

Let's cook! Plan, Shop, Pack List: Healthy Refried Beans

Ingredients

- 1 medium onion (½ used in recipe)
- 1 (15 ounce) can pinto beans
- ⅔ cup broth (chicken or vegetable)
- Vegetable oil
- Garlic powder
- Chili powder
- Prepared *Baked Tortilla Chips*
 - Nonstick cooking spray
 - 3 (10 inch) tortillas
 - Salt

Disposable Supplies

- 3 ounce cups
- Plastic spoons
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Make the *Baked Tortilla Chips* before class.
- Wash the onion.
- Wash the top of the canned foods.
- Print copies of the *Baked Tortilla Chips* and *Healthy Refried Beans* recipes (1 for each participant).

Equipment

- 1 cutting mat
- 1 chef's/utility knife
- 1 can opener
- 1 colander
- 1 large bowl
- 2 small bowls
- 1 medium bowl
- 1 large cooking spoon
- 1 set of measuring spoons
- 1 dinner fork
- 2-quart plastic spill-proof pitcher with a lid, filled with water

(Equipment cont.)

- 2 liquid measuring cups
- 1 dinner spoon
- Kitchen timer
- Electric skillet
- Serving tray
- 1 set of tongs
- 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: _____
