

# Let's taste it! Plan, Shop, Pack List:

## 3-Can Chili

### Ingredients

- 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

### Disposable Supplies

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

### 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 per student).

### 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)
- 1 dinner spoon
- Kitchen timer
- Electric skillet
- Serving tray

### Equipment (cont.)

- 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)

### Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

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Educator: \_\_\_\_\_  
Group Name: \_\_\_\_\_  
# of participants in group: \_\_\_\_\_ Date of lesson: \_\_\_\_\_  
Notes: \_\_\_\_\_  
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