuts & Seeds

black beans
white beans
soy beans
kidney beans
borlotti beans
brown lentils
red lentils
yellow lentils
green lentils
black lentils
chickpeas
cashews
peanuts
walnuts
hazelnuts
almonds
pine seeds
pumpkin seeds
sunflower seeds
hemp seeds
flaxseeds
chia seeds

Backing Essentials

whole wheat flour
spelt flour
rice flour
coconut flour
almond flour
buckwheat flour
chickpea flour
maple syrup
date syrup
agava syrup
rice syrup
molasses
xylitol
brown sugar
vanilla pods
vanilla extract
bourbon vanilla powder
raw cocoa powder
potato starch
corn starch
backing powder
backing soda
ground nuts

Jarred & Dried Goods

tomato sugo
dried jarred tomatoes
coconut milk
olives
capers
pickles
tomato purée
raisins
cranberries
dates
prunes
dried berries
fruit powders
dried mushrooms
spirulina powder

Oil, Vinegar &Sauces

canola oil
flaxseed oil
hemp oil
extra virgine olive oil
sesame oil
coconut oil
balsamic vinegar
herb-infused vinegar
apple cider vinegar
rice vinegar
mustard
vegan mayonnaise
ketchup
cholula sauce
sriracha sauce
miso paste
minrin
soy sauce
tabasco
worcestershire

Spices & Herbs

salt & kala namak salt
black & white pepper
garlic powder
onion powder
cayenne pepper
paprika smoked & sweet
cumin
coriander seeds
chipotle
chili flakes
dried herbs
cinnamon
nutmeg
cardamom
curry powder
turmeric
ginger
cloves
broth / stock
nutritional yeast