

# the carrot underground



## BAKING ESSENTIALS

- Arrowroot
- Baking Powder
- Baking Soda
- Chocolate Chips - **Guittard**
- Coconut – unsweetened flaked
- Cornmeal
- Cornstarch - for thickening
- Cream of Tartar - for thickening
- Extracts – vanilla, lemon, rum
- Flour - wheat, oat, almond, or gluten-free
- Lecithin** - for making butter
- Tapioca Flour - for thickening
- Xanthan Gum** - for meringue
- Yeast
- \_\_\_\_\_

## BEANS & LEGUMES (dried, canned or fresh)

- Black Beans
- Black-eyed Peas
- Cannellini Beans
- Edamame
- English Peas
- Garbanzo Beans/Chickpeas
- Great Northern Beans
- Green Beans
- Kidney Beans
- Lentils
- Navy Beans
- Pinto Beans
- Red Beans
- Snap Peas
- Snow Peas
- Soybeans
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## CEREALS AND GRAINS

- Barley
- Bulgur
- Farro
- Granola – **Kind, Purely Elizabeth**
- Oatmeal – **Bob's Red Mill**
- Quinoa
- Rice – Basmati, Brown, Wild Rice
- Spelt
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## CONDIMENTS

- Hot Sauce - Cholula, Tabasco  
**Tapatio, Sriracha**
- Ketchup – **Annie's Organic**
- Liquid Aminos – **Bragg**
- Mayonnaise – **JUST Mayo**
- Mustard – **Annie's Naturals Organic**
- Nutritional Yeast (Nooch) - **Sari Foods**
- Soy Sauce – **San-J Organic**
- Worcestershire Sauce - **Annie's Natural Organic**
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## DAIRY & EGG REPLACERS

### Butter

- Earth Balance or Miyoko's
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### Cheese

- Cream Cheese – Kite Hill, Miyoko's, or Violife (each brand is really great.)
- Mozzarella – Miyoko's
- Parmesan – Violife
- Ricotta – Kite Hill
- Sliced Cheese – Field Roast
- 'Chao' or Violife (great for grilled cheese)
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### Egg Replacers

- Bob's Red Mill
- Ener-G (great for baking)
- Follow Your Heart Vegan Egg (great for baking)
- JUSTEgg (perfect for quiche, French toast & scramble)
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### Ice Cream

- SO Delicious (I'm crazy about their Cashew Salted Caramel Cluster)
- Ben & Jerry's
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### Milk

- Almond, Coconut Milk/Cream, Hemp, Oat, Rice, Soy, Cashew
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### Yogurt

- SO Delicious, Kite Hill
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## DIPS, DRESSINGS & SAUCES

- Cheese Sauce (our recipe)
- Hummus (another favorite)
- Pasta Sauces
- Pesto (and another favorite)
- Tzatziki (Greek yogurt sauce)
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## FRUITS & VEGETABLES (Fresh, frozen, canned, or dried)

- Apples
- Applesauce
- Apricots
- Artichoke Hearts
- Asparagus
- Avocados
- Bananas
- Beets
- Berries
- Broccoli
- Brussels Sprouts
- Cabbage
- Capers
- Carrots
- Cauliflower
- Celery
- Cherries
- Citrus Fruits
- Coconut
- Corn
- Cranberries
- Cucumbers
- Currants
- Dates
- Figs
- Jackfruit
- Juices - Fruit & Veggie
- Kale
- Leafy Greens
- Lettuces
- Mango
- Melons
- Mushrooms
- Nectarines
- Olives
- Onions
- Peaches
- Pears
- Peas
- Pickles
- Pineapple
- Plums
- Potatoes
- Prunes
- Radishes
- Raisins
- Root Vegetables
- Salad Greens
- Spinach
- Squash
- Tomatoes – whole, diced, crushed
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## MEAT REPLACERS

- Brats – **Beyond Meat**
- Burgers – **Beyond Meat 'The Beyond Burger'**
- Chicken – **Gardein Crispy Tenders**
- Jackfruit – canned in brine
- Meatballs – Trader Joe's Meatless Meatballs
- Sausages – **Beyond Meat Sausages, Field Roast Italian Sausages**
- Seitan
- Soy curls
- Tofu
- TVP (Texturized Vegetable Protein)
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## NUTS & NUT BUTTERS

- Almonds
- Almond Butter
- Brazil Nuts
- Cashews
- Chestnuts
- Hazelnuts
- Macadamia
- Peanuts
- Peanut Butter
- Pecans
- Pine Nuts
- Pistachios
- Walnuts
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## OILS

- Avocado
- Canola
- Coconut
- Flaxseed
- Grapeseed
- Olive - Extra Virgin
- Peanut
- Sesame
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## PASTA

- Angel Hair
- Bow Tie
- Fettuccine
- Israeli Couscous
- Lasagne
- Linguine
- Macaroni
- Orzo
- Penne
- Ravioli – **Kite Hill**
- Rigatoni
- Rotini
- Shells – Regular & **Jumbo**
- Spaghetti
- Vermicelli
- Ziti
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## SEASONINGS & SPICES

- All-purpose Seasonings - [Spike Gourmet Natural Seasoning](#), [Simply Organic All-Purpose Seasoning](#)
- Basil – fresh or dried
- Bay Leaves
- Cayenne
- Chili Powder
- Chives - fresh or dried
- Cinnamon - ground or sticks
- Cilantro - fresh or dried
- Cloves - whole or ground
- Coriander
- Cumin
- Curry Powder
- Dill Weed - fresh or dried
- Ginger - fresh or dried/powdered
- Garlic - fresh
- Garlic Powder
- Garlic Salt
- [Himalayan Black Salt – aka Kala Namak](#)
- Himalayan Pink Salt
- Italian Seasoning
- Kaffir Lime Leaves
- Marjoram
- Nutmeg - whole or ground
- Onion Powder
- Oregano
- Paprika
- Pepper - black, red, white (whole or ground)
- Red Pepper Flakes
- Rosemary - fresh or dried
- Sage - fresh or dried
- Sea Salt
- Tarragon
- Thyme
- Turmeric
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## SEEDS

- Chia
- Flax
- Hemp
- Poppy
- Pumpkin
- Sesame
- Sunflower
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## SOUPS

- Assorted Vegan Soups – bottled, canned, or boxed
- [Vegan Bouillon](#) or Broth
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## SWEETENERS

- Blue Agave Nectar
- Coconut Sugar
- Date - sugar or paste
- Maple Syrup
- Organic Brown Sugar
- Organic Vegan Powdered Sugar
- Organic Vegan Granulated Sugar
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## VINEGARS

- Apple Cider
- Balsamic
- Distilled White
- Red or White Wine
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