

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

Ingredients

- Nonstick cooking spray
- Vegetable oil
- 1 medium onion
- Dried lentils (1 cup used in recipe)
- Garlic powder
- 1 packet (1.25 ounces) taco seasoning
- 1 (8 ounce) can tomato sauce
- 12 (6 inch) corn tortillas
- Salsa (1 cup used in recipe)
- 4 ounces cheese
- 1 head of lettuce

Disposable Supplies

- Small paper plates
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the onion and lettuce.
- Wash the top of the canned tomato sauce.
- Print copies of the recipe (1 for each participant).

Equipment

- 4 cutting mats
- 4 chef's/utility knives
- 2 medium bowls
- 3 sets of measuring cups
- 1 can opener
- 1 grater
- 4 small bowls
- 1 turner/spatula
- 2 large paper plates
- 2 large cooking spoons
- 3 sets of measuring spoons
- 2-quart plastic spill-proof pitcher with a lid, filled with water

Equipment (cont.)

- 1 liquid measuring cup
- 1 colander
- 1 large bowl
- 3 plastic spoons
- 2 vinyl tablecloths
- Kitchen timer
- Electric skillet
- Serving tray
- 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: _____
