

TASTY THRIFTY TIMELY'S PANTRY E-BOOK & FREEZER TIPS

PLUS 2 BONUS RECIPES AND 2 THRIFTY HOW TOS
TO GET YOUR PANTRY STARTED!



**KATHRYN ALEXANDRE &
BRYAN KOWALSKY**

TABLE OF CONTENTS

03 SPICES

04 NUTS

05 SEEDS

06 NUT & SEED BUTTERS

07 CONDIMENTS

08 BAKING ESSENTIALS

09 FLOURS & MEALS

10 SWEETENERS

11 GRAINS

12 PASTAS & NOODLES

13 LEGUMES & PULSES

14 OILS, VINEGARS & ACIDS

15 CANNED, JARRED & CARTONED

16 IN OUR FREEZER

17 RECIPES & HOW TOS

19 NEARLY FREE VEGETABLE BROTH

21 QUICK PICKLED RED ONION

23 HOW TO COOK DRIED CHICKPEAS

25 5 MINUTE CREAMY HUMMUS

SPICES



SEA SALT
BLACK PEPPER
GARLIC POWDER
BASIL
OREGANO
NUTRITIONAL YEAST

SMOKED PAPRIKA
CHILLI POWDER
CAYENNE
CHILLI FLAKES
CURRY POWDER

CUMIN
NUTMEG
TURMERIC
GINGER
CINNAMON

Less Frequent: Garam Masala, Fenugreek, Thyme, Rosemary, Coriander.

Nice Add-Ins: Cardamom, Celery Salt or Old Bay Seasoning, Pumpkin Pie Spice, Seaweed (dulse flakes, seaweed snack sheets, or large nori sheets), Kala Namak (black salt).

NUTS



WALNUTS (RAW)
CASHEWS (RAW)
ALMONDS (RAW)
PECANS (RAW)
PEANUTS

Less Frequent: Hazelnuts, Pistachios, Sliced Almonds.

Note: We find the lowest price for nuts to be our wholesale store but if you don't have access to a wholesale store look for sales at your bulk store! We love to snatch them up from our bulk store to save the packaging.

SEEDS



FLAX (WHOLE, grind into FLAXSEED MEAL as needed)

CHIA

HEMP

SESAME

PUMPKIN (RAW, UNSALTED)

SUNFLOWER (RAW, UNSALTED)

Note: Look for sales at your bulk store!

NUT & SEED BUTTERS



PEANUT BUTTER TAHINI (SESAME)

Note: We only stock peanut butter because it's less costly than other nut butters and we prefer the taste! Tahini is a versatile paste made from sesame seeds and most often used to make hummus.

CONDIMENTS



TAMARI (gluten-free soy sauce) or SOY SAUCE
CHILLI GARLIC SAUCE
LIQUID SMOKE
MISO PASTE
HOMEMADE PICKLED RED ONION
HOMEMADE HUMMUS

Good To Have: Green Curry Paste, Vegan Worcestershire Sauce, Dijon Mustard or Wasabi.

BAKING ESSENTIALS



DAIRY FREE BUTTER

BAKING POWDER

BAKING SODA

COCOA POWDER (unsweetened)

UNSWEETENED COCONUT FLAKES

DAIRY FREE CHOCOLATE CHIPS

DRIED FRUITS (CRANBERRIES, RAISINS)

ACTIVE DRY YEAST / INSTANT YEAST (store in fridge for longer life)

Good To Have: Applesauce, Pure Vanilla Extract, Rice Puffs

Fun Add-Ins: Candied Ginger, Sprinkles, Peppermint Extract

FLOURS & MEALS



WHOLE WHEAT FLOUR

UNBLEACHED ALL PURPOSE FLOUR

ALMOND FLOUR (made from ground blanched almonds)

ARROWROOT STARCH/FLOUR (gluten-free) or **CORNSTARCH**

CORNMEAL

CHICKPEA OR GARBANZO FLOUR (great for thickening dishes typically made with eggs)

Less Frequent: Tapioca Starch/Flour (used primarily to create a thick, chewy texture for some cheesy dishes)

SWEETENERS



- 100% PURE MAPLE SYRUP
- ORGANIC CANE SUGAR
- COCONUT SUGAR
- ICING SUGAR
- MEDJOOl DATES
- PITTED DATES (DEGLET NOOR or NOUR)

Good To Have: Molasses.

Note: Coconut sugar tastes less sweet than cane sugar and will darken your recipe. Both cane sugar and coconut sugar retain some nutritional properties as opposed to white sugar.

GRAINS



QUICK COOKING or ROLLED OATS

QUICK COOKING STEEL CUT OATS (thicker cut, nuttier taste, and require longer cooking time)

QUINOA (although it's actually a seed)

BROWN RICE or WILD & BROWN RICE MIX

HOMEMADE BREADCRUMBS

Less Frequent: Short Grain White Rice, Jasmine or Basmati Rice, Buckwheat, Pearled Barley.

