

Attainment's

Ready,

Set,

COOK!
FACILITATOR'S GUIDE

Eleana Bastian

Contents

About the Artist.	7
Introduction	9
Materials	10
Lessons	17
LESSON 1	
Veggie Platter and Dip	18
LESSON 2	
Monkey Bread	20
LESSON 3	
Cracker Dip	23
LESSON 4	
Sweet Potatoes	25
LESSON 5	
Omelet	27
LESSON 6	
Spanish Rice	29
LESSON 7	
Meatballs	32
LESSON 8	
Chili With Rice	35
LESSON 9	
Mashed Potatoes	38
LESSON 10	
Turkey Sandwich	41
LESSON 11	
Chicken Breast	43
LESSON 12	
Chicken Fajita	45
LESSON 13	
Chicken Salad	48
LESSON 14	
Pasta	50
LESSON 15	
Mac and Cheese	52
LESSON 16	
Italian Pasta	54
LESSON 17	
Chicken Alfredo	56
LESSON 18	
Rice	58
LESSON 19	
“Fried” Rice	60

LESSON 20	
Tuna-stuffed Avocado	63
LESSON 21	
Buffalo Chicken Dip	65
LESSON 22	
Rice Crispy Treats.....	67
LESSON 23	
Fudge.....	69
LESSON 24	
Nachos	71
LESSON 25	
Steamed Broccoli	73
LESSON 26	
Fresh Spinach.....	75
LESSON 27	
Fresh Asparagus.....	77
LESSON 28	
Salmon	79
LESSON 29	
Quinoa.....	81
LESSON 30	
French Toast.....	84
LESSON 31	
Poached Egg Sandwich	86
LESSON 32	
Spaghetti with Meat Sauce	88
LESSON 33	
Oatmeal	91
LESSON 34	
Beans and Rice	93
LESSON 35	
Fruit Parfait	95
LESSON 36	
Chocolate Chip Cookie.....	97
LESSON 37	
Trail Mix	100
LESSON 38	
Coleslaw.....	102
LESSON 39	
Fruit Dip	104
LESSON 40	
Salad	106

Assessment Forms 109
Shopping Report. 111
Student Checklist 112
Cooking Report 113
Cooking Data Sheet. 114
Shopping List Example. 115
Grocery List Example 116
Shopping List. 117
Grocery List 118

The background is an abstract composition of thick, expressive brushstrokes in shades of red, magenta, and blue. A large, semi-transparent white speech bubble is centered on the page, containing the word 'Lessons' in a bold, black, sans-serif font. The speech bubble's tail points towards the bottom left corner of the image.

Lessons

Veggie Platter and Dip



Ingredients

- 3 large carrots
- 1 bell pepper
- 1 head of broccoli
- 4 stalks of celery
- 1 packet ranch seasoning
- 1 cup sour cream

Utensils

- bowl
- 1 cup
- knife
- spoon
- vegetable peeler
- cutting board
- paper towels



Primary Objectives

- States that vegetables are one of the food groups.
- Understands that knives are sharp and can be dangerous.
- Demonstrates good knife safety



Secondary Objectives

- Prepares vegetables and dip.
- Chops vegetables.
- Stirs ingredients.
- Uses color-coded measuring utensils.



Talking Points

- Discuss the food groups (fruits, grains, vegetables, protein, and dairy). More information at [choosemyplate.gov](https://www.choosemyplate.gov) (QR 1)
- Discuss that vegetables have many vitamins that keep you healthy and are a great snack anytime.
- Discuss knife safety. A sharp knife makes cutting easier, but it's easier to cut yourself.
- Demonstrate proper knife safety, such as always placing the knife on a flat surface, holding it firmly, and only picking it up by the handle. For more information, check out <https://www.youtube.com/watch?v=oLTaMPjAgLo> (QR 2)
- Demonstrate the proper way to cut different vegetables. For reference, check out:
 - How to cut carrots into sticks: <https://www.youtube.com/watch?v=md7Dzo-NhQI> (QR 3)
 - How to chop and dice a bell pepper: https://www.youtube.com/watch?v=1Xf1PLg1_yI&list=PLpw6e-KaaUywchoF-rSRtsQRH_RhjpXy8&t=0s&index=16 (QR 4)
 - How to cut celery: https://www.youtube.com/watch?v=0KX2BFhRfvA&list=PLpw6e-KaaUywchoF-rSRtsQRH_RhjpXy8&t=0s&index=33 (QR 5)
 - How to cut broccoli florets: <https://www.youtube.com/watch?v=xe5X2G2hPPE> (QR 6)
- Prepare the veggie platter and dip.



