

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

Stir-Fried Vegetables with Beef, Chicken, or Tofu

Ingredients

- 1 cup broth (chicken or vegetable)
- Soy sauce
- Cornstarch
- Garlic powder
- Black pepper
- Vegetable oil
- Fresh vegetables such as celery, broccoli, zucchini, onions, green beans, carrots, peppers (5 cups sliced used in recipe)
- 2 chicken breasts, 6 ounces of beef (2 cups uncooked chopped chicken or beef used in recipe), or ½ of a 14-16 ounce package of extra firm tofu
- 6 cups cooked brown rice

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 vegetables.
- *If using chicken or beef:* Chop the raw chicken or beef into ½ inch pieces. Place chopped chicken or beef in a sealable plastic bag or storage container. Keep chopped chicken or beef in your cooler with reusable freezer packs for transport and during class.
- *If using tofu:* After pressing tofu to drain excess liquid, chop tofu into consistent ½ inch pieces and place in a sealable plastic bag or storage container. Keep the tofu cold in your cooler with reusable freezer packs for transport and during class.
- Print copies of the recipe (1 for each participant).

Equipment

- 2 cutting mats
- 2 medium bowls
- 2 chef's/utility knives
- 2 vegetable peelers
- 3 large bowls, 1 lid
- 1 small bowl
- 2 large cooking spoons
- 3 sets of measuring cups
- 1 liquid measuring cup
- 2 sets of measuring spoons
- 2 dinner forks
- 1 turner/spatula
- 1 can opener (if using canned broth)
- 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: _____
