

**Lesson Topic: Iron Chef**

**Recommended List of Supplies**

**Source:** Adapted from activity from Morgan County 4-H Junior Leaders with Purdue Extension.

**Spices:**

* Salt
* Black Pepper
* Cinnamon
* Red Pepper
* Taco seasoning
* Paprika
* Garlic powder

**Condiments:**

* Ketchup
* Ranch dressing
* Olive Oil
* Salsa

**Produce:**

* Bell Peppers
* Tomatoes
* Celery
* Carrots
* Mushrooms
* Potatoes
* Lettuce
* Onions

**Dry Goods:**

* Flour
* Sugar
* Corn meal
* Soft Taco Shells
* Buns
* Nuts

**Other Groceries:**

* Sausage
* Canned biscuits
* Tomato sauce
* Cheese

**Kitchen Equipment (per group):**

* Electric Skillet
* Spatula
* Dish towels
* Dish cloths
* Plates
* Forks
* Napkins
* Knives
* Cutting boards
* Food Thermometers

**Other Kitchen Equipment:**

* Oven
* Microwave
* Stovetop

**Cleaning and other supplies:**

* Pot scrubbers
* Pot holders
* Dish pan
* Cleaning Solution
* Mop/bucket
* Paper towels
* Hand Sanitizer

New May, 2020

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