



COMMUNITY EDUCATION COUNCIL  
DISTRICT 15

NOVEMBER 2 - 5:15 PM

*Join our*

# ONLINE FAMILY COOKING CLASS

RSVP BY [CLICKING HERE](#) AND WE  
WILL SEND YOU THE LINK TO THIS  
EVENT.

SEATING IS LIMITED.





## **VEGETABLE TACOS WITH BLACK BEAN SALSA**

### **EQUIPMENT NEEDED**

- MEASURING SPOONS (SUBSTITUTE REGULAR SPOONS OR USE YOUR FINGERS)
- MEASURING CUPS (SUBSTITUTE STANDARD-SIZED COFFEE MUG)
- KID-SAFE KNIFE
- CUTTING BOARD (SUBSTITUTE PLATE)
- 2 MIXING BOWLS (ONE LARGE, ONE MEDIUM)
- MIXING SPOON (SUBSTITUTE REGULAR SPOON OR FORK)
- ROLLING PIN (SUBSTITUTE CLEAN STURDY CUP OR WATER BOTTLE, OR USE YOUR HANDS)
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- STOVETOP OR HOTPLATE (FOR CARETAKER USE)
- SKILLET (FOR CARETAKER USE)
- BAKING SHEET (FOR CARETAKER USE)
- OVEN OR TOASTER OVEN (FOR CARETAKER USE)

**UNLESS A SPECIFIC PREP IS NOTED BELOW, HAVE ITEMS WASHED AND READY TO GO FOR CLASS. QUANTITIES ARE GIVEN TO GUIDE NEEDS, BUT PLEASE LET YOUR STUDENT MEASURE AND CHOP IN CLASS. SEPARATE INSTRUCTIONS FOR A CARETAKER TO “COOK LATER” ARE PROVIDED IN A SEPARATE AREA SO STUDENTS CAN PARTICIPATE IN CLASS SOLO.**

### **INGREDIENTS NEEDED**

**PICK 1-3 FROM THE LIST: 4 OUNCES MUSHROOMS (1 STANDARD-SIZED BOX), 1 SMALL EGGPLANT, 2 MEDIUM-SIZED ZUCCHINI, 3 MEDIUM-SIZED CARROTS, 1 PINT CHERRY TOMATOES  
2 SCALLION (SUBSTITUTE ONION)  
1 LIME (SUBSTITUTE LEMON) (OPTIONAL)**

**1, 15-OUNCE CAN BLACK BEANS, *RINSED AND DRAINED*  
(SUBSTITUTE: PINTO, KIDNEY, OR OTHER BEAN)**

**1, 14-OUNCE CAN DICED TOMATOES**

**3 CUPS FLOUR**

**½ CUP OIL (OLIVE OIL, VEGETABLE OIL, OR SIMILAR)**

**2 TABLESPOONS VINEGAR (RED WINE, WHITE, APPLE CIDER)  
(OPTIONAL)**

**SALT**

**BLACK PEPPER**

**GROUND CUMIN (OPTIONAL)**

**1 CUP HOT WATER (NOT BOILING)**