

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.

06. Peanut Noodles with Broccoli

INGREDIENTS

- 8 oz noodles
- 3 cups broccoli florets
- 1/3 cup peanut butter
- 2 tbsp soy sauce
- 1 lime
- 2 scallions

DINNER MOVE

1. Cook noodles; add broccoli for the final 2 minutes. Drain, reserving 1/2 cup water.
2. Whisk peanut butter, soy sauce, lime juice, and enough hot cooking water for a smooth sauce.
3. Toss noodles and broccoli with sauce.
4. Top with sliced scallions and chili flakes if desired.

07. Tomato Basil Gnocchi

INGREDIENTS

- 16 oz shelf-stable gnocchi
- 1 can crushed tomatoes
- 2 cups spinach
- 2 cloves garlic
- 1/2 cup mozzarella
- 1/2 cup basil leaves

DINNER MOVE

1. Sauté gnocchi in a little oil until lightly golden.
2. Add garlic and tomatoes; simmer 6 minutes.
3. Fold in spinach and basil.
4. Scatter mozzarella over top, cover, and let melt.

08. Corn & Black Bean Rice Bowls

INGREDIENTS

- 2 cups cooked rice
- 1 can black beans, drained
- 1 cup frozen corn
- 1 avocado
- 1 lime
- 1/2 cup salsa

DINNER MOVE

1. Warm rice, beans, and corn separately or together in a skillet.
2. Season beans and corn with cumin and chili powder.
3. Divide rice into bowls.
4. Top with bean-corn mix, avocado, salsa, and lime.

09. Creamy Tomato Tortellini

INGREDIENTS

- 18 oz cheese tortellini
- 1 can crushed tomatoes
- 1/2 cup cream
- 2 cups spinach
- 2 cloves garlic
- 1/4 cup Parmesan

DINNER MOVE

1. Cook tortellini according to package directions.
2. Warm oil; cook garlic briefly, then add tomatoes and simmer 5 minutes.
3. Stir in cream and spinach.
4. Fold in tortellini and finish with Parmesan.

10. Sesame Chickpea Rice

INGREDIENTS

- 2 cups cooked rice
- 1 can chickpeas, drained
- 2 cups frozen mixed vegetables
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 2 scallions

DINNER MOVE

1. Crisp chickpeas in a skillet with a little neutral oil for 6-8 minutes.
2. Add frozen vegetables and cook until hot.
3. Stir in rice, soy sauce, and sesame oil.
4. Top with scallions.

11. Garlic Mushroom Polenta

INGREDIENTS

- 1 cup quick-cooking polenta
- 8 oz mushrooms
- 1 can white beans, drained
- 2 cloves garlic
- 2 cups spinach
- 1/4 cup Parmesan

DINNER MOVE

1. Cook polenta with water according to package directions; season with salt.
2. Brown mushrooms in a skillet, then add garlic.
3. Add beans and spinach; cook until hot and wilted.
4. Spoon over polenta and finish with Parmesan.

12. Roasted Red Pepper Pasta

INGREDIENTS

- 8 oz pasta
- 1 jar roasted red peppers, drained
- 1 can white beans, drained
- 2 cloves garlic
- 1/4 cup Parmesan
- 1 lemon

DINNER MOVE

1. Cook pasta; reserve 1/2 cup pasta water.
2. Blend peppers, garlic, Parmesan, lemon juice, and a splash of pasta water until smooth.
3. Warm sauce with beans in a skillet.
4. Toss with pasta, loosening with more pasta water as needed.

13. Salsa Verde Bean Bowls

INGREDIENTS

- 2 cups cooked rice
- 1 can pinto beans, drained
- 1 cup salsa verde
- 1 avocado
- 1 cup frozen corn
- 1/2 cup shredded cheese

DINNER MOVE

1. Warm rice, beans, corn, and salsa verde.
2. Season beans with cumin if desired.
3. Divide rice into bowls.
4. Top with beans, corn, avocado, salsa verde, and cheese.

