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.

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