

4 Easy Meals made with Pantry Staples

Finding yourself with a lot of extra time at home these days? Why not put some of that energy into trying some new recipes! Check out these easy recipes using common pantry ingredients you may already have at home!

Three Ingredient Black Bean Soup



Ingredients:

2 (15.5 ounce) cans black beans

1 cup of chicken broth

15 ounce can diced tomatoes

Instructions:

1. Combine all ingredients in a medium pot. Bring to a boil and simmer for 10 minutes.
2. Remove from the stove and blend using an immersion blender or a traditional blender.
3. Top with chives, cilantro, shredded or crumbled cheese, or sour cream

Note: To make this recipe vegan, substitute chicken broth for vegetable broth

Chickpea Tikka Masala



Ingredients:

2 tablespoons olive oil
1 large onion, finely chopped
2 garlic cloves, minced
1 two-inch piece of ginger, finely chopped
1 tablespoon Garam Masala
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons paprika
1 teaspoon turmeric
½ teaspoon cayenne pepper
3 (15 oz / 425 gr) cans chickpeas, drained and rinsed
2 (14.5 oz / 410 gr) cans diced tomatoes
1 (13.5 oz / 400 ml) can full fat coconut milk
1 teaspoon arrowroot powder or cornstarch
Salt to taste

Instructions:

Heat olive oil in a large saucepan over medium-high heat. Add onions, a pinch of salt, and sauté until translucent, about 6 minutes stirring every now and then. Add garlic and sauté for 1 more minute.

Add ginger and spices and sauté until fragrant, about 30 seconds.

Add chickpeas and diced tomatoes, bring to a boil, lower to a simmer and cook for 15 minutes.

Stir in coconut milk and simmer for 5 more minutes.

In a small bowl whisk cornstarch with 2 tablespoons of water. Stir in the chickpea mixture and cook for 5 more minutes or until the gravy has thickened.

Take a taste and adjust seasoning if needed.

Remove from the heat and serve

Brown Fried Rice



Ingredients:

- 2 eggs
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 cup frozen peas and carrots
- 3 cups cooked, cold brown rice
- 3 tbsp soy sauce
- 3 tbsp oyster sauce
- 1 tsp sesame oil
- 3 tbsp chopped green onions

Instructions:

1. In a large wok or skillet coated with non stick spray, scramble two eggs over medium heat then remove from pan to a plate to keep warm
2. Add onion to the wok and stir, cooking until onions have softened, remove and set aside
3. Add 1 tsp of sesame oil to the wok and stir fry the garlic and ginger for 30 seconds. Add frozen peas and carrots and stir fry for an additional 2 minutes. Add brown rice and stir. Add the oyster sauce and soy sauce and stir to heat through
4. Add onions and eggs back into the wok and stir in green onions. Heat through and serve immediately. Enjoy!

Pasta Pomodoro



Ingredients:

- 1/4 cup extra virgin olive oil
- 1/2 cup chopped onion
- 4 cloves garlic minced
- 1 can 28 ounces Peeled Plum Tomatoes
- 1/4 teaspoon sugar
- 1 tablespoon finely chopped fresh basil
- Salt and pepper

Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Add onions season with a pinch of salt and cook stirring occasionally until onions are tender, about 5 minutes.
3. Add garlic and cook until fragrant, about a minute.
4. Add sugar, onion and garlic mixture to blender with tomatoes and its juice
5. Blend sauce until smooth.
6. Return sauce to skillet and season with salt and pepper.
7. Reduce heat to a simmer and cook for 20-30 minutes stirring occasionally until sauce has thickened a little.
8. Stir in basil and cook for a few minutes longer.
9. Remove from heat and serve