



## Stocking a College Student's Slow Cooker Pantry



*\*A Must Have for your Slow Cooker Survival Kit\**

### Seasonings

*(Tip: Buy ALL in a Spice Rack)*

Black Pepper

Cinnamon

Coriander

Crushed Red Pepper Flakes

Cumin

Curry Powder

Dried Oregano

Dried Thyme

Dried Rosemary

Garlic (or Jarred minced garlic)

Paprika

Salt

### Canned Vegetables

Canned Tomato Paste

Canned Diced Tomatoes

Canned Beans (black, kidney, navy, cannellini, white)

Dried Beans (Cheaper)

### Starches/Grains/Nuts/Dried Fruit

Steel Cut Oats (best for crockpot)

White or brown rice

Plain, unroasted almonds

Dried Raisins

### Prepared Products

Low Sodium Bouillon (Chicken, Beef or Vegetable)

Marinara Sauce

Peanut Butter

Dijon Mustard

Soy Sauce

Worcestershire Sauce

### Liquid Ingredients

Honey (agave or maple syrup)

Vanilla Extract

Vinegar (Balsamic, Worcestershire, Red Wine)

Cooking Spray (Spray pot before cooking for easy clean)

Olive Oil, Vegetable Oil

### Benefits

- Meal planning = lower grocery bill!
- Saves on energy bill
- Cook meals in bulk and freeze the left overs for the ENTIRE WEEK!
- Serious cut back on dishwashing energy due to being a one pot meal.

### Tips : Have Fun!

- Choose recipes where all ingredients are added at the start of cooking.
- Go easy on the liquid.
- Trim the fat off of the meat.
- Cheaper cuts of meat are the most succulent after being slow-cooked.