

# Let's cook! Plan, Shop, Pack List: Cowboy Caviar

## Ingredients

- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can black beans
- 1 (15 ounce) can corn
- 1 (4 ounce) can chopped green chiles
- 1 (15 ounce) can crushed or diced tomatoes
- 1 medium onion ( $\frac{1}{2}$  used in recipe)
- 3 limes
- Vegetable oil
- Hot sauce
- Prepared *Baked Tortilla Chips*
  - Nonstick cooking spray
  - 3 (10 inch) tortillas
  - Salt

## Disposable Supplies

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

## Prepare before class

- Make the *Baked Tortilla Chips*.
- Wash the onion and limes.
- Wash the tops of the cans.
- Print copies of the *Baked Tortilla Chips* and *Cowboy Caviar* recipes (1 for each participant).

## Equipment

- 1 medium bowl
- 2 cutting mats
- 2 chef's/utility knives
- 1 can opener
- 1 colander
- 2 large bowls
- 2 small bowls
- 1 set of measuring spoons
- 3 large cooking spoons
- 1 dinner spoon
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 1 liquid measuring cup
- Serving tray
- 1 set of tongs
- 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:** \_\_\_\_\_

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