

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

Station Set-Up: Garden Vegetable Soup

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	2 carrots	1 chef's/utility knife
1 vegetable peeler		
2 medium bowls (1 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!
1 cutting mat	1 onion	1 chef's/utility knife

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 zucchini	1 chef's/utility knife
1 small bowl		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 head of cabbage	1 chef's/utility knife
1 set of measuring cups		
1 small bowl		

Station #5		
Equipment	Ingredients	Provide during Let's cook!
electric skillet	nonstick cooking spray	none
1 large cooking spoon	garlic powder	
1 set of measuring spoons	Italian seasoning	
1 small bowl		

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Station #6		
Equipment	Ingredients	Provide during Let's cook!
1 can opener	2 cans of broth	none
kitchen timer	can of green beans	
1 dinner fork	can of diced tomatoes	

Station #7		
Equipment	Ingredients	Tasting Supplies
1 large cooking spoon	none	small hot beverage cups
1 serving tray		plastic spoons
		napkins
		salt and pepper shakers

Recipe Script for Preparing: Garden Vegetable Soup Lesson: *Fruit & Veggies: Half Your Plate*

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 peel and chop the fresh vegetables, open the canned vegetables, and measure the other ingredients.

When using canned food products, it is important to wash the tops of the cans before opening them. If there is dust, dirt, germs or other harmful particles on the can, these things may get into the food when we open the can with the can opener. I washed the tops of all the cans and the fresh vegetables before class.

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

I need 6 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 6 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, 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 Garden Vegetable Soup 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 cutting mat, 1 vegetable peeler, 2 medium bowls (place 1 in the center of the table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 2 carrots
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

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.

Food safety experts recommend peeling carrots. _____ please peel the carrots, then cut off and discard the ends of the carrots. Next, you will chop the carrots into small ½ inch pieces. Let me show you how to chop the carrots.

Demonstrate how to chop the carrot using the script below and provide several ½ inch pieces of carrot as an example for the participant on their cutting mat.

First, cut the carrots in half length-wise to create a flat surface. Then, with the flat surface on the cutting mat, cut each half length-wise into ½ inch wide carrot sticks. Next, turn the carrot sticks 90 degrees and chop the sticks into ½ inch pieces.

_____ please chop the remaining carrot. Place the chopped carrots in the bowl and pass it to _____

Station #2:

- **Equipment:** 1 cutting mat
- **Ingredients:** 1 onion
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

_____ you will chop the onion. Would you like me to show you how to peel the onion?

If yes, demonstrate how to peel the onion using the script below.

Let's start by peeling the onion. First, remove any loose, papery skin. Next, lay the onion on its side with the stem facing the hand holding the knife. Then, cut down partially through the stem and with your knife holding the stem down, pull the body of the onion back to remove a small piece of the outer skin layer. Now, continue peeling off this outer layer of skin all the way around the onion. After the outer peel has been removed, peel and remove the next thin layer of skin all the way around the onion. Last, cut off the exterior of the root.

If no, after the participant peels the onion proceed to demonstrating how to chop the onion.

Let me show you what ½ inch pieces look like.

Demonstrate how to chop the onion using the script below and provide several ½ inch pieces of onion as an example for the participant on their cutting mat.

Slice the onion in half vertically, cutting through the root, to create a flat surface. Then, with the flat side on the cutting mat, cut the onion into ½ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut ½ inch strips in the other direction.

_____ please chop the remaining onion. Add the chopped onion in the bowl with the carrots and pass it to _____

Station #3:

- **Equipment:** 1 cutting mat, 1 small bowl
- **Ingredients:** 1 zucchini
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

_____ you will chop the zucchini. Let me show you how to chop the zucchini into ½ inch pieces.

Demonstrate how to chop the zucchini using the script below and provide several ½ inch pieces of zucchini as an example for the participant on their cutting mat.

First, cut off and discard the ends of the zucchini. Next, cut the zucchini in half length-wise to create a flat surface on the cutting mat. With the flat side on the cutting mat, slice each half of zucchini length-wise into ½ inch strips; then, turn the strips 90 degrees and chop them into ½ inch pieces. Place the chopped zucchini in the small bowl and pass it to _____

Station #4:

- **Equipment:** 1 cutting mat, 1 set of measuring cups, 1 small bowl
- **Ingredients:** 1 head of cabbage
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #4, you will chop the cabbage.

Demonstrate how to chop the cabbage using the script below and provide several ½ inch pieces of cabbage as an example for the participant on their cutting mat.

We only need 1 cup of chopped cabbage, so we may only need a quarter of the head of cabbage. First, place the cabbage with the core on the cutting mat and cut the cabbage in half. Set one of the halves aside. Then, cut the other half of cabbage into two quarters and set one of the quarters aside.

