

# The Vegetarian Cupboard

Try to buy as many organic products and produce as you can find or afford. Genetically modified foods do not have to be labeled as such. Look for labels that say "organic" or "No GMO's". Here are some suggestions for basics to have on hand:

- Soy, rice or almond milk
- Vegetable broth or vegetable bullion
- Pasta, 100% whole wheat is best
- Brown rice
- Bread, buns, tortillas - 100% whole wheat
- Beans, kidney, pinto, black, white garbanzo
- Lentils, red, yellow, green
- Other grains: barley, quinoa, bulgar wheat (vital wheat gluten and nutritional yeast, if you want to make homemade meat and cheese substitutes)
- Flour: 100% whole wheat is best, corn meal (medium grind)
- Sugar, organic
- Baking powder, baking soda, corn starch
- Canned tomatoes (or freeze your own), tomato paste, tomato sauce
- Cheese or cheese substitute
- Veggie burgers
- Chips (organic) and salsa
- Wheat pita bread and hummus
- Oatmeal
- Condiments: ketchup, mustards, mayo's
- Tamari sauce (soy sauce) tahini, miso, red wine vinegar, rice vinegar, apple cider vinegar, balsamic vinegar, olive oil, Worcestershire, lemon and lime juices
- Tempeh, tofu
- Onions, garlic
- Fresh herbs: parsley, mint, basil, cilantro,
- Spices: sea salt, black pepper, bay leaves, cumin powder and seeds, paprika, coriander, chili powder, garlic powder, ginger, mustard powder and seeds, cinnamon, curry, allspice, cayenne pepper, onion powder, oregano, red pepper flakes, etc.

Thanks to Shirley Cook for this list