PASTAS & NOODLES



PENNE

MACARONI

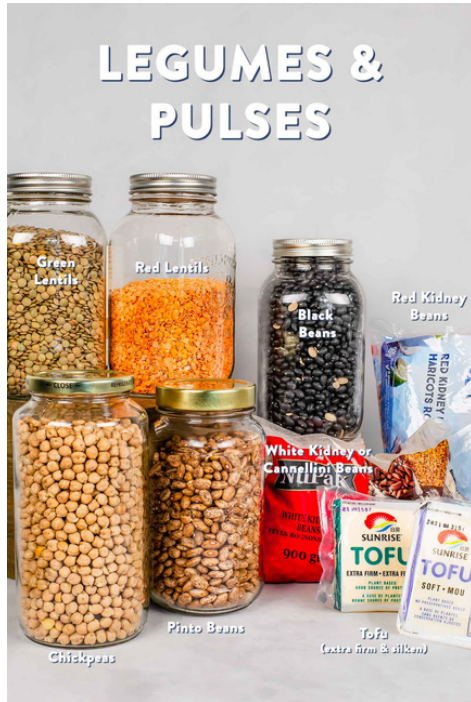
SPAGHETTI or FETTUCINE

RICE VERMICELLI NOODLES

BUCKWHEAT SOBA NOODLES

SWEET POTATO GLASS NOODLES

LEGUMES & PULSES



GREEN LENTILS

RED LENTILS

TOFU (EXTRA FIRM & SILKEN)

CHICKPEAS (canned for the aquafaba & dried)

BLACK BEANS (dried)

PINTO BEANS (dried)

KIDNEY BEANS (dried)

WHITE KIDNEY/CANNELLINI BEANS (dried)

Note: Tofu is made of condensed soy milk. Extra firm tofu has less water and will stay firm. Silken tofu has lots of water and is great to blend into sauces, dips, desserts, and dishes typically made with eggs.

OILS, VINEGARS & ACIDS



EXTRA VIRGIN OLIVE OIL
SESAME OIL
APPLE CIDER VINEGAR
LEMON JUICE

LIME JUICE
BALSAMIC VINEGAR
WHITE WINE VINEGAR
RED WINE VINEGAR

Good To Have: Vegetable Oil, Coconut Oil, White Vinegar

CANNED, JARRED & CARTONED



SHELF STABLE PLANT MILK

VEGETABLE BROTH (homemade or store-bought)

COCONUT MILK

PUMPKIN PUREE

CANNED TOMATOES

TOMATO PASTE (store leftovers in your freezer)

MARINARA SAUCE

CANNED CORN (or frozen)

HEARTS OF PALM

JACKFRUIT (YOUNG GREEN & RIPE)

BAMBOO SHOOTS

CHIPOTLE PEPPERS IN ADOBO SAUCE

SUN-DRIED TOMATOES (dried or oil-packed)

Nice To Have: Capers, Olives.

IN OUR FREEZER



Peeled Garlic

Chopped Onion

Red Chilli Peppers (and Scotch Bonnet Peppers)

Ginger (whole root - peel & grate or slice as needed)

Tomato Paste (freeze leftovers in a jar and scrape out as needed)

Sliced Bell Peppers, Green Beans, Corn, Peas

Bananas (ripe bananas torn into smaller chunks and frozen in pairs)

Berries, Apple Slices, Mango, Pineapple

Spinach, Cucumber, Celery

Herbs (Dill, Mint, Thyme, Parsley)

Cooked Beans (Chickpeas, Black Beans)

Breads (Naan, Sliced Wholegrain or Seed Bread)

Edamame

Veggie Scraps (for broth)

Citrus Zest

**Frozen Into Cubes: Leftover Veggie Broth, Pumpkin Puree, and
Coconut Water/Milk**

***You can keep nuts, seeds, and even flours in your fridge or freezer if you don't use them very often. Their shelf-life will be extended in the cold.**

RECIPES & HOW TOS



Our Thrifty Pantry Staples

How To Make Nearly Free Vegetable Broth

How About This Quick Pickled Red Onion

How To Cook Dried Chickpeas From Scratch

5 Minute Creamy Hummus



HOW TO MAKE NEARLY FREE VEGETABLE BROTH

COLLECT YOUR VEGGIE SCRAPS

- In a large freezer bag or container collect the ends, peels, and stems from your tastiest veggies.

BOIL FOR 30 MINUTES

- When you have a bag or container that is at least 3/4 full. Pour the contents into a large pot, cover with fresh water, bring to a boil, and simmer for 30 minutes. Turn off the heat and allow to cool.

STRAIN & STORE

- Strain the broth through a fine mesh sieve and store in a glass container.
- Keeps well in the fridge for up to 1 week.
- For longer storage: Freeze the broth in an ice cube tray. When frozen, transfer the cubes to a freezer safe bag or container for easy portions whenever you need it!

