



# List of Supplies Needed

## Lesson 12: Rainbow Soup

### General

- Lesson plan
- Activity worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/lesson12](http://foodliteracycenter.org/lesson12)

### Cooking

- Cutting board or mat
- Plastic or butter knife
- Measuring spoons
- Measuring cups
- Wooden spoon
- Ladle
- Food chopper (for kids)
- Can opener (if needed)
- Stock pot

### Food & Produce

#### Rainbow Soup

- Quinoa
- Onion
- Celery
- Carrots
- Potatoes
- Chard (or other greens)
- Vegetable oil
- Cauliflower
- Garlic
- Diced tomatoes (fresh or can)
- Water
- Salt & pepper to taste

#### Rainbow Soup Seasoning Packet

- Sweet paprika
- Kosher salt
- Ground cumin
- Ground coriander
- Ground black pepper
- Ground cinnamon
- Ground ginger
- Ground cayenne pepper

