

Knife Skills Soup

Ingredients

Each Kitchen:

- _____ 1 clove garlic, *minced*
 - _____ ½ yellow onion, *diced*
 - _____ 1 carrot, *chopped*
- soup pot*
- _____ 1 stalk celery, *sliced*
 - _____ 2 small potatoes, *pared, cubed*
- Take these to the
in Kitchen #2*

Center Kitchen Prepares the Soup Pot:

- _____ 4 TBSP olive oil (Kitchen #1)
- _____ 8 C water (Kitchen #2)
- _____ 6 bouillon cubes (Kitchen #3)
- _____ 2 tsp. dried thyme (Kitchen #1)
- _____ 1 tsp. salt (Kitchen #2)
- _____ 2- 14.5 oz. can diced tomatoes (Kitchen #3)

Both Kitchens Day 2:

- *Grated parmesan cheese & Baby Spinach (Day 2 only)*
- _____ grab a hand full of spinach, roll and slice chiffonade style

Instructions

1. Prepare all vegetables in separate kitchens.
2. In kitchen #2, heat oil over medium heat in a large stockpot.
3. Add all vegetables from all the kitchens to the stockpot.
4. Cook vegetables until slightly tender, about 5 minutes.
5. Add remaining ingredients (from all the kitchens—see #'s).
6. Bring to a boil. Reduce heat to medium. Simmer partially covered for 20 minutes.
7. Cool soup and refrigerate overnight.

Day 2:

- Heat soup. Serve soup in individual cups/bowls with grated cheese served over the top. Stir in fresh spinach for added color and nutrients.

Clean Up Jobs

Day 1

Wash Dishes:
Dry Dishes:
Put Dishes Away:
Wipe Off Counters:
Sweep Floors:
Dry Sinks & Towels to Basket:

Day 2

Wash Dishes:
Dry Dishes:
Put Dishes Away:
Wipe Off Counters:
Sweep Floors:
Dry Sinks & Towels to Basket:

Lab Follow Up...

- A. Describe what do you think would happen to the spinach if we added it to the soup on the first day instead of the second day. Think color, nutrients, taste, texture, etc.

- B. Name the garnish(es) used in this soup.

- C. Evaluate the soup. How does it taste? Describe it with at least 5 descriptive words (good, bad or excellent are not options):

- D. If you could add one more vegetable to this soup, what would it be?

- E. If you could delete one vegetable from this soup, which one would it be? Why?

