

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

Ingredients for recipe

- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can black beans
- 1 (15 ounce) can corn
- 1 (4 ounce) can chopped green chiles
- 1 (15 ounce) can crushed or diced tomatoes
- 1 medium onion ($\frac{1}{2}$ used in recipe)
- 3 limes
- Vegetable oil
- Hot sauce
- Prepared *Baked Tortilla Chips*
 - Nonstick cooking spray
 - 3 (10 inch) tortillas
 - Salt

Ingredients for *Brand Comparison* activity

- 1 (15 ounce) can of store brand black beans
- 1 (15 ounce) can of national brand black beans

Prepare before class

- Make the *Baked Tortilla Chips*.
- Wash the onion and limes.
- Wash the tops of the cans.
- Print copies of the *Baked Tortilla Chips* and *Cowboy Caviar* recipes (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 medium bowl
- 2 cutting mats
- 2 chef's/utility knives
- 1 can opener
- 1 colander
- 2 large bowls
- 2 small bowls
- 1 set of measuring spoons
- 3 large cooking spoons
- 1 dinner spoon
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 1 liquid measuring cup
- Serving tray
- 1 set of tongs
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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Disposable supplies for recipe

- 3 ounce 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: _____
