

Let's cook! Plan, Shop, Pack List: Chili Tomato Beefy Macaroni

Ingredients

- ¾ pound ground beef
- 2 ounces cheese
- 1 cup uncooked macaroni
- 1 (15 ounce) can diced tomatoes
- Chili powder
- ½ cup *Eating Smart Seasoning Mix*
 - 1¼ teaspoons black pepper
 - 1 tablespoon garlic powder
 - 2 tablespoons dried parsley flakes
 - ¾ cup dried, minced onion
 - 2 cups dry milk

Disposable Supplies

- 3 ounce cups
- Plastic forks
- Napkins
- Salt shaker
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Small hot beverage cups (lined with paper towel)
- Plastic wrap

Prepare before class

- Make the *Eating Smart Seasoning Mix*.
- Wash the top of the canned tomatoes.
- Print copies of the *Eating Smart Seasoning Mix* and *Chili Tomato Beefy Macaroni* recipes (1 for each participant).

Equipment

- 1 chef's/utility knife
- 1 can opener
- 2 medium bowls
- 1 grater

Equipment (cont.)

- 1 cutting mat
- 2 sets of measuring cups
- 1 small bowl
- 1 turner/spatula
- 3 large cooking spoons
- 1 set of measuring spoons
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- 1 liquid measuring cup
- 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)

Let's cook! Plan, Shop, Pack List: Chili Tomato Beefy Macaroni

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: _____