14. One-Pot Tomato Couscous

INGREDIENTS

- 1 cup couscous
- 1 can chickpeas, drained
- 1 can diced tomatoes
- 2 cups spinach
- 1 lemon
- 1/2 cup feta

DINNER MOVE

1. Bring tomatoes plus enough water to equal 2 cups liquid to a simmer.
2. Stir in couscous and chickpeas; cover and remove from heat for 6 minutes.
3. Fold in spinach, lemon juice, and black pepper.
4. Top with feta.

15. Broccoli Cheddar Rice

INGREDIENTS

- 2 cups cooked rice
- 3 cups broccoli florets
- 1 can white beans, drained
- 1 cup shredded cheddar
- 1/2 cup milk
- 2 scallions

DINNER MOVE

1. Steam or microwave broccoli until just tender.
2. Warm rice, beans, and milk in a skillet.
3. Stir in cheddar until melted, then fold in broccoli.
4. Top with scallions and black pepper.

16. Chickpea Tomato Couscous

INGREDIENTS

- 1 cup couscous
- 1 can chickpeas, drained
- 1 cup cherry tomatoes
- 1 cucumber
- 1 lemon
- 1/2 cup feta

DINNER MOVE

1. Prepare couscous according to package directions and cool 5 minutes.
2. Halve tomatoes and dice cucumber.
3. Toss couscous with chickpeas, vegetables, lemon juice, and olive oil.
4. Top with feta and black pepper.

17. White Bean Marinara Melts

INGREDIENTS

- 4 thick bread slices
- 1 can white beans, drained
- 1 cup marinara
- 1 cup shredded mozzarella
- 2 cups spinach
- 2 cloves garlic

DINNER MOVE

1. Warm beans, marinara, garlic, and spinach in a skillet until spinach wilts.
2. Toast bread lightly.
3. Spoon bean mixture over toast and top with mozzarella.
4. Broil until cheese bubbles, watching closely.

18. Spicy Peanut Chickpea Wraps

INGREDIENTS

- 4 large tortillas
- 1 can chickpeas, drained
- 1/3 cup peanut butter
- 1 lime
- 2 cups shredded cabbage
- 2 scallions

DINNER MOVE

1. Mash chickpeas lightly.
2. Whisk peanut butter, lime juice, soy sauce, chili flakes, and a splash of water.
3. Toss chickpeas and cabbage with sauce.
4. Roll into tortillas and top with scallions.

19. Tomato Butter Bean Toasts

INGREDIENTS

- 4 thick bread slices
- 1 can butter beans, drained
- 1 cup cherry tomatoes
- 2 cloves garlic
- 1 lemon
- 1/4 cup Parmesan

DINNER MOVE

1. Toast bread.
2. Blister tomatoes in a skillet with oil; add garlic and beans.
3. Season with lemon juice, salt, and black pepper.
4. Pile over toast and finish with Parmesan.

20. Green Chile Rice Skillet

INGREDIENTS

- 2 cups cooked rice
- 1 can black beans, drained
- 1 can diced green chiles
- 1 cup frozen corn
- 1 cup shredded cheese
- 1 lime

DINNER MOVE

1. Warm rice, beans, chiles, and corn in a skillet with cumin.
2. Stir until hot and evenly mixed.
3. Top with cheese, cover, and let melt.
4. Finish with lime juice.

21. Creamy Lemon Pea Pasta

INGREDIENTS

- 8 oz pasta
- 1.5 cups frozen peas
- 1 lemon
- 1/2 cup cream cheese
- 2 cloves garlic
- 1/4 cup Parmesan

DINNER MOVE

1. Cook pasta; add peas for the final 2 minutes. Reserve 1 cup water, then drain.
2. Warm garlic in a little oil. Add cream cheese, lemon zest and juice, and 1/2 cup pasta water.
3. Toss with pasta and peas, adding more water if needed.
4. Finish with Parmesan and black pepper.

22. Curried Chickpea Tomato Rice

INGREDIENTS

- 2 cups cooked rice
- 1 can chickpeas, drained
- 1 can diced tomatoes
- 1 small onion
- 1/2 cup plain yogurt
- 1 lime

DINNER MOVE

1. Cook diced onion in oil until soft; add curry powder.
2. Add tomatoes and chickpeas; simmer 8 minutes.
3. Spoon over rice.
4. Top with yogurt and lime.

