

Mama Says...

Equipment List: Outfitting Your Kitchen with the Essentials

Keep it simple. You will be able make the recipes in the **Mama Says, "No More Frozen Pizza!"** recipe collection with these tools.

We recommend that you don't scrimp on quality for your kitchen tools. Spend a little more for tools such as a can opener, vegetable peeler and some basic knives – you will replace them less often and they function better and make your task easier.

If this is your first set of pots and pans, purchase price mid-range items. Look for green options with ceramic nonstick interiors made from recycled steel.



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Kitchen Equipment and Essential Tools

- 13 x 9 glass baking pan
- Baking sheet
- Can opener
- Colander
- Knives (including a paring knife, serrated bread knife, large knife)
- Measuring cups (liquid and dry)
- Measuring spoons
- Mixing bowls (stainless steel or plastic; set of 3 is ideal)
- Pans (medium and large sauce pan/pot with lid, a large frying pan or skillet, and a stock pot)
- Plastic, dishwasher safe cutting board (buy an inexpensive one and replace often)
- Plastic spatula (buy the new high-temperature versions)
- Rubber spatulas
- Timer
- Tongs
- Vegetable peeler
- Wooden and plastic spoons (for mixing and stirring)

Grocery lists for "No More Frozen Pizza!" recipes are available at www.mamasays.us/products/

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Mama Says.... Pantry Basics: Stocking Your Cupboard

These are some of our favorite and suggested essential items for stocking your kitchen cupboard. We have listed them by the 'typical' aisle section they might be found in a grocery store.



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Spices

- Black pepper
- Bread crumbs (Italian seasoned and/or plain)
- Cinnamon
- Dill
- Garlic powder
- Italian spice mix
- Salt (Kosher salt; put a few grains of rice in the salt shaker to keep the salt dry)
- Optional spice mix such as Montreal for meats, or other ethnic favorites such as Cajun)

Baking

- Baking soda (keep an open box in fridge to rid it of smells)
- Brown sugar (actually useful in many things)
- White sugar (small containers are ideal, unless you plan to bake)
- Brown sugar

Soup, Canned Vegetables and Meats

Purchase 14 – 16 ounce cans, unless noted.

- Cans of broth (chicken, beef, vegetable)
- Cans of soup (select your favorites and try something new)
- Cans of beans (kidney, black, navy, cannellini)
- Cans of diced tomatoes
- Cans of tomato sauce or jar of marinara sauce
- Cans of tuna (we suggest white albacore in water; 6 ounce can)

Oils, Condiments, Jelly/Jam

Some items may be found in the Ethnic section; purchase small or medium-sized products, unless noted.

- Canola oil (a pint is plenty)
- Cooking spray (non-stick, such as Pam)
- Olive oil (a quart is plenty)
- Red wine vinegar (a small size)
- Ketchup
- Mustard (buy small sizes and try different kinds)
- Salad dressing
- Mayonnaise (a small jar)
- Soy sauce (low sodium)
- Salsa
- Honey (buy a smaller size)
- Peanut butter
- Jelly (buy a small size)

Pasta and Rice

- Pasta (select your favorite)
- Rice (instant or your favorite)

Household Items

- Aluminum foil
- Freezer bags (large and small)
- Paper towels
- Plastic wrap
- Storage containers (assorted sizes)

Frozen Food/Vegetables

- Favorite frozen vegetables or a mixed bag (16 ounces)

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