

PANTRY CHALLENGE

Cragman, I have to level with you, a pantry challenge is not my cup of tea. Roland the Bear can climb inside a dumpster and make a meal out of anything he finds. I, on the other hand, prefer things to be a little better organized.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

With your parent's oversight, take on the pantry challenge and cook two meals on two separate occasions when the pantry is getting a little bare and see what miracles you can muster up.

LEVEL I

B-9

Your challenge is going to be to whip up a meal for the family out of whatever you can find in the pantry. This is especially useful when you have not been to the store, you have no planned meals, and you are looking at half a dozen cans and wondering what on earth you can make out of those ingredients.

- A meal really needs more than one thing. Canned tuna is not a meal, sweet corn is not a meal, and rice is not a meal. Together you are starting to get somewhere. But you'll need to be a little more inventive to satisfy some people, I'm sure. So aim for a main part of the meal with a couple of sides in most cases.

- What can be combined? What would happen if we put that tuna into a soup? What would it be like if you combined some spaghetti sauce with Vienna sausages? You can find some wonderful combinations that could possible become family favorites.

- Once you have the main meal worked out, it's time to look at sides. To make a meal filling, rice, pasta, or breads are usually a good addition. Imagine what would go best with the meal you are planning and see what the pantry might be hiding.

- Good to have a veggie as a side too. Although sometimes when I have done a pantry challenge I have added veggies to a soup or spaghetti sauce and that works well too. One last tip, when combining something, you may want to add a little at a time to make sure things are working. You can always add more, but it can be very hard to remove it after the fact.