Spice It Up!

Try adding a little hot sauce or chili powder to the ranch dip. Add a little at a time and taste it before you add more to make sure it isn't too spicy.



Plan Ahead

Keep it in the fridge to eat throughout the week.



QR 1



QR 2



QR 3



QR 4



QR 5



QR 6

Veggie Platter and Dip

Veggie Platter and Dip



Share It!

Serve!

Ingredients:

- 3 large carrots
- 1 bell pepper
- 1 head of broccoli
- 4 stalks of celery
- 1 packet ranch seasoning
- 1 cup sour cream

Utensils:

- bowl
- 1 cup
- knife
- spoon
- vegetable peeler
- cutting board
- paper towels

98 Share It! Ready, Set, COOK! Cookbook

Veggie Platter and Dip

Directions:

Step 1
Wash all the vegetables and dry them with a paper towel.

Step 2
Peel the carrots.

Step 3
Chop the ends off the carrots.

Step 4
Cut the carrots into sticks.

Step 5
Chop the ends off the celery stalks.

Ready, Set, COOK! Cookbook Share It! 99

Veggie Platter and Dip

Step 6
Chop into sticks.

Step 7
Cut the bell pepper into strips.

Step 8
Cut the broccoli florets off.

Step 9
Place the vegetables on a plate.

Step 10
Measure 1 cup of sour cream. Put it in the bowl.

100 Share It! Ready, Set, COOK! Cookbook

Veggie Platter and Dip

Step 11
Add the ranch seasoning packet.

Step 12
Mix the sour cream until everything is mixed and serve.

Ready, Set, COOK! Cookbook Share It! 101

Monkey Bread



Ingredients

- 1 (16 ounce) can of biscuits
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{2}$ teaspoon vanilla
- 1 teaspoon cinnamon
- 4 tablespoons butter

Utensils

- 2-quart glass dish
- large plate
- $\frac{1}{3}$ cup
- 1 tablespoon
- 1 teaspoon
- $\frac{1}{2}$ teaspoon
- spoon
- knife
- cutting board
- timer



Primary Objectives

- States that a microwave makes food quickly.
- Understands that recipes sometimes use abbreviations.



Secondary Objectives

- Prepares monkey bread.
- Measures ingredients accurately using color-coded measuring utensils.
- Stirs ingredients.
- Operates a color-coded microwave .
- Uses oven mitts.
- Matches measurements to their correct abbreviation (tbsp, tsp, oz, c, qt).
- Sets a timer.



Talking Points

- Discuss having guests. It can be nice to have snacks for people when you have them over, and using a microwave can help you make great snacks very fast.
- Discuss that recipes sometimes use abbreviations for measurements. Use the reference guide to learn the different abbreviations. Practice by matching the correct abbreviations to the measurements in the monkey bread recipe.
- Prepare the monkey bread.



Plan Ahead

This dish is great to bring to a party with a lot of people. Work events, birthday parties, and group get-togethers are all appropriate occasions for this recipe

Monkey Bread

Monkey Bread



Share It!

Serves 6

Ingredients:

- 1 (16 ounce) can of biscuits
- 1/2 cup brown sugar
- 1/2 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 4 tablespoons butter

Utensils:

- 2 quart glass dish
- large plate
- 1/2 cup
- 1 tablespoon
- 1 teaspoon
- 1/2 teaspoon
- spoon
- knife
- cutting board
- oven mitts
- timer

102 Share It! Ready, Set, COOK! Cookbook

Monkey Bread

Directions:

Step 1
Mix butter, brown sugar, vanilla, and cinnamon in the glass dish.



Step 2
Put on the oven mitts. Put the dish in the microwave.



Step 3
Close door. Push *Clear*.



Step 4
Push *Time*. Push 130.



Step 5
Push *Start*.



