

Everyday Cooking

*with
Kristie & Carroll*

Top 10 Pantry Items "Must Haves" for Every Pantry

1. Extra virgin Olive oil- Olive oils can range in flavor from spicy and peppery to buttery and rich depending on the brand. It is not important to spend a lot of money on this, just try a few brands and stick with the one you enjoy the most.
2. Garlic- I feel fresh garlic really will give the best taste and is easily stored in an air-tight container in the refrigerator. It is also easily minced by using a small grater or micro planer, so skip the jarred and go for the fresh.
3. Onions- Onions are a must in every kitchen, as they easily bring flavor to any meal. Buy yellow or sweet, whichever you prefer. I personally always have a few green onions on hand also, as they are great for bringing color to a dish.
4. Vinegar- You should always have on hand balsamic vinegar, white distilled vinegar and red wine vinegar. You will find at least one of these in almost every recipe. Whether it be for a dressing or a main entree, vinegar is a staple.
5. Soy Sauce- Typically this is used in mainly Asian style cuisine, but is now being found in a variety of recipes. It is also a great marinade or dressing for a salad.
6. Canned Beans- HUGE amounts of flavor, fiber and protein, and low in both fat and calories, this is a great add to any recipe.
7. Eggs- Eggs are often found in baking recipes and main entrees, but are also an easy and fast go-to meal for a busy family.
8. Pasta- Quick cooking and nutritious, you can make virtually anything that is both filling and appetizing using dried or fresh pasta.
9. Cheese- There are many different varieties of cheeses, but it is always good to have a few main ones on hand. A good mild cheddar; a white cheese, whether it be a mozzarella, provolone, or Monterey Jack; and a stronger, more pungent cheese, like a gorgonzola, blue cheese or a sharp cheddar, whichever you prefer.
10. Rice- Rice is a great way to stretch any meal to accommodate large families or to just try to save a few bucks. Add it to a casserole dish or have it as a side and you can feed an army.

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