



The Frugal Pantry Shopping List

- Lentils and Beans
 - Red Lentils (*Masoor Dal*)
 - Red Kidney Beans (*Rajma*)
 - Chickpeas (*Chané*)
- Spices
 - Turmeric, fresh or ground (*Haldi*)
 - Kashmiri Chilli Powder (*Kashmiri Mirch*)
 - Asafetida (*Hing*)
 - Coriander Powder
 - Garam Masala
 - Fennel Powder
 - Ginger Powder
- Flour and Rice
 - Basmati Rice
- Fresh Ginger
- Fresh Garlic
- Red Onions or Shallots
- Crushed or fresh tomatoes
- Plain Yogurt (Homemade preferred)