

Let's cook! Plan, Shop, Pack List: Garden Vegetable Soup

Ingredients

- 2 carrots
- 1 large onion
- 1 small head of green cabbage
- 1 medium zucchini
- 1 (14.5 ounce) can green beans
- 1 (14.5 ounce) can diced tomatoes
- 2 (14.5 ounce) cans broth (chicken or vegetable)
- Nonstick cooking spray
- Garlic powder
- Italian seasoning

Disposable Supplies

- Paper bowls
- Plastic spoons
- Napkins
- Salt and pepper shakers
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the carrots, onion, green cabbage, and zucchini.
- Wash the tops of the canned foods.
- Print copies of the recipe (1 for each participant).

Equipment

- 4 cutting mats
- 4 chef's/utility knives
- 1 vegetable peeler
- 1 set of measuring cups
- 2 large cooking spoons
- 1 can opener
- 1 set of measuring spoons
- 2 medium bowls
- 3 small bowls
- 1 dinner fork
- 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: _____
