

Let's cook! Plan, Shop, Pack List: Black-Eyed Pea and Collard Greens Soup

Ingredients

- Vegetable oil
- 1 medium onion
- Garlic powder
- 4 ounces deli ham
- ½ pound collard greens
- 1 (14.5 ounce) can of broth (chicken or vegetable)
- 2 (15 ounce) cans black-eyed peas
- Apple cider vinegar
- 1 cup of water

Disposable Supplies

- Small hot beverage cups
- Plastic spoons
- Napkins
- Salt and pepper shakers
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the collard greens.
- Wash the tops of the canned foods.

Note: To wash collard greens, first remove any damaged outer leaves. Fill a large bowl with cold water, and dunk the greens. Swish them around a few times to help loosen any dirt on the leaves. Pour out the dirty water and fill the bowl with clean water. Swish the leaves under the clean water again to remove any additional dirt. Continue this process until the water in the bowl remains clear.

- Print copies of the recipe (1 for each participant).

Equipment

- 4 cutting mats
- 4 chef's/utility knives
- 1 can opener
- 1 colander
- 1 dinner fork

(Equipment cont.)

- 2 small bowls
- 3 medium bowls
- 1 large bowl
- 2 large cooking spoons
- 1 set of measuring spoons
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 2 liquid measuring cups
- Electric skillet
- Kitchen timer
- Serving tray
- 2 plastic tasting spoons
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

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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: _____