23. Miso Sesame Noodles

INGREDIENTS

- 8 oz noodles
- 2 cups frozen edamame
- 2 tbsp miso
- 1 tbsp sesame oil
- 1 lime
- 2 scallions

DINNER MOVE

1. Cook noodles and edamame together; reserve 1/2 cup water, then drain.
2. Whisk miso, sesame oil, lime juice, and hot cooking water until smooth.
3. Toss with noodles and edamame.
4. Top with scallions and chili flakes if desired.

24. Crispy Bean Quesadillas

INGREDIENTS

- 8 small tortillas
- 1 can pinto beans, drained
- 1 cup shredded cheese
- 1/2 cup salsa
- 1 avocado
- 1 lime

DINNER MOVE

1. Mash beans with cumin and a pinch of salt.
2. Spread beans and cheese over half of each tortilla; fold.
3. Cook in a dry skillet until crisp and cheese melts.
4. Serve with salsa, avocado, and lime.

25. Tomato Olive Pasta

INGREDIENTS

- 8 oz pasta
- 1 can diced tomatoes
- 1/2 cup sliced olives
- 1 can chickpeas, drained
- 2 cloves garlic
- 1/4 cup Parmesan

DINNER MOVE

1. Cook pasta; reserve 1/2 cup pasta water.
2. Cook garlic briefly in oil; add tomatoes, olives, and chickpeas. Simmer 7 minutes.
3. Toss with pasta and a splash of pasta water.
4. Finish with Parmesan and black pepper.

26. Lemony Lentil Couscous

INGREDIENTS

- 1 cup couscous
- 1 can lentils, drained
- 1 cucumber
- 1 cup cherry tomatoes
- 1 lemon
- 1/2 cup feta

DINNER MOVE

1. Prepare couscous according to package directions.
2. Dice cucumber and halve tomatoes.
3. Toss couscous with lentils, vegetables, lemon juice, and olive oil.
4. Top with feta and black pepper.

27. Creamy Corn Pasta

INGREDIENTS

- 8 oz pasta
- 2 cups frozen corn
- 1/2 cup cream cheese
- 2 scallions
- 1 lime
- 1/4 cup Parmesan

DINNER MOVE

1. Cook pasta; add corn for the final 2 minutes. Reserve 1 cup water, then drain.
2. Stir cream cheese with lime juice and 1/2 cup pasta water until smooth.
3. Toss with pasta and corn.
4. Top with scallions, Parmesan, and black pepper.

28. Chickpea Pesto Couscous

INGREDIENTS

- 1 cup couscous
- 1 can chickpeas, drained
- 1/3 cup pesto
- 1 cup cherry tomatoes
- 2 cups spinach
- 1 lemon

DINNER MOVE

1. Prepare couscous according to package directions.
2. Halve tomatoes and roughly chop spinach.
3. Toss hot couscous with chickpeas, pesto, tomatoes, and spinach.
4. Finish with lemon juice and black pepper.

29. White Bean Tomato Soup

INGREDIENTS

- 2 cans white beans, drained
- 1 can crushed tomatoes
- 3 cups vegetable broth
- 1 small onion
- 2 cups spinach
- 1/4 cup Parmesan

DINNER MOVE

1. Cook diced onion in a little oil until soft.
2. Add beans, tomatoes, broth, and Italian seasoning; simmer 15 minutes.
3. Stir in spinach until wilted.
4. Serve with Parmesan and black pepper.

30. Southwest Sweet Potato Bowls

INGREDIENTS

- 2 medium sweet potatoes
- 1 can black beans, drained
- 1 cup frozen corn
- 1 avocado
- 1 lime
- 1/2 cup salsa

DINNER MOVE

1. Cube sweet potatoes and roast at 425°F with oil, salt, and chili powder until browned, about 25 minutes.
2. Warm beans and corn with cumin.
3. Divide sweet potato among bowls.
4. Top with bean-corn mix, avocado, salsa, and lime.