

# Let's cook! Station Set-Up and Recipe Script

## Station Set-Up: Broccoli Cheese Soup

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife
1 small bowl		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 grater	none	block of cheese
1 cup measuring cup		
1 small bowl		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat (if using fresh broccoli)	2 heads of broccoli (if using fresh broccoli)	1 chef's/utility knife (if using fresh broccoli) OR 4 cups thawed frozen chopped broccoli (if using frozen broccoli)
1 cup measuring cup		
1 large bowl		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	vegetable oil	none
1 large cooking spoon	flour	
1 small bowl		
1 set of measuring spoons		
1 butter/table knife		

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Station #5		
Equipment	Ingredients	Provide during Let's cook!
2-quart plastic spill-proof pitcher with a lid filled with water	1 chicken bouillon cube	none
1 liquid measuring cup	black pepper	
1 set of measuring spoons	garlic powder	
kitchen timer		

Station #6		
Equipment	Ingredients	Provide during Let's cook!
1 liquid measuring cup	none	milk

Station #7		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	small hot beverage cups
1 serving tray		plastic spoons
		napkins

## Recipe Script for Preparing: Broccoli Cheese Soup Lesson: *Build Strong Bones*

**Begin the recipe preparation by inviting all the participants to stand around the food preparation area and reading the list of ingredients from the recipe.**

*To prepare for today's recipe, we need to dice an onion, shred the cheese and measure the ingredients. I kept the cheese and milk cold in my cooler with reusable freeze packs to transport and store them.*

**Ask for volunteers to help with the preparation of the recipe.**

*I need 6 volunteers to help with the preparation of the recipe. Who would like to help?*

**Note:** Recommended – 6 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work best to involve as many participants in the food activity as possible.

**If food preparation stations were set up before class, assign each volunteer a station and add knives and cold food items from the cooler to the appropriate stations. If there wasn't room to set up stations before class, provide volunteers with the appropriate equipment and ingredients listed for each station now.**

**As each volunteer begins their tasks, use the script to review how to mince, dice or chop their ingredients. Follow up with the participants once they have completed their task to be sure each ingredient was cut to the indicated size (if the food pieces are too large, cooking will take longer). If the food pieces are too large, ask the participant to cut any large pieces in half.**

### **Station #1:**

- **Equipment:** 1 cutting mat, 1 small bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 1 onion
- **Provide during *Let's Cook!*** 1 chef's/utility knife

*I placed a bowl in the center of the table. As you prepare the ingredient(s), please put any food scraps in this bowl.*

*At the center of the table, I have also placed a variety of sizes of plastic bags. If you have any leftover ingredients, please put these ingredients in one of these bags. I will collect the leftovers as we are cleaning up and put them in the cooler to keep these items cold.*

Name of Volunteer #1, please peel and dice the onion. As a reminder, dice means to cut into small pieces, about  $\frac{1}{4}$  inch in size.

**Note:** This recipe calls for 1 medium onion.

Slice the onion in half vertically, cutting through the root, to create a flat surface. Then, with the flat side on the cutting mat, cut the onion into  $\frac{1}{4}$  inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut  $\frac{1}{4}$  inch strips in the other direction. Place the diced onion in the small bowl and pass it to Name of Volunteer #4.

**Station #2:**

- **Equipment:** 1 grater, a 1 cup measuring cup, 1 small bowl
- **Provide during *Let's Cook!*:** block of cheese

Name of Volunteer #2, use the grater to shred the cheese until you have 1 cup. Be careful, the grater is sharp. Place the shredded cheese in the bowl and pass it to Name of Volunteer #6.

**Station #3:**

- **Equipment:** 1 cutting mat (if using fresh broccoli), a 1 cup measuring cup, 1 large bowl
- **Ingredients:** 2 heads of broccoli (if using fresh broccoli)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife (if using fresh broccoli) **OR** 4 cups thawed frozen chopped broccoli (if using frozen broccoli)

**If using fresh broccoli:** Name of Volunteer #3, please chop 4 cups of broccoli. When cooking with broccoli you can almost always use the stalk and the florets. Begin by cutting off and discarding the end of the stalk. Then, cut a few florets off the stalk and dice the florets into  $\frac{1}{2}$  inch pieces until you have 2 cups. Place the 2 cup of chopped broccoli florets in the bowl. Next, cut off part of the broccoli stalk and slice it into  $\frac{1}{2}$  inch strips. Then, rotate the broccoli stalk strips 90 degrees and dice those strips into  $\frac{1}{2}$  inch pieces until you have 2 cups. Place the 2 cups of chopped broccoli stalks in the bowl with chopped broccoli florets and pass the bowl to Name of Volunteer #5.

