



List of Supplies Needed

Pumpkin Pasta Sauce Recipe

General

- Recipe

Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring cups & spoons
- Food chopper (optional)
- Stovetop
- Large saucepan
- Wooden spoon
- Can opener
- Spoon
- Grater
- Immersion blender

Food & Produce

- Large red onions
- Olive oil
- Pumpkin puree
- Fresh or dried oregano
- Nutmeg
- Sour cream
- Parmesan cheese
- Water
- Salt & pepper
- Toasted pumpkin seeds (optional)

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