Ready, Set, COOK! Cookbook Share It! 103

Monkey Bread

Step 6
When the microwave beeps, put on the oven mitts. Remove the dish.



Step 7
Stir until butter is melted.



Step 8
Cut each biscuit into 4 pieces.



Step 9
Put the biscuit pieces in the glass dish. Stir to coat in the butter mixture.



Step 10
Put on the oven mitts. Put the dish in the microwave.



104 Share It! Ready, Set, COOK! Cookbook

Monkey Bread

Step 11
Close the door. Push *Clear*.



Step 12
Push *Time*. Push 400.



Step 13
Push *Start*.



Step 14
When the microwave beeps, put on oven mitts and remove the dish.



Step 15 
Let stand for 2 minutes.



Ready, Set, COOK! Cookbook Share It! 105

Monkey Bread

Monkey Bread

Step 16

When the timer beeps, put on the oven mitts. Flip the glass dish onto a plate and serve.



106 Share It!

Ready, Set, COOK! Cookbook

Cracker Dip



Ingredients

8 slices precooked bacon

8 ounces shredded cheddar cheese

1/4 cup green onions

1 box crackers

1/2 cup slivered almonds

1 (8 ounce) package cream cheese

1/2 cup sour cream

Utensils

bowl

1 cup

1/2 cup

1/4 cup

spoon

knife

cutting board



Primary Objectives

- Understands that it is important to be careful when using a knife.
- Understands there are different kinds of onions.



Secondary Objectives

- Measures ingredients accurately using color-coded measuring utensils.
- Stirs the ingredients.
- Safely uses a knife.
- Prepares the cracker dip.



Talking Points

- Demonstrate how to cut green onions. Here is a helpful link:
 - How to chop green scallions: https://www.youtube.com/watch?v=9OhittJ2nfQ&list=PLpw6e-KaaUywchoF-rSRtsQRH_RhjpXy8&t=0s&index=2
- Explain that there are different kinds of onions. White and yellow onions are very strong and are often used in cooked dishes. Red onion and green onion (also called spring onion or scallions) are milder and can be eaten raw in dishes.
- Prepare the cracker dip.



Plan Ahead

If you are having friends over but don't have much time to prepare a snack, this is a great dish to make!



Healthy Tip!

Use low-fat cheese, cream cheese, and sour cream to lower the fat and the calories in this dish.

Cracker Dip

Cracker Dip



Ingredients:

- 8 slices precooked bacon
- 8 ounces shredded cheddar cheese
- 1/2 cup green onions
- 1 box crackers
- 1/2 cup slivered almonds
- 1 (8 ounce) package cream cheese
- 1/2 cup sour cream

Utensils:

- bowl
- 1 cup
- 1/2 cup
- 1/4 cup
- spoon
- knife
- cutting board

Share It!  

Ready, Set, COOK! Cookbook Share It! 107

Crackers and Dip

Directions:

- Step 1**
Put 8 ounces cream cheese, 1/2 cup sour cream, and 8 ounces cheddar cheese in the bowl and stir until well mixed. 
- Step 2**
Break 8 slices of precooked bacon into small pieces and add them to the bowl. 
- Step 3**
Wash and chop the green onions. Add 1/2 cup to the bowl. 
- Step 4**
Add 1/2 cup slivered almonds to the bowl. Stir until everything is well mixed. 
- Step 5**
Serve with crackers. 

108 Share It! Ready, Set, COOK! Cookbook

Sweet Potatoes



Ingredients

2 medium sweet potatoes

Utensils

microwave-safe plate

fork

oven mitts

paper towels

timer

1 Primary Objectives

- States that it is important to wash produce.

2 Secondary Objectives

- Prepares the sweet potato.
- Washes the sweet potato.
- Operates a color-coded microwave.
- Sets a timer.
- Uses oven mitts.

Talking Points

- Explain that it is important to wash all produce if you plan on eating the skin because it can have dirt and germs on it. It is important to scrub them under running water, but do not use soap. You do not have to wash frozen produce because it has already been washed.
- Discuss produce you peel and don't have to wash (examples are bananas, onions, and squash).
- Review color-coded microwave.
- Prepare the sweet potatoes.

