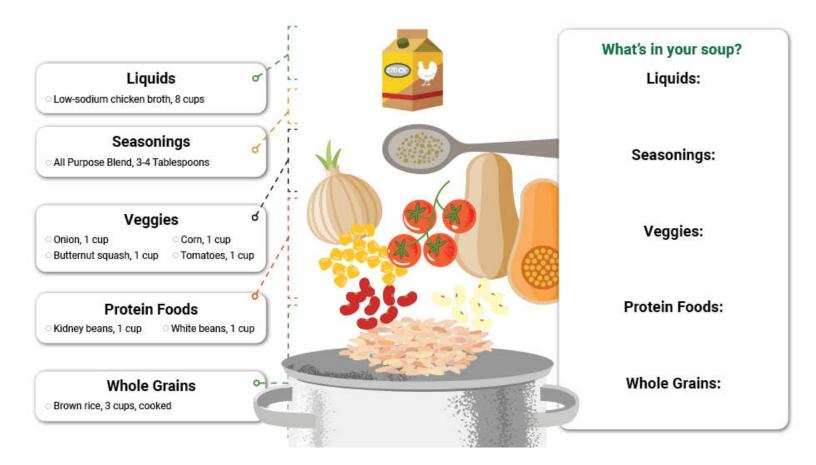
Build-A-Soup

Use the framework below to plan a soup that is full of your family's favorite flavors.



Food prep skills used to make a soup:

- Chop: Herbs, collard greens, or cauliflower
- Cut: Winter squash
- Dice: Onion
- Mince: Garlic or ginger
- Prepare: Tofu, chicken, or shrimp
- Slice and chop: Tomato or cabbage

Food prep skills I will use to make a soup:

Cooking methods used to make a soup:

- Bake: Fish
- Cook: Dry beans, lentils, or split peas
- Sauté: Veggies or chicken
- Steam: Veggies

Cooking methods I will use to make a soup: