

KIDS COOKING

LESSONS



DINNER PART 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

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

BAKED HERB CRUSTED PORK CHOPS

- 4 boneless pork chops
- 1/2 cup Panko breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- 1 Tbsp olive oil

POTATO CHIP CHICKEN TENDERS

- 12 boneless, skinless chicken tenderloins
- 1 egg
- 1 cup sour cream
- 1 tsp onion powder
- 1 tsp paprika
- 3 cups potato chips
- Ranch dressing for dipping

