

Let's cook! Station Set-Up and Recipe Script

Station Set-Up: Chili Tomato Beefy Macaroni

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 grater	none	1 chef's/utility knife
1 cutting mat		block of cheese
½ cup measuring cup		
1 small bowl		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	none	ground beef
1 turner/spatula		
1 large cooking spoon		
1 small hot beverage cup with a folded piece of paper towel		
aluminum foil		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring cups	uncooked macaroni	none
1 set of measuring spoons	chili powder	
1 medium bowl	<i>Eating Smart Seasoning Mix</i>	

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 can opener	can of diced tomatoes	none
2-quart plastic spill-proof pitcher with a lid filled with water		
1 liquid measuring cup		
1 large cooking spoon		
kitchen timer		

Let's cook! Station Set-Up and Recipe Script

Station Set-Up: Chili Tomato Beefy Macaroni

Station #5		
Equipment	Ingredients	Tasting supplies
1 large cooking spoon	none	3 ounce cups
1 serving tray		plastic forks
		napkins
		salt shaker

Recipe Script for Preparing: Chili Tomato Beefy Macaroni Lesson: *Go Lean with Protein*

*For this recipe, we will be using the **Eating Smart Seasoning Mix** recipe, which I prepared ahead of time.*

Pass out a copy of the *Eating Smart Seasoning Mix* recipe and have participants follow along as you tell them how you made the recipe.

*This recipe is from the **Eating Smart • Being Active Let's Cook!** cookbook you will receive during our last lesson. I made the seasoning mix by combining black pepper, garlic powder, dried parsley flakes, dried minced onion, and dry milk. We'll use it to season our **Chili Tomato Beefy Macaroni**.*

Begin the recipe preparation by inviting all the participants to stand around the food preparation area and reading the list of ingredients from the recipe.

To prepare for today's recipe, we need to open a can of tomatoes and measure the rest of the ingredients. I washed the top of the can of tomatoes before class. I kept the ground beef and cheese for this recipe cold in my cooler with reusable freeze packs to transport and store them.

Ask for volunteers to help with the preparation of the recipe.

I need 4 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 4 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work best to involve as many participants in the food activity as possible.

If food preparation stations were set up before class, assign each volunteer a station and add knives and cold food items from the cooler to the appropriate stations. If there wasn't room to set up stations before class, provide volunteers with the appropriate equipment and ingredients listed for each station now.

As you assign each volunteer their tasks, ask the participant if they would like you to demonstrate how to mince, dice or chop their ingredient and provide several pieces for the participant as an example on their cutting mat. Follow up with the participants once they have completed their task to be sure each ingredient was cut to the indicated size (if the food pieces are too large, cooking will take longer). If the food pieces are too large, ask the participant to cut any large pieces in half.

*Today we will be preparing **Chili Tomato Beefy Macaroni** as a group. While you may be doing a specific task for the recipe, please listen and watch all the instructions for every task. This will help you be able to complete all of the steps of the recipe at home. Even those of you who are more experienced with cooking may pick up a new tip that could save you valuable time in the kitchen. Please wait to start your task until I give you your instructions.*

Station #1:

- **Equipment:** 1 grater, 1 cutting mat, a ½ cup measuring cup, 1 small bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife, block of cheese

I placed a bowl in the center of the table. As you prepare the ingredient(s), please put any food scraps in this bowl.

At the center of the table, I have also placed a variety of sizes of plastic bags. If you have any leftover ingredients, please put these ingredients in one of these bags. I will collect the leftovers as we are cleaning up and put them in the cooler to keep these items cold.

_____ Name of Volunteer #1, use the knife to open the package of cheese and if necessary, cut the block of cheese in half so that it is easy to hold while shredding. Then, use the grater to shred ½ cup of cheese. Be careful, the grater is sharp.

Measure ½ cup of the shredded cheese and place it in the bowl. Hang onto the bowl for now, we will use the cheese later in the recipe.

Station #2:

- **Equipment:** electric skillet, 1 turner/spatula, 1 large cooking spoon, 1 small hot beverage cup with a folded piece of paper towel, aluminum foil
- **Provide during *Let's Cook!*:** ground beef

_____ Name of Volunteer #2, you will cook the ground beef. Place ¾ pound of ground beef into the skillet and turn the skillet to medium heat. Cook until browned, using the spatula to break up the ground beef into small pieces. It's important to continue stirring and breaking the pieces into the same size with the spatula so the ground beef cooks evenly. When the ground beef is fully browned, the next step is to drain the fat.

