

3-Ingredient Pantry Dinners

Shopping List

Pantry Staples

- Salt
- Pepper
- Extra-virgin olive oil
- Soy sauce
- Curry powder

Grocery

- 1 (28-oz.) can crushed tomatoes
- 1 (10-oz.) can Ro-Tel or 1 (15-oz.) can diced tomatoes
- 1 (15-oz.) can cannellini beans
- 2 (15-oz.) cans chickpeas
- 1 (15-oz.) can kidney beans
- 1 (15-oz.) can coconut milk
- 1 (23-oz.) carton chicken broth
- 1 (1-lb.) box small pasta (shells or elbows)
- 1 (12-oz.) bag wide egg noodles
- 1 (1-lb.) box linguini

- 2 (8-oz.) pouches cooked brown rice or 1 (1-lb.) bag dry brown rice
- 2 (8-oz.) pouches cooked white rice or 1 (1-lb.) bag dry white rice
- 1 (oz.) jar tomatillo salsa
- 1 (6.5-oz.) can chopped clams
- 1 (5-oz.) can tuna
- 1 (16-oz.) bag frozen peas
- 1 (16-oz.) frozen spinach

Produce

- 1 head garlic
- 2 large potatoes

Optional

- 1 wedge Parmesan cheese
- 1 (8-ct.) package tortillas
- 1 (16-oz.) bag frozen mixed vegetables
- Chili powder