Tastiest Veggie Scraps:

Carrot, Herb Stems, Corn Cob, Squash, Bell Peppers, Green Beans, Leeks, Eggplant, Zucchini, Celery, Sweet Potato, Mushrooms, Garlic & Onion

Beware Of:

Beets and too many red onion skins - they can colour your broth red. Potato skins can give the broth a "dirt" taste. Too many cruciferous veggies (broccoli, cauliflower etc.) can make the broth a little bitter. As can asparagus ends.



HOW ABOUT THIS QUICK PICKLED RED ONION

INGREDIENTS

- **½ large red onion**
- **½ cup white wine vinegar**
- **1 tbsp cane sugar**
- **1 tsp salt**
- **1 cup very hot water**

METHOD

1. Peel your onion. Cut it in half lengthwise and then slice it as thinly as possible (either using a mandoline or by hand). This will create thin, half moon slices.
2. In a medium sized mason jar; combine vinegar, sugar, salt, and very hot water. Stir until the sugar and salt are dissolved.
3. Press your onion slices into the jar until they are fully submerged, adding more hot water if needed.
4. If desired; add a few full peppercorns, a couple of cloves of garlic; or sprigs of rosemary, dill, or thyme.
5. Cover and refrigerate for at least an hour before using but best left overnight.
6. Your pickled onions will keep for about 3 weeks or so in the fridge!



HOW TO COOK DRIED CHICKPEAS FROM SCRATCH

Makes 5 1/2 - 6 cups cooked beans

QUICK SOAK METHOD

- Place 2 cups dried chickpeas in a large pot and cover with cold water. The water line should be at least 2-3 inches above the chickpeas.
- Bring to a boil and allow to boil for 5 minutes.
- Turn off the heat and let the chickpeas sit in the hot water for 1 hour.

LONG SOAK METHOD

- Add two cups of dried chickpeas to a bowl and cover with several inches of cold water.
- Cover the bowl and place it in the fridge for 8 hours or overnight.

COOK

- Drain the water the chickpeas soaked in.
- Rinse the chickpeas and refill the pot with fresh cold water. The water line should, again, be several inches above the chickpeas.
- Place the pot back on the stove and bring to a boil. Reduce the heat to a gentle boil and cook for 40 minutes – 1 hour.
- Sprinkle in some salt 15 minutes before the end of the cooking time.
- For firmer beans, boil with the lid off and don't cook quite as long. For softer beans (for blending or for hummus), boil with the lid on and cook until quite tender.

STORE

- Discard the loose skins if desired (I pop them in my veggie scrap bag!)
- Store covered in the fridge for up to 3 days.
- Freeze in a single layer on a baking sheet. When frozen (about 2 hours) transfer to a freezer safe bag or container for longer storage.



5 MINUTE CREAMY HUMMUS

Makes 565g

INGREDIENTS

- **2 cups cooked chickpeas**
- **¼ cup + 2 tbsp aquafaba (chickpea brine), less or more depending**
- **¼ cup tahini**
- **½ tbsp lemon juice**
- **½ tbsp white vinegar**
- **½ tsp salt**
- **¼ tsp cumin**
- **1 clove garlic**
- **1 tbsp olive oil**
- **optional: ¼ tsp smoked paprika or cayenne pepper for some heat**

METHOD

1. If using canned chickpeas, drain them and preserve the liquid.
2. Add the chickpeas, ¼ cup aquafaba (or water), tahini, lemon juice, vinegar, salt, cumin, and garlic to your food processor or blender. Start blending until creamy and smooth. If you're able, stream in the remaining 2 tbsp aquafaba and the 1 tbsp olive oil while the food processor is running. If not, you can stop your machine, scrape down the sides if needed, add the remaining liquids, and process again until smooth.
3. Taste and adjust to your liking. Add more tahini, oil, or water to make it creamier, lemon juice or vinegar to give it more bite, and spices for more intense flavour.
4. To store, refrigerate in an airtight container for up to 1 week.

KATHRYN ALEXANDRE

BRYAN KOWALSKY

ABOUT US

& TASTY THRIFTY TIMELY

We're Kathryn & Bryan. We created Tasty, Thrifty, Timely to share how we make simple vegan meals at home. Whether you follow a plant based diet, want to include more plant foods in your meals, or are cooking for a vegan/dairy-free eater; we want you to know that you can make:

**Tasty Food,
That Can Save You Money,
And Won't Take Hours To Prepare.**

Bryan is a filmmaker and photographer. Kathryn is an actress. So we decided to create our [youtube channel](#) and accompanying [blog](#) to share our recipes with you!

Thank you for joining us!

We are so excited for you to cook along with us and we hope you have as much fun as we do cooking the Tasty, Thrifty, Timely way!

TASTY – super delicious and mouth watering!

THRIFTY – cost effective and saving you money!

TIMELY – efficient and giving you more time for you!

CONNECT WITH US!

VISIT OUR BLOG

tastythriftytimely.com

COOK WITH US ON [YOUTUBE](#)

FOLLOW US

[INSTAGRAM](#) | [FACEBOOK](#) | [TWITTER](#) | [PINTEREST](#)