

# Stocking the Pantry by Val Loe | Real Meals™

My favorite things to have on hand in the pantry

## Fave Alt. Milk

If you want a good commercial milk alternative from the store I've found **CLASSIC Organic Rice Dream** is thin like 2% milk, has very little taste and is one of the only alt milks on the market without carrageenan. See article attached to this handout from Dr. Weil regarding the research on carrageenan.



I get the CLASSIC one because it's not enriched with calcium or Vitamin D like the other versions of Rice Dream. I want to choose the quality vitamins myself, preferably naturally occurring in the foods we eat. Made from organic *brown* rice & other organic ingredients. About \$3 or a little less for 32 ounces. Available at Safeway & Whole Foods. Trader Joe's only has the enriched one.



## My Fave Alt. Butter

**Earth Balance:** There are many flavors, but the one with the lightest yellow packaging is most like real butter. In fact, it's almost indistinguishable from real butter! All organic, Vegan ingredients!! :) Found at Trader Joe's, Safeway, Whole Foods & Harvest House. Priced around \$4.00.

-Other Earth Balance flavors, not as buttery as the organic option

-This is the one! :)





## Favorite Alt. Mayo

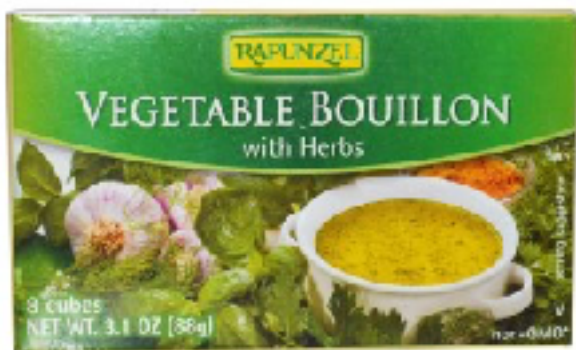
**Vegenaise** tastes so good and without the added fat from eggs. There are other flavors that don't really taste much different, but I prefer this Original Flavor. It tastes exactly like the real thing. Available at Safeway & Whole Foods. Priced around \$4.00.



## Fave Salt on Earth!!

### Real Salt

This is the only salt I don't retain water from after eating. I'm a sweller! This salt doesn't make me swell up or have puffy eyes the next day. The flavor is better than any other salt I've used as well. You can find it at Safeway, Whole Foods, Harvest House. Priced around \$7-8.00 for the large bag.



## Rapunzel, Vegan Vegetable Bouillon with Herbs

Another secret weapon, I use this in everything from pesto pasta to Cuban Black Beans for my tacos/burritos and of course in anything requiring chicken/vegetable stock. My non-veg friends tell me it's better than actual chicken stock! It's about \$4 but always on sale at Whole Foods, pretty pricey at Harvest House. Not found at any other stores (yet).



## Boca Vegan Veggie Burgers

These are the favorite of everyone I cook for. They fry up nicely in the pan, I use my Secret Spice Combo on both sides while cooking them in vegetable oil (covered/they're frozen) on low while I chop up all the accompaniments. Use any great bread as you don't need to stick to burger buns. I find buns are almost too much bread (but if it's your thing it's great too). They can be found at Whole Foods and Safeway for around \$5 for 4 burgers.



## Boca Vegan Spicy Chik'n Veggie Patties

Pretty darn authentic. Use these mock chicken patties as you would regular ones. I love them on a bun with all the fixings like lettuce, tomato, onion, avo, mayo/mustard or I like to fold half a flour tortilla with mayo around one and dip it in Franks Hot Sauce! I've sautéed them *in* the Frank's Hot Sauce for even more flavor. Available @ Safeway, Whole Foods, Harvest House for around \$4-5.00



## Best Tasting, Best Performing Tortillas

These are from Trader Joe's and I love 'em. They're up to about \$3 for like 8-10 of them. Trying to wrap my head around making my own!



## Wildwood Organic Tofu

I'm not a huge fan of soy and tofu but if I am using it, this one has some really good flavor. I like Firm one as it behaves perfect in my Asian Rice Noodle Soup recipe cut in to little squares or in my Tofu Scramble. It's not too firm to break up if necessary, but holds up in recipes. I get it at Whole Foods for about \$2.50.

## Jeff's Naturals

### **Sliced Jalapeño & Greek Peperoncini Peppers My absolute favorite Peppers!!**

I've only found these at Whole Foods and they regularly go on sale for about \$2.20 each/\$2.99. I use these on each bite of Veggie Burger, Mock Egg Salad Sandwich, Avo Toast, White Bean Artichoke Toasts -EVERYTHING I can!! They're sooo delicious!!



## Secret Weapon Spice Combo

Garlic, Onion Powder, Everyday Seasoning, Salt/Pepper



I sprinkle this combo on practically everything from veggie burgers, & pasta, to my Cuban Black Beans. Find them in any spice section of most markets. I find mine at Whole Foods in the spice isle or the bulk spice section of Harvest House. Trader Joe's has a non organic garlic granules version in their spice section that is really good too, not an onion one though. Obviously the Every Day Seasoning is only available at Trader Joe's. Prices vary from \$2-4.00.



## Himalayan Black Crystal Salt

This black salt is used for its characteristic sulfurous hard-boiled egg aroma. I use it in the mock egg salad. I've only found it on Amazon for around \$13 per pound.

## Alt - Cheeses

WOW! These **Chao Brand** sliced cheese alternatives from the Field Roast Company are spot on! All 3 are really good! The Nacho flavor makes for some authentic quesadillas. Pricy at \$5.99 in my Safeway, but worth it!



This **Follow your Heart** brand is amazing too and cheaper than the Chao brand. The smoked gouda is mind blowing if you like that kind of cheese. I find these at Whole Foods and Safeway for around \$3ish.





These **Tofurkey Deli Slices** are great too! Peppered is my fave! Wrap a slice or 2 in a warm tortilla w/mayo & mustard, spinach leaves, chopped onion & a sprinkling of your fave spice (21 Seasoning Salute is mine) and it'll keep till lunch. Even better to allow the flavors to marry. Whole Foods, Safeway and everywhere in between has 'em. Around \$4-5.

## Deli Slices Sandwich "Meat"

These are great. My hubby likes them best, I like the Tofurkey below. The ingredients are tame and not chuck full of soy and nitrates. About \$4 at Safeway, Whole Foods.



**SMOKED TOMATO DELI SLICES**



**WILD MUSHROOM DELI SLICES**



**LENTIL SAGE DELI SLICES**



# Trader Joe's Organic Refried & Black Beans

Both are great brands but I need to add flavor to it with 1/2 a bullion cube of the Rupunzel Veggie Bullion (above), garlic/onion powder, & cumin powder in melted Earth Balance butter. Let those spices simmer a little in the butter, then add the beans plus a splash of water to get it a little smoother consistency. I like to mash mine a little to make the black beans a little creamy. Both are amazing in burritos, tacos or as a layered dip for corn chips. \$2-3 @ Trader Joes.



This **Vegan Cream Cheese** from Trader Joes is really good. Kind of bland compared to real cream cheese so I like to dress it up on a bagel with my fave herb (basil or arugula work best), some purple onion and of course spices/salt/pepper and a drizzle of olive oil & a squeeze of lemon. Around \$2.50.



### **Lightlife Smart Ground**

Excellent sub for ground beef. Takes on spice and flavors just like real cow! Found at Safeway & Whole Foods for around \$5.00.



These **Back to Nature Chocolate Chunk Cookies** are 100% Vegan and better than any other cookie I've had! Best to dunk in the Rice Milk from the top! Only found them in Whole Foods at around \$5-6.00 for a package with 6 bags.