

Parade

How to Stock Your Pantry and Freezer Like a Chef During a Pandemic

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By ALICE KNISLEY MATTHIAS @AKnisleyMatth



These are challenging times for feeding the family. The [Coronavirus](#) has turned food shopping upside down and stores are struggling to keep the shelves stocked. How can you make the most of a trip to the store, when we are all trying to stay home and limit contact with other people? You need to have a plan in place for making a grocery list and be prepared to be flexible. You want to be able to keep putting food on the table for your family, but be aware of supply and storage as far as food waste. What are the most versatile ingredients to freeze and [store in the pantry](#)? We asked chefs and a few industry experts to help you out.

Canned Chickpeas

“Chickpeas are really filling and full of protein, making them a guilt free snack in many ways, says chef Kwame Onwuachi of [Kith/Kin](#) at [InterContinental Washington D.C. – The Wharf](#). “This versatile legume can be turned into an aromatic dip with roasted garlic, a homey stew with Indian spices, or a zesty puffed snack in the oven. Another trick for a vegan sweet snack is to save the liquid from the can, add sugar, and whip into an eggless meringue to top desserts!”