Spice It Up!

Sweet potatoes can be **sweet** or **savory**. For a sweet flavor, try adding a teaspoon of butter and a sprinkle of cinnamon to each sweet potato. For a savory flavor, try adding a sprinkle of garlic powder and a sprinkle of salt.

Connect It!

Serve this with chicken and spinach for a complete meal!

Sweet Potatoes



Baked Sweet Potatoes

Eat Fresh!  **2**

Ingredients:

- 2 medium sweet potatoes 

Utensils:

- microwave-safe plate 
- fork 
- oven mitts 
- timer 
- paper towels 

Directions:

Step 1
Wash the sweet potatoes.



42 Eat Fresh! Ready, Set, COOK! Cookbook

Baked Sweet Potatoes

Step 2
Prick the sweet potatoes with a fork several times.



Step 3
Wrap each sweet potato in a paper towel.



Step 4
Place the wrapped sweet potatoes on the plate.



Step 5
Put on the oven mitts. Put the plate in the microwave.



Step 6
Close the door. Push Clear.



Ready, Set, COOK! Cookbook Eat Fresh! 43

Baked Sweet Potatoes

Step 7
Push Time. Push 800.



Step 8
Push Start.



Step 9
When the microwave oven beeps, put on the oven mitts and remove the plate.



Step 10 
Let stand for 3 minutes. When the timer beeps, unwrap and serve.



44 Eat Fresh! Ready, Set, COOK! Cookbook

Omelet



Ingredients

2 eggs
 1/4 cup shredded cheese
 1/4 cup chopped ham
 salt
 pepper
 2 tablespoons water
 cooking spray

Utensils

2-quart glass dish with lid
 bowl
 1/4 cup
 1 tablespoon
 fork
 spatula
 oven mitts



Primary Objectives

- Understands that protein can help keep you full for a long time, so it is good for breakfast.
- States that this meal has protein (egg, cheese, and meat) and vegetables (peppers and onions).



Secondary Objectives

- Prepares omelet.
- Measures ingredients accurately using color-coded measuring utensils.
- Stirs ingredients.
- Operates a color-coded microwave.
- Uses oven mitts.



Talking Points

- Ask students which food groups are present.
- Explain that this recipe is “customizable,” so they can add the meats and vegetables they like.
- Prepare the omelet.



Connect It!

This recipe is great to use leftovers in. Use meat or vegetables from earlier in the week!



Healthy Tip!

Use low-fat cheese to reduce the fat in the recipe.

Omelet



Omelet

Add to It!

Ingredients:

- 2 eggs
- 1/4 cup shredded cheese
- 1/4 cup chopped ham
- salt
- pepper
- 2 tablespoons water
- cooking spray

Utensils:

- 2-quart glass dish with lid
- bowl
- 1/4 cup
- 1 tablespoon
- fork
- spatula
- oven mitts

6 Add to It! Ready, Set, COOK! Cookbook

Omelet

Directions:

Step 1
Crack 2 eggs into the bowl.

Step 2
Add 2 tablespoons of water to the eggs. Sprinkle salt and pepper.

Step 3
Beat the eggs with a fork.

Step 4
Spray the glass dish with cooking spray.

Step 5
Pour the egg mixture into the glass dish.

Add to It! 7 Ready, Set, COOK! Cookbook

Omelet

Step 6
Put a lid on the glass dish.

Step 7
Put on the oven mitts. Put the dish in the microwave.

Step 8
Close the door. Push *Clear*.

Step 9
Push *Time*. Push 300.

Step 10
Push *Start*.

8 Add to It! Ready, Set, COOK! Cookbook

Omelet

Step 11
When the microwave oven beeps, put on the oven mitts and remove the dish.

Step 12
Add 1/4 cup ham and 1/4 cup cheese to half of the omelet.

Step 13
Use a spatula to flip the omelet in half.

Step 14
Use the spatula to put it on a plate and serve.

Add to It! 9 Ready, Set, COOK! Cookbook

Spanish Rice



Ingredients

- 1 cup rice
- 1/2 cup onion
- 1 green pepper
- 1 (15 ounce) can diced tomatoes
- 1/4 cup ketchup
- salt
- pepper
- water

Utensils

- 2-quart glass dish with lid
- 1 cup
- 1/4 cup
- timer
- can opener
- knife
- cutting board
- oven mitts

1 Primary Objectives

- Understands that different ingredients need to be cooked for different amounts of time.
- Uses color-coded utensils.

