



Now Find Data Sheet:

Dairy-Free Pantry

Make sure to read labels to make sure the products are dairy-free. Our app, **Now Find Dairy Free**, can help you to easily identify dairy-free products.

Chicken Stock, Beef Stock and/or Vegetable Stock

Be sure the varieties of stock you buy are marked dairy-free, some stock will have added dairy. Making your own stock is not difficult and you know exactly what goes into it. I have some wonderful, easy to follow recipes that you may like to try.

Bouillon

All flavors

Cooking Wine

Both Red and White. Check labels for additives.

Rice

I highly recommend trying a variety of rice. Try to stay away from the over-processed commercial white rice and subsequent blends. Be very careful if you buy flavored rice as the seasoning could have dairy and it is generally hidden quite well in the ingredient list.

Basmati or Arborio rice can be great alternatives to the bleached white rice. Plus, they are perfect to use if you want to make a great Risotto.

Kokuho Rose is another of our favorite rice varieties. We absolutely love this rice. They have sustainable agriculture practices, it is non-GMO, the rice is not bleached, and it is grown in America.

Pasta

There are quite a few varieties out there, you will have to find the one that works for you. Unfortunately, trial and error is the only way to go here.

I tend to like the brown rice varieties and have quite a few different shaped pastas on hand at all times. Be sure you follow the manufacturer's cooking instructions as they vary quite a bit.

Quinoa

This is a great all-around seed that is quite versatile. I use quinoa for breakfast, lunch and dinner.



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Bread Crumbs

Matzo and Matzo Meal

This is easy to find around Passover, so when you find it stock up. Matzo is great for using as a breading alternative and it lasts forever.

Tomato Sauce

Tomato Paste

Whole Tomatoes

Diced Tomatoes

Jarred Spaghetti Sauce

This is great to have on hand in case of emergency. Please check labels as several varieties and brands will have added dairy.

Canned Coconut Milk

Beans (Garbanzo, Kidney, Pinto, etc.)

The beans can be dried or canned. I tend to stock a variety of both.

Roasted Red Peppers

Artichoke Hearts

Olives Both black and green

Ketchup

Yellow Mustard/Dijon mustard

Balsamic Vinegar

BBQ Sauce

Salad Dressings

Apple Cider Vinegar

Red Wine Vinegar

Rice Vinegar

White Vinegar

Worcestershire Sauce

Soy Sauce



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Stir Fry Sauces San-J and Sky Valley are what we use and they are really quite good.

Franks Red Hot Sauce
I use this when making chicken wings.

Honey I use raw organic honey. Most honey sold in stores is over processed and does not even remotely resemble real honey after they are finished with it.

Maple Syrup

Oils

Coconut Oil Hands down the healthiest oil out there for you. I use this oil most often.

Olive Oil All olive oil is not created equally, and some isn't actually even olive oil, please read labels and check before buying!!

Peanut Oil I use this for frying.

Sesame Oil I don't usually keep a big bottle on hand. I use this for stir-fry and for making certain dressings

Spices

Check labels for fillers, paying particularly close attention to spice blends, as some will contain dairy.

I do not recommend running out and buying all spices at one time. Frankly, you probably have a large percentage of these in your cupboard already.

I try to make my own spice blends and mixes, so please check out our recipe section to see if we have a recipe before you buy an overpriced spice blend at the store. I am amazed at how easy most spice blends and mixes are to make. When I am cooking I always make extra to have on hand for later use.

Basil

Bay Leaves

Cayenne

Celery Salt

Chili Powder

Dill

Dry Mustard

Garlic Powder



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Granulated Onion

Ground Black Pepper

Ground Cumin

Ground Mustard

Himalayan Rock Salt

Kosher Salt

Marjoram

Minced Garlic

Oregano

Paprika

A Peppercorn Blend

Rosemary

Sage

Thyme

Just a quick thought on herbs: Growing your own and learning how to properly save and store them is not difficult. I grow quite a few different herbs and have an abundance of fresh, frozen and dried herbs available all year round. It is cost effective, does not require a lot of space, time or skill and results in better tasting seasonings for you to use in all your dishes.

The herbs listed here will be enough to make most of the blended herb seasonings, including taco and fajita seasoning, that you can find on our recipe page. These spice blends and mixes are amazingly simple to make and to store at home.

Refrigerator

Dairy-Free Buttery Spread

Eggs

Mayonnaise

**Nut, Coconut, Hemp
or Soy Milk**

Soy (or other non-dairy) Yogurt

Vegan Cheese

This is by no means a comprehensive list of ingredients, but it will get you off to a nice start.

I have not included fresh or frozen dairy-free fruits and vegetables in this list, which should be a large portion of your food supply.

I buy these foods on a week-to-week basis and try to choose seasonal organic options.

Frozen fruits and vegetables are also a useful option and I like to stock up on these when they are on sale.

I buy fresh fruits that are in season each week and I keep a good variety of frozen fruit on hand which I especially like for smoothies.



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Produce

Produce items that I keep on hand include:

Avocados

Carrots

Celery

Cherry Tomatoes

Cucumbers

Garlic

Green Onions

Heirloom Tomatoes

Lettuce, Different Varieties

Onions

I use both red and yellow onions each week.

Peppers

Potatoes

All varieties, I particularly like fingerling potatoes and red potatoes.

Shallots

Sweet Potatoes

Well, they should be listed here, but no one in my family likes them.

I buy meats in bulk from an organic farm. I realize that this is not an option for everyone, however, I recommend you doing a quick search to see if there is an organic farm near you.

Most farms offer lists of people interested in buying only a fourth of a cow or half of a pig. Finding someone to share the meat (and the cost) with you is a good investment of your time and money.

We use Mint Creek Farms, which is located here in Illinois. US Wellness Meats is another well know company which offers a large selection of quality meats and poultry.

Compliments of NowFindFoods.com



Check out our FREE Apps to help you explore new products that fit your lifestyle and locate them at your local grocery store



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