

Dried goods

Available in most grocery stores – average pricing and online sources below:

- All-purpose flour (4.95 / 5 lb bag – King Arthur Flour)
- Semolina flour (8.50 / 3 lb bag - King Arthur Flour)
- Almond flour (13.75 / 16 oz bag – Bob's Red Mill on Amazon)
- Sugar (white and or date)
- Wheat berries (5.39 / 14 oz bag – I order mine online from Vitacost)
- Orzo (in pasta section)
- Rice

Dried beans

The international aisle at the supermarket will usually have a good selection of dried beans.

Time saver – buy a few bags at 1 time, they store indefinitely

- Lentils (brown)
- Large/Fordhook lima beans
- Gigandes beans (Arosis brand can be found at Titan Foods online)
- Chickpeas – you can also purchase canned chickpeas

Root veggies

Time saver: purchase these in large quantities & store in cool, dark place

- Garlic
- Onions
- Potatoes



Spices

Money Saver

Try to get these in small sizes from your grocery store - Amazon/other online stores usually have larger quantities, more than you need

- Black peppercorns
- Salt
- Coriander
- Mustard powder
- Garlic powder
- Minced onion
- Cardamom pods
- Cinnamon sticks
- Cloves
- Anise seed
- **Dried Greek oregano (10.50 / 2 oz bag on stem – Amazon)



Fresh Herbs

Money saver

To extend the life of your fresh herbs significantly, trim off tips of herb stems when you get them home and keep them in a drinking glass of water on kitchen counter.

Trim stems and change water every other day. Use herbs as needed.

- Dill
- Mint

Fresh produce

Time AND Money saver

You can keep these veggies on hand, stored in fridge for up to 2 weeks

- Lemons
- Cabbage (regular and red)
- Zucchini squash
- Brussel sprouts
- Bell peppers
- Carrots
- Eggplants
- Mushrooms



Canned goods – buy plenty at a time, they last for at least a year

- Butternut squash
- Chickpeas
- tomato paste
- canned whole tomatoes

Bread

Money saver - Pita bread keeps very well in the freezer so buy a few packages and thaw as needed. Takes only an hour (sometimes less) to thaw individual pitas.

- Pita bread

Fresh fruits

(for snacking and recipes) –buy at one time, they store well

- Apples
- Grapefruit

Dried fruits (for snacking and recipes) – buy at one time, they store well

- Dried apricots
- Golden raisins

Frozen foods – Save time & buy together, they keep unopened/frozen for year

- frozen spinach
- frozen corn
- bread dough (keep frozen)



Sweeteners

honey or agave nectar

Extras

Red wine vinegar

Brandy

Orange juice

Apple cider

Olives

Nuts (almonds/walnuts/pistachios)

Olive oil*

Hummus / Cedar's brand is GMO free (approx. 3.50 / 8 oz) **

Tahini – 1 jar should last through lent unless you addicted to it!
(5.95 / 16 oz – greekshops.com)

*Money saver - Buy olive oil in larger quantities as you'll use a good deal.

Of course, check the unit price to make sure!

Time saver - Buy olive oil at one time, it keeps forever in cool, dark place.

**Time saver – buy multiple containers of hummus at 1 time, they keep unopened/ refrigerated for 2-3 weeks. Once opened, you have a few days to finish.



Equipment

Mortar and pestle

Wooden spoons

3/6 qt saucepans with lids

half baking sheets

pastry brush

pyrex storage containers with lids

Ready to eat Greek vegan products - save time in a pinch!

Available online at Titan Foods, Greek Shops, Parthenon Foods

Baked Giant Beans

Peas in Tomato Sauce

Eggplant in Tomato Sauce

Okra in Tomato Sauce

Green Beans in Tomato Sauce

Vine Leaves Stuffed with Rice

Onion Stew / Stifado

Loukoumi – sweet jellies

(my favorite is Rose flavor in Deli Cup at Parthenon Foods!)



Where to find

If ingredients are not available in your local grocery or middle eastern market, you can find them online at:

- Titanfoods.net
- Greekshops.com
- Parthenonfoods.com

Shopping List / Notes: