

KIDS COOKING

LESSONS

WEEK 1 SHOPPING LIST



TACO SOUP

- 1 lb. ground beef
- 15 oz. can black beans
- 15 oz. can diced tomatoes
- 15 oz. can corn
- 2 Tbsp taco seasoning
- 2 cups chicken or beef broth
- 1/2 cup shredded cheese
- Crushed tortilla chips for topping

CLASSIC SPAGHETTI WITH MEAT SAUCE

- 1 lb. spaghetti noodles
- 1 lb. ground beef or turkey
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 26 oz. jar marinara sauce

CLASSIC GRILLED CHEESE

- 2 Tbsp butter, softened
- 2 Tbsp mayonnaise
- 8 slices sharp cheddar cheese
- 8 slices whole wheat bread
- Side: fresh fruit/chips

ENGLISH MUFFIN OR BAGEL PIZZAS

- 4 English muffins or bagels
- 2 Tbsp butter
- 1 cup pizza or marinara sauce
- 12 pepperonis
- 2 cups shredded mozzarella cheese

SLOW COOKER RANCH CHICKEN TACOS

- 2 small boneless chicken breasts
- 1/2 cup chicken stock
- 1 packet ranch dressing mix
- 1 packet taco seasoning
- 8 flour tortillas
- Ranch salad dressing for topping

