



Vegan Pantry Essentials

Pasta

- Quinoa pasta (GF)
- Pad Thai rice noodles (GF)
- Soba Noodles (GF varieties available)
- Whole wheat (or regular durum wheat)
- Brown rice pasta (GF)
- Ramen Noodles
- Red or green lentil pasta (GF)

Grains

- Millet (GF)
- Buckwheat (GF)
- Brown Rice (GF)
- Jasmine Rice (GF)
- Quinoa (GF)
- Basmati Rice (GF)
- Oats (GF varieties available)
- Polenta (GF)

Beans and lentils

- Tofu + tempeh (made from soybean)
- Pinto beans
- Cannellini beans
- Split peas (yellow and green)
- Edamame (typically frozen)
- Black beans
- Kidney beans
- Garbanzo beans (aka chickpeas)
- Lentils (beluga, red, yellow, brown, green)

Nuts, seeds, and their butters

- Cashews
- Almonds
- Walnuts
- Pecans
- Pistachios
- Pumpkin seeds (aka pepita)
- Sunflower seeds
- Chia seeds
- Pine nuts
- Almond butter
- Cashew butter
- Coconut butter
- Sunflower seed butter
- Tahini
- Hazelnut butter
- Flax seeds
- Hemp seeds
- Peanuts (technically a legume)

Oils

- Coconut oil (refined + unrefined)
- Canola oil
- Peanut oil
- Avocado oil
- Grapeseed oil
- Sesame seed oil (toasted + untoasted)
- Sunflower oil

Seasonings

- Kosher sea salt
- Turmeric
- Cumin
- Garlic powder
- Red pepper flakes
- Vanilla extract (+ vanilla bean)
- Cardamom
- Ginger
- Chili powder
- Freshly ground black pepper
- Garam masala
- Coriander
- Onion powder
- Bay leaf
- Basil
- Cloves
- Mustard Seed

Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Sherry vinegar
- White + red wine vinegar
- Rice vinegar

Condiments

- Hoisin sauce and Teriyaki sauce
- Soy sauce (or GF tamari)
- Curry paste (red, green)
- Mirin
- Sriracha
- Nutritional Yeast
- Dijon mustard
- Miso (white, chickpea)
- Ketchup
- Vegetable stock/broth

Flours

- Almond flour
- Brown rice flour
- Whole wheat flour
- Garbanzo flour (Besan)
- Cornstarch (+ arrowroot starch)
- Coconut flours
- All-purpose flour
- Oat flour
- Tapioca starch

Sugars and Sweetener

- Coconut sugar
- Maple syrup
- Molasses
- Monk fruit extract
- Organic cane sugar
- Agave
- Dates

Other Baking Ingredients

- Baking soda
- Cacao powder
- Coconut flakes (+ coconut shreds)
- Baking powder
- Chocolate chips
- Psyllium husks

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