

Let's cook! Plan, Shop, Pack List: Broccoli Cheese Soup

Ingredients

- 4 cups frozen chopped broccoli or 2 heads of fresh broccoli
- 1 medium onion
- ½ cup milk
- 4 ounces cheese
- All-purpose flour
- 1 chicken bouillon cube
- Vegetable oil
- Black pepper
- Garlic powder

Disposable Supplies

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

Prepare before class

- Thaw the broccoli (if using frozen broccoli).
- Wash the onion.
- Print copies of the recipe (1 for each participant).

Equipment

- 1 cutting mat (2 if using fresh broccoli)
- 2 chef's/utility knives (3 if using fresh broccoli)
- 3 small bowls
- 1 medium bowl
- 1 large bowl
- 1 grater
- 2 sets of measuring cups
- 2 sets of measuring spoons
- 2 liquid measuring cups
- 2-quart plastic spill-proof pitcher with a lid, filled with water

(Equipment cont.)

- 1 butter/table knife
- 1 large cooking spoon
- 1 dinner spoon
- Kitchen timer
- Electric skillet
- Serving tray
- 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: _____
