

* RECIPE *

How to Make Meatballs

10 minutes

Prep Time

20 minutes

Cook Time

30 minutes

Total Time

Ingredients

1 Pound of Ground Beef

1-2 eggs

Salt & Pepper

Garlic Powder

Cooking Spray

Bread Crumbs

Materials

Baking Tray

Tongs

Mixing Spoon

Mixing Bowl

Oven Mitts

Measuring Cup

* RECIPE *

How to Make Salad

15 minutes

Prep Time

0 Minutes

Cook Time

15 minutes

Total Time

Ingredients

Lettuce

Tomatos

Feta Cheese

Cranberrys

Cucumbers

Croutons

Walnuts (optional)

Dressing of your choice

Materials

Cutting Board

Knife

Colander (Drainer)|

Mixing Bowl

Mixing Spoon

Measuring Cups

* RECIPE *

How to Make Cupcakes

10 minutes

Prep Time

20 minutes

Cook Time

30 minutes

Total Time

Ingredients

Cake Mix

Vegetable Oil

3 eggs

Frosting

Materials

Cupcake or Cake Tray

Spatula

Mixing Spoon

Mixing Bowl

Oven Mitts

Ladle

Measuring Cup

* RECIPE *

How to Make Egg Muffins

10 minutes

Prep Time

20 minutes

Cook Time

30 minutes

Total Time

Ingredients

4-6 eggs

Cooking Spray

Broccoli

Shredded Cheese

Salt & Pepper

Materials

Muffin/Cupcake Tray

Whisk

Cutting Board

Mixing Bowl

Oven Mitts

Ladle

Measuring Cup

Knife

* RECIPE *

How to Make Oven Roasted Broccoli

10 minutes

Prep Time

15 minutes

Cook Time

25 minutes

Total Time

Ingredients

2 Broccoli Heads

Cooking Spray

Salt & Pepper

Garlic Powder

Materials

Muffin/Cupcake Tray

Whisk

Cutting Board

Mixing Bowl

Oven Mitts

Ladle

Measuring Cup

* RECIPE *

How to Make Sauce

10 minutes

Prep Time

15 minutes

Cook Time

25 minutes

Total Time

Ingredients

1 jar of tomato sauce

Sugar

Salt & Pepper

1 clove of garlic

1/4 of an onion

Basil and

Parsley Flakes (optional)

Materials

Cutting Board

Oven Mitts

Pot

Wooden Spoon
or something to stir with!

Knife

Measuring Spoons