

Elizabeth Borelli's

Beanalicious Living

Recommended list of Cooking Tools

When it comes to food preparation, I'm a minimalist. I've enjoyed cooking my entire life, yet my culinary tool collection remains pretty basic. I don't own a juicer or a fancy food processor, not even a crock pot. I find that between a powerful blender, a few good chefs knives and a small array of decent quality pans will get you thorough most recipes without a hitch. Basics aside, my kitchen tools list is relatively short, just enough to get the job done. *However*, if gadgets are what it takes to get you going, by all means, acquire accordingly!

- Hand grater, large stainless steel, free standing
- Hand grater, small hand held stainless steel (for ginger)
- Cutting boards, one large and one small (I recommend bamboo)
- Stainless steel colanders, one large and one small
- Spice (or coffee bean) grinder
- Good quality vegetable peeler
- Stainless steel garlic press
- Stainless steel spatula
- Rubber spatula
- Glass or stainless steel hand juicer
- Stainless steel kitchen shears
- Stainless steel
- Glass 2-cup measuring cup
- Apron (your kitchen tool belt)
- Vitamix or high-powered blender for smoothies, hummus, sauces and more
- A set of glass storage containers in a variety of sizes

Most of the items on this list are not large investments, but even the few that are will last you for many years. I recommend stainless steel for both performance and durability, even if it costs a bit more than plastic. When you give yourself the tools to success you increase your likelihood of sticking with the program. Remember the path to good health begins in the kitchen, so gear up, get ready and start cooking today!