

Cupboard Rally

30 SIX-INGREDIENT DINNERS

Fast pantry-friendly meals with short shopping lists.

Oil • water • salt • pepper • basic dried spices are pantry basics
and are not counted toward the six main ingredients.

Cook from what you have. Get dinner moving.

Always check ingredient labels for your own dietary needs and allergies.

01. Smoky Tomato Chickpea Pasta

INGREDIENTS

- 8 oz pasta
- 1 can chickpeas, drained
- 1 can crushed tomatoes
- 2 cups spinach
- 2 cloves garlic
- 1/4 cup grated Parmesan

DINNER MOVE

1. Boil pasta in salted water; reserve 1/2 cup pasta water.
2. Warm a little oil in a skillet; cook garlic 30 seconds. Add tomatoes and a pinch of smoked paprika.
3. Stir in chickpeas and spinach; simmer 5 minutes.
4. Toss with pasta, adding pasta water as needed. Finish with Parmesan.

02. Lemony White Bean Orzo

INGREDIENTS

- 1 cup orzo
- 1 can cannellini beans, drained
- 2 cups spinach
- 1 lemon
- 2 cloves garlic
- 1/3 cup crumbled feta

DINNER MOVE

1. Cook orzo until tender; reserve a splash of cooking water.
2. Warm oil; cook garlic briefly, then add beans and spinach.
3. Fold in orzo, lemon zest and juice, and enough cooking water to loosen.
4. Top with feta and black pepper.

03. Black Bean Sweet Potato Tacos

INGREDIENTS

- 1 large sweet potato
- 1 can black beans, drained
- 8 small tortillas
- 1 avocado
- 1 lime
- 1/2 cup salsa

DINNER MOVE

1. Dice sweet potato and roast at 425°F with oil, salt, and chili powder until browned, about 22 minutes.
2. Warm black beans with a splash of water and cumin.
3. Warm tortillas. Fill with sweet potato and beans.
4. Top with avocado, salsa, and lime.

04. Coconut Tomato Lentils

INGREDIENTS

- 1 cup red lentils
- 1 can coconut milk
- 1 can diced tomatoes
- 1 small onion
- 2 cups spinach
- 1 lime

DINNER MOVE

1. Cook diced onion in a little oil until soft.
2. Add lentils, tomatoes, coconut milk, 1 cup water, and curry powder. Simmer 18–22 minutes, stirring occasionally.
3. Fold in spinach until wilted.
4. Season with salt and lime juice.

05. Pesto Bean Skillet

INGREDIENTS

- 2 cans butter beans, drained
- 1 cup cherry tomatoes
- 1/3 cup pesto
- 2 cups spinach
- 1 lemon
- 1/4 cup Parmesan

DINNER MOVE

1. Warm a little oil in a skillet and blister tomatoes for 3-4 minutes.
2. Add beans and pesto; stir until hot.
3. Fold in spinach. Add lemon juice and black pepper.
4. Finish with Parmesan.