

Monson Made This Vegan Pantry List

Don't be intimidated. This list is huge, and by no means finite. With a well-stocked pantry, however, I can pretty much make any dish that I want, when I want it. I like to let the ingredients I have on hand inspire me. This could be very unrealistic for many people, especially those who don't love to cook, or don't find it enjoyable to play in the kitchen and be creative with their meals. Don't expect to grow your pantry overnight. As you make more and more recipes, you will acquire more and more specialty ingredients, and your pantry will grow. I would not suggest just buying everything all at once. Wait for an occasion to buy a particular spice or dry good, use it, and then you'll probably have some extra to add to your pantry. If you find yourself gravitating towards certain foods or ingredients, then those are the items you'll want to keep on hand for when you get a craving.

- **Staple Fruits and Veg (and Fungus)**

- Lemons - I use them a ton in sauces.... I feel like every recipe I make calls for lemon juice. I do keep pre-juiced lemon juice on hand as well.
- Potatoes - What can't you do with potatoes? They can be the fries, as well as the cheese sauce to dip them in.
- Sweet potatoes - So healthy. So filling. So delicious. Bake them and keep them in the fridge so you're prepared when hunger strikes.
- Carrots - Most recipes start with a mirepoix (carrots, celery, onion)... Carrots are one third of that, and one half of my favorite potato and carrot cheese sauce. They are also good as just carrots.
- Onions - I'm hard pressed to find a savory dish that doesn't call for onion.
- Garlic - It's also in everything. A jar of pre-chopped is a life saver, but whole cloves are nice, too.
- Celery - See carrots. Celery is like a green carrot.
- Lettuces - Salads with lettuce are good.
- Greens - Salads with greens are better.
 - Spinach
 - Kale
- Cauliflower - Cauliflower is Meryl Streep of the vegetable kingdom. They can be anything. Alfredo sauce? Yes! Popcorn chicken? Yes! Taco filling? Yes!
- Broccoli - It's just delicious.
- Dates - A snack and a sweetener
- Bananas - A snack and sweet thickener
- Apples - I'm a Pink Lady fan.
- Mushrooms - All shapes and sizes. Mushrooms give a good meaty flavor and texture to any savory dish.

- **In the Freezer**

- Mixed frozen vegetables (stir fry style) - Heat, sauce, and dinner is done.
- Spinach - Spin dip?! Or just sneak a bit of frozen spinach into every dish you make.
- Cauliflower - It's like fresh, but easier.
- Corn - Adds a bit of sweetness to soups and salads or pretty much any dish.
- Peas - See corn.
- Vegan meats - These have come a long way. Just use them where you would use any other kind of meat.

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- Veggie burgers of all flavors
- Gardein
- Beyond
- Potatoes
 - Fries
 - Tots
 - Hash browns
- **In the Fridge**
 - Plant-based milks
 - Soy for cooking
 - Almond for raw consumption
 - Firm tofu - The vegan white meat
 - Tempeh - The other vegan white meat
 - Vegan mayo - [Vegenaise](#) is the best. Hands down.
 - Vegan cheeses - These too, have come a long way. [Miyoko's](#) Smoked Farmhouse is my favorite food at the moment. [Follow Your Heart](#) shreds and slices are my favorite widely available vegan cheeses.
 - Curry pastes - Yellow, green, red, panang! Just read the label for hidden fish.
 - Ketchup
 - Mustards (yellow, grainy, spicy...)
 - Sriracha or sambal - I like spice!
 - [Better than Bouillon](#) "No Chicken" flavor. - My favorite broth base.
 - Breads
 - Sandwich bread - Currently OBSESSED with White Bread Done Right by [Dave's Killer Bread](#)
 - Buns - Store brand is often accidentally vegan. Just read the labels.
 - Tortillas - I'm lost without tortillas in my fridge.
- **In the Cupboards**
 - Silken tofu - Perfect for sauces
 - Canned coconut milk - For curries, and sauces.
 - Pastas and noodles - Wheat and rice based (or even quinoa or bean based); treat yourself to a variety of shapes and sizes. Add sauce and you have a meal
 - Panko - My breadcrumb of choice.
 - Maple syrup - My sweetener of choice.
 - Sugar - Get a good, organic, vegan sugar.
 - Various vinegars
 - Rice - Its very mild.
 - Apple cider - Definitely tangy
 - White (for cleaning and some cooking)
 - Grains
 - Oats - Not just for breakfast. Makes a great flour to use when baking quick breads.
 - Rolled
 - Steel cut
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- Rice - Many rices for many jobs
 - Brown
 - Sushi
 - Jasmine
 - Arborio
- Quinoa - Rice's much healthier distant cousin (by marriage).
- Flours and powders
 - AP (All Purpose) flour - For all of your baking needs.
 - Semolina - For making homemade pastas
 - Garbanzo bean - GB flour can thicken, it can replace egg in some recipes, it makes a great batter base, and can even be used to make the custard for French toast.
 - Tapioca - One of my favorite thickeners. Leaves a great, creamy texture which is perfect for cheese sauces.
 - Almond
 - Corn starch
 - Cocoa powder
 - Baking soda
 - Baking powder
- Legumes and beans
 - Garbanzo (dry and canned)
 - Lentils
 - Pinto, red, black... (dry and canned)
- Nuts
 - Cashews (raw) - For sauces. Cashews make the perfect cream base.
 - Almonds (raw) - see Cashews
 - Peanuts (roasted) - Perfect for adding crunch to dishes
- Seeds
 - Sesame - for flavor and texture
 - Sunflower - add a bit of crunch to salads or asian noodle dishes, or use to make nut-free sauces.
 - Chia - Very healthy, and can be used as an egg replacer in many baked dishes.
 - Flaxseed or flaxseed meal- See chia.
- Dried mushrooms
 - Shiitake
 - Porcini
- Oils
 - Coconut
 - Virgin - Has a coconut flavor
 - Refined - Negligible coconut flavor. This is a decent butter substitute in many baked goods.
 - Olive - Sometimes for cooking. Always for drizzling and dipping.
 - Toasted sesame - If you love cooking Asian inspired dishes, you need sesame oil.
 - Neutral cooking oil - I prefer sunflower.
- Sauces
 - Soy or tamari
 - Bragg's Liquid Aminos - It's just like soy sauce but better.

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- Teriyaki
- Gochujang - Used in a lot of Korean dishes.
- Marinara
- Specialty
 - Nutritional yeast - or “nooch”, will add an umami boost to any dish, and it what will give all of your cheese sauces they right flavor and funk.
 - Vital wheat gluten - Use for making seitan (wheat meat).
 - TVP - Textured Vegetable Protein. This is my favorite for making ground meat for tacos.
 - Soy Curls - Like TVP but larger and made from whole soy.
 - Nut and seed butters
 - Peanut
 - Sunflower
 - Tahini
 - Almond
- **In the Spice rack**
 - Salt
 - Pepper
 - Garlic powder
 - Onion powder
 - Dill
 - Basil
 - Parsley
 - Cumin
 - Paprika
 - Red pepper flake
 - Curry powders
 - Indian
 - Golden
 - Taco seasoning
 - Ancho chili
- **Helpful Kitchen Equipment**
 - Well-seasoned cast iron pan
 - Large, nonstick pan
 - Medium sized saucepan
 - Large stock pot or dutch oven
 - Sharp knives
 - Sturdy cutting board
 - Silicone baking mat or Parchment paper
 - Silicone utensils
 - Scrapers of all sizes
 - Vitamix or equivalent high-speed blender
 - Food processor
 - *air fryer
 - *juicer

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- *dehydrator
- *toaster oven or “Smart Oven”
- *rice cooker
- *electric pressure cooker or “Instant Pot”
- *silicone lids

*Not necessities, but definitely nice to have.