**If using frozen thawed broccoli:** Name of Volunteer #3, measure 4 cups of frozen thawed broccoli and add it to the bowl. Pass the bowl of broccoli to Name of Volunteer #5.



#### **Station #4:**

- **Equipment:** electric skillet, 1 large cooking spoon, 1 small bowl, 1 set of measuring spoons, 1 butter/table knife
- **Ingredients:** vegetable oil, flour

*\_\_\_\_\_ Name of Volunteer #4, measure 3 tablespoons of flour and add it to the small bowl. Use the butter/table knife to level off each tablespoon over the food scraps bowl before adding the flour to the small bowl.*

*Next, turn the skillet to medium heat. Measure 3 tablespoons of vegetable oil and once the skillet is warm, place the oil in the skillet. Once the oil is hot, add the diced onion and cook until soft and clear (instead of white). Stir the onions every few minutes while they're cooking.*

*Once, the onions cooked (soft and clear), add the 3 tablespoons the flour to the skillet. Cook for 1 minute, stirring constantly with the large cooking spoon.*

#### **Station #5:**

- **Equipment:** a 2-quart plastic spill-proof pitcher with a lid filled with water, 1 liquid measuring cup, 1 set of measuring spoons, kitchen timer
- **Ingredients:** 1 chicken bouillon cube, black pepper, garlic powder

*\_\_\_\_\_ Name of Volunteer #5, measure 3 cups of water and add it to the skillet. Then, add the broccoli to the skillet. Next, measure the following dry ingredients and add them to the skillet: ½ teaspoon of black pepper, ¼ teaspoon of garlic powder and 1 chicken bouillon cube. Stir the mixture thoroughly and then turn the heat down to medium-low.*

#### **Share the *Be Creative!* tip with the participants.**

*When you make this at home, you can add other frozen vegetables like peas, corn, or carrots at the same time as the frozen broccoli.*

#### **Set a timer for 20 minutes. While the soup is cooking, continue the lesson.**

*While the recipe cooks, let's get back to our lesson. \_\_\_\_\_ Name of Volunteer #5, will you stir the soup periodically and check to make sure it is simmering and not boiling rapidly? If it is boiling, turn the temperature of the skillet down to low.*

#### **Once the timer goes off, finish the recipe.**

**Station #6:**

- **Equipment:** 1 liquid measuring cup
- **Provide during *Let's Cook!*:** milk

*Name of Volunteer #6,* turn off the skillet. Then, measure a  $\frac{1}{2}$  cup of milk and add it to the skillet. Next, add the shredded cheese to the skillet and stir the soup until the cheese is melted. Turn the heat back on to medium-low and cook the soup for 2 to 3 minutes or until the soup is heated through.

**Station #7:**

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Tasting supplies:** small hot beverage cups, plastic spoons, napkins

Now, we are ready to taste the **Broccoli Cheese Soup!** *Names of Volunteers #1 and #2,* using the dinner spoon, place a taste of the soup in taster cups for everyone in class. Use the serving tray and tasting supplies to serve everyone a taste of the **Broccoli Cheese Soup**.

**Ask participants about the recipe while they are eating.**

*What do you think of this recipe? Do you think your family would like this dish?*

*Preparing foods from scratch (using basic ingredients, not a prepared mixture of ingredients) instead of purchasing convenience foods like canned soup or frozen entrees often saves us money and is usually a healthier choice. This recipe is made with real cheese, milk and broccoli, providing us more nutrients than we would get from canned soup. Also, when we cook foods from scratch, we can control the amount of salt we put in the dish. Convenience foods often contain a lot of salt and other preservatives.*

*When you make this at home, be sure to refrigerate any leftovers within 2 hours and eat them within 3 to 5 days.*