

A Virtual Cooking Class on Wheels with an RV Twist

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When considering what you should stock in your RV kitchen think about your cooking habits, likes, and dislikes. Be space and weight smart – buy and bring what you most likely will use. Think about the spices you cook with, popular condiments, mixes, and canned goods. Plan to bake? Love to grill? Shop accordingly.

**Liquids:**

- olive oil (extra virgin)
- canola oil (expeller pressed)
- dark roasted sesame oil (FYI - goes rancid quickly)
- non-stick cooking spray
- vinegars (balsamic, rice, apple cider, etc.)
- BBQ sauce
- marinades
- salsas
- Tabasco/hot sauce
- vanilla
- honey

**Canned Goods:**

- whole tomatoes
- tomato sauce/paste
- spaghetti sauce
- beans (of all varieties – even baked)
- tuna
- clams
- artichoke hearts
- vegetables (to compliment my frozen assortment)
- olives – black and green
- roasted red peppers
- tapenade/bruschetta
- peanut butter
- jelly/jam
- Cream of Mushroom soup
- chicken broth (I like the shelf stable boxes)

**And, whatever you do, don't forget to make copies of your favorite recipes to leave in the RV!!**

**Dry Goods:**

- pasta
- rice (of all varieties)
- rice mixes/blends
- whole wheat cous cous
- polenta (corn grits)
- mac n cheese
- corn bread mix (or other breads) in a box
- salad dressing mix (dry)
- cereals
- oatmeal
- nuts (of all varieties)
- raisins/dried fruit
- non-crystallized ginger
- popcorn kernels
- crackers/chips
- sports/nature bars
- corn starch
- flour
- sugar (white, brown, powdered)

**Spices:**

- salt/pepper grinders
- garlic powder
- rosemary
- thyme
- oregano
- chili pepper
- dill
- paprika
- cinnamon
- blackening powder
- Williams No-Salt Chili spice (dry)
- Caribbean Jerk spice (dry)
- Montreal Chicken/Steak spice (dry)
- Old Bay Seasoning (dry)

**Your Additions:**

- \_\_\_\_\_
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