

Recipe & Grocery List

Write a RECIPE for your NEW soup:



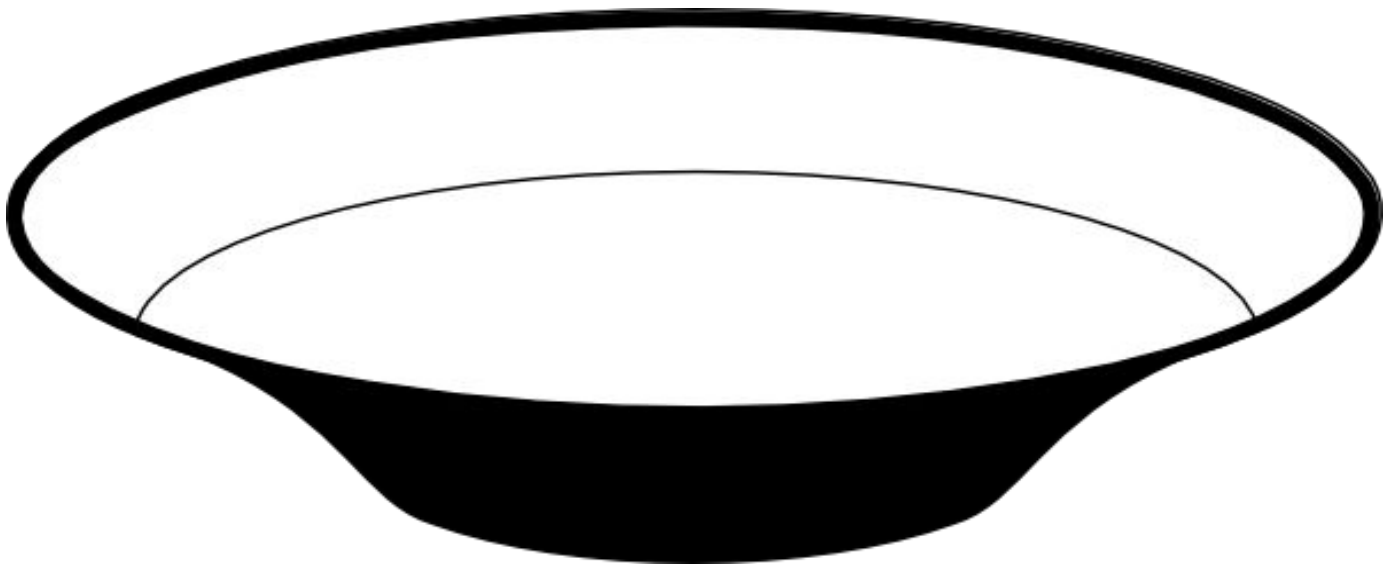
Write a GROCERY LIST of what you need from the store by ingredient and amount:



Canned Soup Challenge

Original Canned Soup:

Give your elevated soup a new name, writing it creatively in the rim of the soup bowl.



Ingredients: List below in descending order.

A large, empty dashed-line box with rounded corners, intended for writing the ingredients list.

#SOUPBENTOBX

DIRECTIONS



Step 1: Choose your soup base and additional ingredients, including amounts. This will be used to write your recipe and grocery list.

Step 2: Write out the recipe, including ingredients, amounts and preparation/cooking steps.

Step 3: Check with the teacher to determine which ingredients are already available in the pantry. Write a grocery list for those ingredients that will need to be purchased from the store, including amounts.

Step 4: Using the #soupbentobox template (you may edit the background image if desired), add images for the base soup and ingredients you are using for your new soup. The numbers can be used in any order as long as they are matched up correctly with their explanations. Note: You may need to remove backgrounds on some images for better display. Refer to the sample if necessary.

Step 5: In the chart below your #soupbentobox, identify the ingredient(s) used along with an explanation of their part, purpose within the new soup and amounts.

Step 6: Be prepared to present this information to the judges on the day of the challenge.

Step 7: Good luck & Happy Planning!

#SOUPBENTOBOX SAMPLE



1	AMY'S ORGANIC LENTIL SOUP IS THE BASE SOUP FOR THIS CHALLENGE. AMOUNT =ONE CAN
2	AROMATICS INCLUDED IN THIS CHALLENGE INCLUDE CHOPPED ONIONS AND GARLIC. AMOUNT = $\frac{1}{3}$ CUP ONION, 1 TSP MINCED GARLIC
3	SPICES INCLUDED IN THIS CHALLENGE INCLUDE CRUSHED RED PEPPER AND DRIED OREGANO. AMOUNT =GOOD PINCH OF CRUSHED RED PEPPER & 1 TBSP. DRIED OREGANO
4	CARBOHYDRATES FOR THIS CHALLENGE INCLUDE A GARNISH OF MINI PITA CHIPS. AMOUNT =SMALL HANDFUL OF PITA CHIPS
5	THE ACID IN THIS RECIPE CHALLENGE IS FORM OF HOT SAUCE. AMOUNT =DASH OF HOT SAUCE
6	THE GREENS IN THIS RECIPE CHALLENGE ARE REPRESENTED WITH BABY SPINACH. AMOUNT =TWO HANDFULS