



# List of Supplies Needed

## Skill Set 3: Dried Beans

### General

- Recipe

### Cooking

- Aprons
- Kitchen towels
- Bowl with lid for soaking beans
- Colander
- Plastic kid knife or butter knife
- Cutting board
- Measuring spoons
- Medium pot with lid
- Slotted spoon
- Ladle

### Food & Produce

- Olive oil
- Carrot
- Celery
- Onion
- Garlic
- Dried beans
- Bay leaves
- Cumin

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/skillset3](http://foodliteracycenter.org/skillset3)

