

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

Ingredients

- 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

Disposable Supplies

- Small paper plates (1 per student)
- Plastic spoons (1 per student)
- Napkins
- Salt and pepper shakers
- Sealable plastic bags in a variety of sizes

Disposable Supplies (cont.)

- Aluminum foil
- Plastic wrap

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 per student).

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

Equipment (cont.)

- 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

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: _____