2 Secondary Objectives

- Prepares Spanish rice.
- Measures ingredients accurately using color-coded measuring utensils.
- Stirs ingredients.
- Operates a color-coded microwave.
- Uses oven mitts.
- Sets a timer.
- Prepares Spanish rice.

Talking Points

- Discuss that Spanish rice is a good dish because it incorporates more than one food group: carbohydrates and vegetables.
- Discuss that some foods need to be cooked longer than others. Scrambled eggs and spinach cook quickly. Meat and pasta take longer to cook. The bigger something is, the longer it takes to cook. Rice takes a long time to cook because it is dehydrated. By cooking it, you are helping add water back into it so it is soft enough to eat.
- Review the different color-coded utensils.
- Prepare the Spanish rice.

Connect It!

This makes great leftovers! Try adding some **Chicken** to it, and wrap it in a tortilla for lunch the next day.

Healthy Tip!

Canned food (the diced tomatoes) can have a lot of sodium. Look for one that says, "No Added Salt" or "Low Sodium."

Spanish Rice



Spanish Rice

Add to It!

Ingredients:

- 1 cup cooked rice (pg. 153)
- 1/2 cup onion
- 1 green pepper
- 1 (15 ounce) can diced tomatoes
- 1/4 cup ketchup
- salt
- pepper
- water

Utensils:

- 2-quart glass dish with lid
- 1 cup
- 1/4 cup
- timer
- can opener
- knife
- cutting board
- oven mitts

10 Add to It! Ready, Set, COOK! Cookbook

Spanish Rice

Directions:

Step 1
Chop the onion and the pepper.



Step 2
Place 1/4 cup chopped onion into the glass dish.



Step 3
Put on the oven mitts. Put the dish in the microwave.



Step 4
Close the door. Push *Clear*.



Step 5
Push *Time*. Push 400.



Add to It! 11 Ready, Set, COOK! Cookbook

Spanish Rice

Step 6
Push *Start*.



Step 7
When the microwave oven beeps, put on the oven mitts and remove the dish.



Step 8
Add the can of diced tomatoes and 1 cup of cooked rice.



Step 9
Add 1/4 cup green bell pepper and 1 cup water.



Step 10
Add 1/4 cup ketchup.



12 Add to It! Ready, Set, COOK! Cookbook

Spanish Rice

Step 11
Put the lid on the dish.



Step 12
Put on oven mitts. Put the dish in the microwave.



Step 13
Close the door. Push *Clear*.



Step 14
Push *Time*. Push 1000.



Step 15
Push *Start*.



Add to It! 13 Ready, Set, COOK! Cookbook

Spanish Rice

Spanish Rice

Step 16

When the microwave oven beeps, put on the oven mitts. Remove the dish.



Step 17

Stir.



Step 18

Put on the oven mitts. Put the dish in the microwave.



Step 19

Close the door. Push *Clear*.



Step 20

Push *Time*. Push 400.



14 Add to It!

Ready, Set, COOK! Cookbook

Spanish Rice

Step 21

Push *Start*.



Step 22

When the microwave oven beeps, put on the oven mitts and remove the dish.



Step 23

Let stand for 5 minutes.



Step 24

When the timer beeps, put on the oven mitts. Remove the lid and serve.



Ready, Set, COOK! Cookbook

Add to It! 15

Meatballs



Ingredients

1 pound ground beef
 1 egg
 1 small onion
 Italian style bread crumbs
 salt
 pepper
 garlic powder

Utensils

2-quart glass dish with lid
 large bowl
 $\frac{1}{3}$ cup
 $\frac{1}{4}$ cup
 $\frac{1}{2}$ teaspoon
 $\frac{1}{4}$ teaspoon
 knife
 cutting board
 oven mitts



Primary Objectives

- States that sometimes food needs to be cooked on a different power level.
- Successfully changes the power level on the microwave.



Secondary Objectives

- Prepares meatballs.
- Dices an onion.
- Measures ingredients accurately using color-coded measuring utensils.
- Stirs ingredients.
- Operates a color-coded microwave.
- Uses a timer.
- Uses oven mitts



Talking Points

- Explain that microwaves have different power levels, and sometimes foods need to be cooked differently.
- Discuss safety when chopping vegetables. Sharp knives make cutting easier, but always be careful. Demonstrate the correct way to dice an onion. <https://www.youtube.com/watch?v=dCGS067s0zo>
- Prepare the meatballs.



Plan Ahead

Meatballs are a great **On the Go** food. They are great to take with you and easy to heat up away from home. You can add leftover meatballs to pasta or eat them in a sandwich. This is ideal for a busy week at school, home, or community activities.



Healthy Tip!

Ground beef can be tasty, but too much isn't good for you. If you want to eat less of the bad (saturated) fats, try using ground turkey instead.

Meatballs

Meatballs



Add to It!

Serves 4

Ingredients:

- 1 pound ground beef
- 1 egg
- 1 small onion
- Italian style bread crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder

Utensils:

- 2-quart glass dish with lid
- large bowl
- 1/2 cup
- 1/4 cup
- 1/2 teaspoon
- 1/4 teaspoon
- knife
- cutting board
- oven mitts

16 Add to It! Ready, Set, COOK! Cookbook

Meatballs

Directions:

Step 1
Peel the onion. Dice it.



Step 2
Put the onion in the bowl.



Step 3
Add the ground beef.



Step 4
Put 1/2 cup bread crumbs in the bowl. Add 1/2 teaspoon garlic powder.



Step 5
Add 1/2 teaspoon salt. Add 1/2 teaspoon pepper.



Ready, Set, COOK! Cookbook Add to It! 17

Meatballs

Step 6
Crack the egg and add it to the bowl.



Step 7
Mix using your hands.



Step 8
Wash hands.



Step 9
Use the 1/4 cup to measure the mix. Roll each cupful into a meatball.



Step 10
Put meatballs in the glass dish.



18 Add to It! Ready, Set, COOK! Cookbook

Meatballs

Step 11
Put the lid on the glass dish.



Step 12
Put on the oven mitts. Put the glass dish in the microwave.



Step 13
Close the door. Push Clear.



Step 14
Push Time. Push 800.



Step 15
Push Power. Push 7.



Ready, Set, COOK! Cookbook Add to It! 19

Meatballs

Meatballs

Step 16

Push *Start*.



Step 17

When the microwave oven beeps, put on the oven mitts and remove the dish.



Step 18 

Let stand **3 minutes**.



Step 19

When the timer beeps, put on the oven mitts and remove the lid.



Step 20

Serve.



20 Add to It!

Ready, Set, COOK! Cookbook

Chili With Rice



Ingredients

- 1 **pound** lean ground beef
- $\frac{1}{4}$ **cup** chopped green pepper
- $\frac{1}{2}$ **cup** chopped onion
- 1 (**15 ounce**) can pinto beans
- 1 (**15 ounce**) can cut up peeled whole tomatoes
- 1 (**6 ounce**) can tomato paste
- $\frac{1}{2}$ **teaspoon** garlic powder
- 2 **tablespoons** chili powder
- 1 **teaspoon** salt
- $\frac{1}{2}$ **teaspoon** cumin
- 2 **cups** cooked rice (page ___)

Utensils

- 2-**quart** glass dish with lid
- $\frac{1}{2}$ **cup**
- $\frac{1}{4}$ **cup**
- 1 **tablespoon**
- $\frac{1}{2}$ **teaspoon**
- knife
- can opener
- cutting board
- oven mitts



Primary Objectives

- Understands and states the food groups.
- Understands what defines a balanced meal.
- Identifies the correct food group for chili and rice ingredients.
- Identifies other balanced meals in the cookbook.



Secondary Objectives

- Prepares chili.
- Measures ingredients accurately using color-coded measuring utensils.
- Operates a color-coded microwave.
- Uses oven mitts.



