

Let's cook! Plan, Shop, Pack List:

3-Bean Salad

Ingredients

- 1 (14.5 ounce) can green beans
- 1 (15 ounce) can pinto or garbanzo beans
- 1 (15 ounce) can red kidney beans
- 1 green pepper (½ used in recipe)
- Sugar
- Apple cider vinegar
- Vegetable oil
- Black pepper

Disposable Supplies

- 3 ounce cups
- Plastic forks
- Napkins
- Salt shaker
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the green pepper.
- Wash the tops of the canned foods.
- Print copies of the recipe (1 for each participant)

Equipment

- 1 cutting mat
- 1 small bowl
- 1 medium bowl
- 2 large bowls
- 1 set of measuring spoons
- 1 rubber spatula/scrapper
- 1 chef's/utility knife
- 1 can opener
- 1 colander
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 1 liquid measuring cup
- 1 dinner spoon
- 1 dinner fork
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
