






Cook Well Berkeley Recipes Using Pantry Staples









During this difficult time, you may be wondering what to cook with the food you have on hand. Here are some recipes that we shared in our Cook Well Berkeley classes that use common kitchen staples. You can scan the list of ingredients or search for a particular ingredient by typing Ctrl-F. All recipes assume you have oil, salt, and pepper, so those ingredients are not listed.

Entrees

Recipe	Produce	Pantry Items	Refrigerated/Frozen
5-Ingredient Chili (adapted from Minimalist Baker) 	Onion <i>Sweet potato (optional)</i>	Beans Salsa Broth Chili powder	
Beans, Greens & Grains 	Broccoli (or other veg) Tomatoes (or canned) <i>Avocado (optional)</i>	Quinoa (or other grain) Beans Salsa	
Banana Blender Pancakes 	Banana (could probably sub canned pumpkin)	Oats Spices Vanilla extract Baking powder	Almond milk (or other milk, or make your own easy oat milk!) Egg
Curried chickpea salad 	Carrots Green onion	Chickpeas Cashews Raisins Curry powder	Mayonnaise Mango chutney (or other jam)
Lemony Red Lentil Soup (Source: Gimme Some Oven) 	Onion Carrots Garlic Lemons	Broth Red lentils Cumin Curry powder Canned corn (or frozen)	Frozen corn (or canned)
Lentil burgers	Garlic <i>Marjoram (optional)</i>	Lentils Broth Walnuts	

		Bread Tamari or soy sauce	
Mediterranean salmon salad 	Bell pepper Fresh parsley (or dried) Lemon (juice)	Canned salmon or tuna Artichoke hearts Olives Sundried tomatoes	Hummus (or mayo)
Roasted Veggie Lunch Bowl 	Sweet potato Broccoli Tomato Arugula Or whatever veggies you have!)	Beans (or other protein of choice)	Hummus (or other sauce)
Savory Oatmeal 	Onion Mushrooms Greens Or whatever veggies you have!	Oats Broth	
Whole Grain Salad w/Miso Dressing 	Bell pepper Carrots Shallot (or garlic/onion)	Wild rice or other grain Tamari or soy sauce Sesame seeds Vinegar Sesame oil	Tofu Edamame Miso

Sides and Snacks

Recipe	Produce	Pantry Items	Refrigerated/Frozen
2-Ingredient Sweet Potato Pancakes 	Sweet potato	Eggs	
Berry Chia Jam 	Could use fresh berries	Chia seeds <i>Sweetener (optional)</i>	Frozen blueberries (or other berries)
Breakfast Bites 	Bananas	Applesauce Oats Raisins or other dried fruit Cinnamon	
Broiled Green Beans 	Green Beans (could use frozen)	<i>Garlic powder (optional)</i>	
Bruised Apple Sauce or Tea 	Apples	Cinnamon Sugar <i>Lemon (optional)</i>	
Chia Pudding 	<i>Fresh fruit as topping (optional)</i>	Chia seeds Sugar <i>Vanilla extract (optional)</i>	Milk alternative or milk
Carrot Pancakes	Carrots	Whole wheat flour or almond meal or other flour	Eggs

			
Curried Quinoa Pilaf	Onion Tomatoes Garlic Ginger Cilantro <i>Jalapeño (optional)</i>	Curry powder Quinoa or other whole grain Dried currants or raisins	
Curried Lentil Soup (can be stored in jars before cooking for a quick meal) 		Lentils Dried onion Curry powder Garlic powder <i>Dried parsley (optional)</i>	
Dark Chocolate Salted Popcorn 		Popcorn kernels Dark chocolate	
Quick Pickled Spring Vegetables	Spring vegetables of choice Onion Ginger Garlic Lime juice (or more vinegar)	Vinegar Sugar or honey	
Savory Roasted Chickpeas or Ranch Flavor 		Chickpeas Paprika Garlic Powder	
Savory Granola 		Oats Nuts and seeds (doesn't have to be exact mix in recipe)	Egg
Simple Roasted Cabbage	Cabbage		

Steaks



Sweet Potato Mash









Wheat Crackers



Sweet potatoes

Flour, ideally whole wheat
and all purpose

Desserts

Recipe	Produce	Pantry Items	Refrigerated/Frozen
Chickpea Blondies 		Chickpeas Peanut butter Maple or agave syrup Vanilla extract Baking soda and baking powder Chocolate chips	
Chocolate Peanut Butter Apple Nachos 	Apples	Peanut butter Chocolate chips	
Chocolate Pumpkin Pie - No-Bake (source: Chocolate Covered Katie) 		Canned pumpkin Vanilla extract Cocoa powder Chocolate chips Pie crust, or make your own, or make it crustless	
Cookie Dough Dip (Source: Chocolate Covered Katie) 		Chickpeas or white beans Vanilla extract Nut butter Brown sugar Chocolate chips Oats or flax meal	Milk alternative or milk (if needed)
Crispy Rice Bars 		Chocolate chips Rice cereal	
Easy Coconut Macaroons 		Shredded coconut Coconut milk Maple or agave syrup Vanilla extract <i>Chocolate chips (optional)</i>	

Stuffed Bananas



Bananas

Peanut butter
Chocolate chips
Peanuts
Other toppings as desired