When you are cooking ground beef, the amount of liquid fat to be drained will be dependent on the type of ground beef purchased and the quantity of ground beef used in the recipe.

Ground beef that contains 20 percent fat would be labeled 80/20 and will have more liquid fat to be drained than ground beef labeled 90/10, which contains 10 percent fat. Three quarters of a pound of ground beef will yield less liquid fat to be drained than 1½ pounds of ground beef.

Drain the fat from the skillet by pushing the beef to one side, then tilting the skillet in the opposite direction so the liquid fat pools away from the beef. Use the cooking spoon to remove the liquid fat from the pan. Spoon the fat into the hot beverage cup and then cover the cup with foil. At home, you can throw the fat in the trash can, but I don't want it to spill when I take the trash out today, so we will discard it covered in the cup.

Station #3:

- **Equipment:** 1 set of measuring cups, 1 set of measuring spoons, 1 medium bowl
- **Ingredients:** uncooked macaroni, chili powder, *Eating Smart Seasoning Mix*

_____ Name of Volunteer #3, while the ground beef is cooking, please measure the following dry ingredients and place them in the bowl: 1 cup of uncooked macaroni, 2 teaspoons of chili powder, and ½ cup of seasoning mix.

Pass the bowl of dry ingredients to _____ Name of Volunteer #4.

Station #4:

- **Equipment:** 1 can opener, a 2-quart plastic spill-proof pitcher with a lid filled with water, 1 liquid measuring cup, 1 large cooking spoon, kitchen timer
- **Ingredients:** can of diced tomatoes

_____ Name of Volunteer #4, please use the can opener to open the diced tomatoes.

Once the fat has been drained from the meat, add the opened can of tomatoes and bowl of dry ingredients to the skillet. Then, measure and add 1½ cups of water to the skillet.

Stir the ingredients in the skillet together with the large cooking spoon. Turn the skillet to medium-high and bring the mixture to a boil with the lid on the skillet. Once the mixture is boiling, stir and reduce the heat to medium-low. Put the lid on the skillet and simmer for 10 minutes.

Set a timer for 10 minutes.



Let's get back to our lesson, while the dish cooks. I have set the timer for 10 minutes, but Name of Volunteer #3, will you please check the skillet every 2-3 minutes to make sure that the liquid is simmering but not boiling? If it's boiling, turn the skillet down to low. Please also stir the ingredients thoroughly each time you check the skillet so that the mixture doesn't stick.

While the recipe is cooking, continue the lesson.

After the timer goes off, taste the macaroni to see if it's done. The pasta is done once it is tender, but not mushy.

If the macaroni is not tender: *The macaroni is not tender and needs a couple more minutes to cook. I'll set the timer for 3 more minutes and then will taste it again.*

If the macaroni is tender: Name of Volunteer #1, now that the macaroni is tender, turn the skillet off. Sprinkle the shredded cheese over the dish and place the lid back on the skillet. We're going to let this sit for 1-2 minutes until the cheese is melted.

While the cheese melts, share the *Be Creative!* tip with the participants.

When making this at home, you can try adding chopped, cooked vegetables such as green pepper when there are 5 minutes of simmering time remaining.

Station #5:

- **Equipment:** 1 large cooking spoon, 1 serving tray
- **Tasting supplies:** 3 ounce cups, plastic forks, napkins, salt shaker

*This recipe calls for salt "to taste." At home, you can taste the **Chili Tomato Beefy Macaroni** and add salt in the amount you like before serving. Today, we will pass around a salt shaker and you can decide if you want to add a little bit to your macaroni. I encourage you to taste the macaroni first.*

*Now, we are ready to taste the **Chili Tomato Beefy Macaroni!** Names of Volunteers #1 and #2, using the serving tray and the tasting supplies, please serve everyone a taste of the recipe.*

Everyone: please taste the recipe, and then if you would like, you can add salt.

Ask participants about the recipe while they are eating.

What do you think of this recipe? Do you think your family would like this dish?

When you make this at home, be sure to refrigerate any leftovers within 2 hours and eat them within 3 to 5 days.