

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

Station Set-Up: 3-Can Chili

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 can opener	can of beans	1½ cups thawed frozen corn (if using frozen corn)
1 colander	can of crushed tomatoes	
electric skillet	can of corn (if using canned corn)	
1 large bowl		
1 set of measuring cups (if using frozen corn)		
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!
1 large cooking spoon	chili powder	none
1 set of measuring spoons		
multiple plastic spoons for tasting		
kitchen timer		

Station #3		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	hot sauce (optional)	small hot beverage cups
1 serving tray		plastic spoons
		napkins

Recipe Script for Preparing: 3-Can Chili Lesson: *Plan, Shop, Save*

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 our recipe today, we need to open the cans of beans, corn, and tomatoes and measure the chili powder.

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 before class.

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

I need 3 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 3 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.

Today we will be preparing 3-Can Chili 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 can opener, 1 colander, electric skillet, 1 large bowl, 1 set of measuring cups (if using frozen corn), 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** can of beans, can of crushed tomatoes, can of corn (if using canned corn)
- **Provide during *Let's Cook!*:** 1½ cups thawed frozen corn (if using frozen corn)

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.

If using canned corn: _____ *Name of Volunteer #1,* open the can of corn and pass the can opener to _____ *Name of Volunteer #2.* Then, use the colander to drain the corn over the bowl. Place the drained corn in the skillet.

If using frozen corn: _____ *Name of Volunteer #1,* Measure 1½ cups of corn and place it in the skillet.

_____ *Name of Volunteer #2,* open the cans of beans and crushed tomatoes. Do not drain the beans or the tomatoes. Add the contents of the two cans to the skillet.

Station #2:

- **Equipment:** 1 large cooking spoon, 1 set of measuring spoons, multiple plastic spoons for tasting, kitchen timer
- **Ingredients:** chili powder

_____ *Name of Volunteer #3,* turn the skillet to medium heat. Then, measure ½ teaspoon of chili powder and add it to the skillet containing the beans, corn and tomatoes. Stir all the ingredients together.

Have 2-3 volunteers taste the mixture (using a clean plastic spoon for each taste), to determine how much chili powder is added.

Volunteers please taste the chili using a clean plastic spoon. _____ Name of Volunteer #3, please add more chili powder little by little (volunteers taste after each addition) until we like the flavor. Continue to cook for 5 minutes until the chili is thoroughly heated.

Set a timer for 5 minutes.

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

If you make this at home, you can try adding chopped, cooked meat; chopped onion; and/or chopped green or red bell pepper. This is a mild chili, so at home you can also add other spices such as garlic or onion powder, cumin, cayenne, or black pepper.

Station #3:

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Ingredients:** hot sauce (optional)
- **Tasting supplies:** small hot beverage cups, plastic spoons, napkins

*Now, we are ready to taste the **3-Can Chili!** _____ Names of Volunteers #1 and #2, using the serving tray and tasting supplies, please serve everyone a taste of the recipe. Hot sauce is available if anyone wants to add a little spice.*

Ask the participants about the recipe while they are eating.

What do you typically serve with chili at home? Tortilla chips, cornbread, or something else?

This recipe is a great pantry recipe. If you think your family will like this recipe, you might want to purchase these items to keep in your pantry to have when food may be running low or you need something you can prepare quickly.

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