Talking Points

- Discuss the food groups.
- Discuss calories. Calories are the part of food that gives you energy. Each person needs a certain number of calories each day to be healthy (about 1,800 for women and 2,000 for men). It is important to get your calories from healthy foods that have a lot of vitamins and nutrients. If you eat too many calories, you can gain weight.
- Discuss what defines a balanced meal. At each meal you should try and have a **protein, a carbohydrate, and a fruit or vegetable**.
- Discuss which parts of the chili and rice dish belong to which food group.
- Discuss what other dishes are **complete meals** in the cookbook (chicken fajitas, egg sandwich).
- Prepare the chili and rice.



Plan Ahead

This recipe lends itself well for leftovers. Prepare it at the start of a busy week, and easily cook it up for lunch when you're on the move!



Healthy Tip!

Substitute other meats to make this an even healthier option. Ground turkey or chicken are great alternatives!

Chili With Rice

Chili With Rice



Use It, and Reuse It!



Ingredients:

<input type="checkbox"/> 1 pound lean ground beef	<input type="checkbox"/> 1/2 cup chopped green pepper	<input type="checkbox"/> 1/2 cup chopped onion
<input type="checkbox"/> 1 (15 ounce) can pinto beans	<input type="checkbox"/> 1 (15 ounce) can diced tomatoes	<input type="checkbox"/> 1 (6 ounce) can tomato paste
<input type="checkbox"/> 1/2 teaspoon garlic powder	<input type="checkbox"/> 2 tablespoons chili powder	<input type="checkbox"/> 1 teaspoon salt
<input type="checkbox"/> 1/2 teaspoon cumin	<input type="checkbox"/> 2 cups cooked rice (pg. 152)	

124 Use It, and Reuse It!

Ready, Set, COOK! Cookbook

Chili With Rice

Utensils:

<input type="checkbox"/> 2-quart glass dish with lid	<input type="checkbox"/> 1/2 cup	<input type="checkbox"/> 1/4 cup
<input type="checkbox"/> 1 tablespoon	<input type="checkbox"/> 1/2 teaspoon	<input type="checkbox"/> knife
<input type="checkbox"/> can opener	<input type="checkbox"/> cutting board	<input type="checkbox"/> oven mitts

Directions:

Step 1

Peel the onion. Dice the onion and the green pepper.



Step 2

Add 1/2 cup onion and 1/4 cup green pepper to the glass dish.



Step 3

Open the can of pinto beans with liquid, the can of diced tomatoes, and tomato paste. Add all to the dish.



Ready, Set, COOK! Cookbook

Use It, and Reuse It! 125

Chili With Rice

Step 4

Add 1 teaspoon of salt, 1/2 teaspoon of cumin, 1/2 teaspoon of garlic powder, and 1 tablespoon of chili powder to the dish.



Step 5

Add 1 pound of ground beef to the dish. Mix.



Step 6

Put the lid on the glass dish.



Step 7

Put on the oven mitts. Put the glass dish in the microwave.



Step 8

Close the door. Press Clear.



126 Use It, and Reuse It!

Ready, Set, COOK! Cookbook

Chili With Rice

Step 9

Push Time. Push 500.



Step 10

Push Start.



Step 11

When the microwave oven beeps, put on the oven mitts and remove the dish.



Step 12

Stir.



Step 13

Put the lid on the glass dish.



Ready, Set, COOK! Cookbook

Use It, and Reuse It! 127

Chili With Rice

Chili With Rice

Step 14

Put on the oven mitts. Put the glass dish in the microwave.



Step 15

Close the door. Push *Clear*.



Step 16

Push *Time*. Push 1000.



Step 17

Push *Start*.



Step 18

When the microwave oven beeps, put on the oven mitts and remove the dish.



128 Use It, and Reuse It!

Ready, Set, COOK! Cookbook

Chili With Rice

Step 19

Stir.



Step 20

Put on the oven mitts. Put the glass dish in the microwave.



Step 21

Close the door. Push *Clear*.



Step 22

Push *Time*. Push 1000.



Step 23

Push *Start*.



Ready, Set, COOK! Cookbook

Use It, and Reuse It! 129

Chili With Rice

Step 24

When the microwave oven beeps, put on the oven mitts and remove the dish.



Step 25

Add the cooked rice, mix it with a spoon and serve.



130 Use It, and Reuse It!

Ready, Set, COOK! Cookbook