

Let's cook! Plan, Shop, Pack List: Enchilada Casserole

Ingredients

- 1 (28 ounce) can green enchilada sauce
- 1 (15 ounce) can pinto or black beans
- 3 cups cooked brown rice
- 1 (15 ounce) can of corn or 1½ cups frozen corn
- 12 (6 inch) corn tortillas
- 10 ounces cheese (Monterey Jack or cheddar)

Disposable Supplies

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

Prepare before class

- Cook the rice.
- Wash the tops of the canned foods.
- Thaw 1½ cups of corn (if using frozen corn).
- Print copies of the recipe (1 for each participant).

Equipment

- 1 chef's/utility knife
- 1 cutting mat
- 2 medium bowls
- 2 large bowls
- 1 large cooking spoon
- 3 sets of measuring cups
- 1 liquid measuring cup
- 1 can opener
- 1 grater
- 1 colander
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 1 rubber spatula/scrapper
- 1 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: _____
