

PANTRY MEALS

YOU CAN MAKE IN A HOT MINUTE

PANTRY STAPLES

- Pasta
- Pasta sauce (Red and Alfredo)
- Salsa
- Rice
- Canned or dried beans
- Canned vegetables
- Rolled oats
- Canned tuna
- Canned tomatoes
- Tortilla shells
- Baking ingredients
- Peanut butter

EASY PANTRY MEALS

- Tuna salad
- Mexican rice and beans
- Spaghetti
- Fried rice
- Soup
- Burritos
- Tuna casserole
- Pancakes/waffles
- Quesadillas
- Homemade pizza
- PB&J
- Grilled cheese
- Snack dinners
- Baked potatoes