At the bottom of each quarter, you'll see the cabbage's hard center core. To remove the core, hold the quarter cabbage in one hand, with the core resting on the cutting mat. Then, cutting down toward the cutting mat, cut off and discard the core. Turn the cabbage quarter over and remove any damaged or wilted leaves from the outside. Next, with one of the flat sides on the cutting mat, cut the cabbage quarter into ½ inch strips; rotate the strips 90 degrees, then cut them into ½ inch pieces. Try to make the pieces relatively similar in size so they will cook evenly.

Name of Volunteer #4, continue to chop the cabbage until you have 1 cup. Place the chopped cabbage in the bowl and pass the bowl to _____
Name of Volunteer #5.

Station #5:

- **Equipment:** electric skillet, 1 large cooking spoon, 1 set of measuring spoons, 1 small bowl
- **Ingredients:** nonstick cooking spray, garlic powder, Italian seasoning

Name of Volunteer #5, please spray the skillet with cooking spray, and turn it to low heat. Then, add the carrot and onion to the skillet. Put the lid on the skillet and cook the carrots and onions for about 5 minutes, stirring every few minutes.

Next, measure ¼ teaspoon garlic powder and ½ teaspoon Italian seasoning and place them in the bowl. Hang onto the bowl for now.

Share the *Be Creative!* tip with the participants.

You can add any fresh vegetables that you have on hand to the soup. Peel and chop them as needed. Add root vegetables like turnips and sweet potatoes with the carrots and onion early in the recipe, as they require a longer cooking time. Smaller or more delicate vegetables like celery, spinach, corn, and peas require less cooking time and should be added with the cabbage and green beans.

Station #6:

- **Equipment:** 1 can opener, kitchen timer, 1 dinner fork
- **Ingredients:** 2 cans of broth, can of green beans, can of diced tomatoes

_____ Name of Volunteer #6, please open the cans of broth, green beans, and diced tomatoes. Do not drain the liquid from the vegetables. Pass the open cans to _____ Name of Volunteer #5.

_____ Name of Volunteer #5, after the carrot and onion have cooked for 5 minutes, add the chopped cabbage, 2 cans of broth, green beans, diced tomatoes, garlic powder and Italian seasoning to the skillet. Turn the heat to medium-high, put the lid on the skillet and bring the soup to a boil.

After the soup has come to a boil, turn the heat back down to medium-low. We will let the soup simmer with the lid on for about 15 minutes until the carrots are tender. “Tender” refers to the fact that your teeth (or a fork or knife) can easily sink all the way through.

Set a timer for 15 minutes. While the recipe is cooking, you can continue the lesson.

While the recipe cooks, let’s continue with our lesson. _____ Name of Volunteer #5, about every 5 minutes, will you check the skillet to make sure the soup is simmering (not boiling rapidly) and stir the soup? If it’s boiling, please stir and turn the skillet down.

When the timer goes off, check the vegetables.

_____ Name of Volunteer #4, will you please check the vegetables to see if they are tender? Using the dinner fork, pierce the carrots and see if they are tender.

If the carrots are not tender, simmer the soup another 3-5 minutes.

When the carrots are tender, have volunteer #6 add the zucchini.

_____ Name of Volunteer #6, now you can stir in the chopped zucchini.

We will cook the soup for another 3 to 4 minutes so the zucchini cooks through. We add the zucchini in last because it takes much less time to cook. If we had added the zucchini with the other vegetables, it would be overcooked and mushy, before the carrots were done.

Set a timer for 3 to 4 minutes.

Share the *Be Creative!* tip with the participants.

You can also add any canned vegetables you like to the soup. Add them at the same time as the other canned vegetables.

Station #7:

- **Equipment:** 1 large cooking spoon, 1 serving tray
- **Tasting supplies:** small hot beverage cups, plastic spoons, napkins, and salt and pepper shakers

*This recipe calls for salt and pepper “to taste.” At home, you can taste the **Garden Vegetable Soup** and add salt and pepper in the amount you like before serving. Today, we will pass around salt and pepper shakers and you can decide if you want to add either to your soup. I encourage you to taste the soup first.*

*Now, we are ready to taste the **Garden Vegetable Soup!** Names of Volunteers #1 and #2, using the serving tray and tasting supplies, please serve everyone a taste of the soup.*

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

Ask the participants about the recipe while they are eating.

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

Cruciferous vegetables including cabbage, cauliflower, broccoli, kale, Brussels sprouts, and collard greens are rich in vitamins and minerals. They are high in fiber and low in calories, a combination that will help you feel full and satisfied without over-eating. Cabbage is also an inexpensive vegetable available year-round.

When you make this at home, be sure to refrigerate any leftovers within 2 hours and eat them within 3 to 5 days. You can also freeze leftovers in a freezer-safe container. When you’re ready to eat it, defrost in the refrigerator overnight, reheat and eat.