

Paleo Scaleo's MOST USED KITCHEN TOOLS

[Instant Pot](#)

- Super handy for quick and easy cooking - can even cook stuff from frozen! There are TONS of recipes and tips on Pinterest.
- My 2 favorite things to make are hard boiled eggs and baked sweet potatoes:
 - Eggs - 1 dozen, 1 cup of water, steam on low for 4-5 minutes. Release the steam vent, immerse eggs in ice water to stop cooking.
 - Sweet potatoes - ¼ cup water per potato, steam on high for 15-17 minutes.

[Crock Pot](#)

- If you can't swallow the cost of the Instant Pot, a crock pot is a great alternative! It's not quite as versatile, but will let you "set it and forget it" without having to be too involved in the cooking.

[Immersion Blender](#)

- This is used to make mayo and different sauces and dressings, but can also be used to blend soups right in the pot (without having to let them cool first!) Try my [5-Minute Mayo](#), [Curried Sweet Potato Soup](#), or [Creamy Tomato Basil Soup](#) with it.

[Food Processor](#)

- This is probably the kitchen tool I use the most. You can use it to make your own date bars (imitation Lara bars!) like these [Nutty Espresso Bars](#) or these [Sweet n' Spicy Bars](#). It's great for pureeing things, chopping nuts, even making your own nut butters!

[NordicWare baking sheets](#)

- Probably seems like a silly recommendation, but I can't stand flimsy baking sheets that get ruined after 6 months. I've had these for 4 years and they're still in great condition. They're sturdy and clean easily. Just make sure you get the "half sheet" - the full sheet will not fit in a standard oven!

[Vegetable spiralizer](#)

- You can turn your veggies into noodles, which makes them way easier (and way more fun) to eat. Try squash, zucchini (aka Zoodles!), or even sweet potatoes.

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