

Your Healthy Kitchen



**YAVAPAI REGIONAL
MEDICAL CENTER**
Proudly Caring for Western Yavapai County

Chef Molly Beverly's Pantry Basics

Chef Molly Beverly is Prescott's creative food activist and teacher. As the Prescott College Food Service Director and Chef for nine years, she built the food service into a showcase of sustainable, educational, and delicious food. Molly has taught cooking for more than 40 years at Yavapai College and Prescott College. She is a regular writer for *Edible Phoenix* and *Senses* and she operates a small organic farm and catering business. As Chair of Slow Food Prescott, she champions school gardens and food education. Here are Molly's suggestions and tips:

CARROTS, CABBAGE AND BEETS: I always have these three in my fridge. All three keep for weeks, and can be used in many different delicious ways. They are also very nutritious and inexpensive.

DRIED BEANS AND GRAINS: I keep several varieties of each in glass jars and 5-gallon plastic tubs. These form the base of my diet, with which I create dishes from all over the world. I also like to pre-cook beans and grains and store them in yogurt containers in the freezer. That way, I always have something to add to a salad, make a soup with, or balance out a main course.

CANNED CRUSHED TOMATOES: These are the base for pasta sauces, soups and stews. You never need to buy those bottled sauces in the grocery store. You can flavor this up with garlic, red wine, mushrooms, etc. at a fraction of the cost.

GARLIC AND ONIONS: I love garlic, especially when it is minced and sautéed until toasted. Onions are another basic. Do not refrigerate either of these.



HERBS AND SPICES FOR ITALIAN AND MEXICAN COOKING:

Oregano (whole leaf, harvested from my garden), whole cumin, cracked hot chili peppers, kosher salt and peppercorns. I actually keep a huge pantry of bulk spices, but I use these five much more than any others.

GOOD OLIVE OIL: With a few exceptions, I use this everywhere.

NECESSARY FOR BAKING ANYTHING: Whole wheat flour and whole wheat pastry flour, rolled oats, baking powder, baking yeast.

WHOLE WHEAT PASTA: Italian made.

CORN TORTILLAS (ORGANIC IF AVAILABLE): There is nothing more basic and delicious than beans and tortillas.

POPCORN: The universal snack, popped in a paper bag in the microwave. Add a little olive oil, garlic powder, salt, nutritional yeast and maybe some turmeric powder.

DRIED FRUIT AND NUTS AND/OR SEEDS: These are my basic snacks. They are also delicious added to breakfast cereal or as a garnish.

PEANUT BUTTER, ALMOND BUTTER, CASHEW

BUTTER: More instant whole food snack material.

FRESH, ORGANIC APPLES, ORANGES, AND BANANAS, PLUS LEMONS AND LIMES WHEN

IN SEASON: I like to freeze bananas, and also slice and use them in a sandwich instead of jam.

SOY SAUCE, RICE VINEGAR, APPLE CIDER VINEGAR, HOT SAUCE.

ORGANIC SOYMILK: I avoid dairy milk, and soymilk has a higher protein content than other non-dairy milks.

BROWN SUGAR, HONEY: I try to avoid eating these, but occasionally one wants to make cookies.

POTATOES, SWEET POTATOES, WINTER SQUASH (BUTTERNUT), ONIONS.

AVOCADOS: A good substitute for butter and cream, plus guacamole is one of the basic food groups.

SEASONAL, LOCAL FRESH FRUITS AND

VEGETABLES: I try to keep an abundance of what is in season.

FREEZER AND PANTRY: Along with previously mentioned items, I store unsweetened applesauce in the pantry. I love having a big freezer and a vacuum sealer. By fall, my freezer is full of fruit and garden vegetables (especially roasted red peppers). I also freeze beans, soups, stews and grains (I like to cook in big batches).

TOFU, EXTRA FIRM, SPROUTED AND

ORGANIC: This is a versatile plant-based protein. Tempeh is also great, especially when you make it at home – see how it is done on Chef Molly's Cooking Classes!

NOTES: