

Let's cook! Plan, Shop, Pack List: 3-Can Chili

Ingredients for recipe

- 1 (15 ounce) can pinto, kidney, red, or black beans
- 1 (15 ounce) can corn or 1½ cups frozen corn
- 1 (15 ounce) can crushed tomatoes
- Chili powder
- Hot sauce

Ingredients for *Brand Comparison* activity

- 1 (15 ounce) can of store brand whole kernel corn
- 1 (15 ounce) can of national brand whole kernel corn

Prepare before class

- 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).

At class location prepare *Brand Comparison* activity:

- Before the participants arrive, portion out a sample of each product for each participant. Put the store brand in the cups labeled “A” and the national brand in the cups labeled “B.” Cover the samples with plastic wrap or clean paper towels.

Equipment

- 1 can opener
- 1 colander
- 1 large bowl
- 1 medium bowl
- 1 large cooking spoon
- 1 set of measuring spoons
- 1 set of measuring cups (if using frozen corn)
- Multiple plastic spoons
- 1 dinner spoon
- 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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Disposable supplies for recipe

- Small hot beverage cups (1 for each participant)
- Plastic spoons
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

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

Disposable supplies for *Brand comparison* activity

- 3 ounce cups (2 for each participant)
- Plastic spoons

Educator: _____
Group Name: _____
of participants in group: _____ Date of lesson: _____
Notes: _____ _____