

Bean Soup In A Bag Activity

Supplies needed

Quart size Ziploc bags

Snack size Ziploc bags

Labels with directions for making soup

Seasonings

Dry beans and peas

¼ cup measuring cups

Measuring spoons

Directions

1. Have participants measure 3 cups of assorted dry beans/peas into quart size bag.
2. Using Seasoning Packet recipe, have participants measure ingredients into the snack size bag. Close bag and place into the bag with the dry beans & peas.
3. Seal quart bag and place **Bean Soup in a Bag Directions** sticker on bag.
4. Remind participants that the directions call for one can of stewed tomatoes so they should be sure to have those on hand when they make the soup.

Seasoning Packet Recipe

3 Tablespoons Beef or Chicken Bouillon
Granules
3 Tablespoons Minced Onion
½ Tablespoon Dried Red Bell Pepper Flakes
1 teaspoon Dried Savory
½ teaspoon Garlic Powder
½ teaspoon Ground Cumin
½ teaspoon Black Pepper
1 Bay Leaf

Seasoning Packet Recipe

3 Tablespoons Beef or Chicken Bouillon
Granules
3 Tablespoons Minced Onion
½ Tablespoon Dried Red Bell Pepper Flakes
1 teaspoon Dried Savory
½ teaspoon Garlic Powder
½ teaspoon Ground Cumin
½ teaspoon Black Pepper
1 Bay Leaf

Seasoning Packet Recipe

3 Tablespoons Beef or Chicken Bouillon
Granules
3 Tablespoons Minced Onion
½ Tablespoon Dried Red Bell Pepper Flakes
1 teaspoon Dried Savory
½ teaspoon Garlic Powder
½ teaspoon Ground Cumin
½ teaspoon Black Pepper
1 Bay Leaf

Seasoning Packet Recipe

3 Tablespoons Beef or Chicken Bouillon
Granules
3 Tablespoons Minced Onion
½ Tablespoon Dried Red Bell Pepper Flakes
1 teaspoon Dried Savory
½ teaspoon Garlic Powder
½ teaspoon Ground Cumin
½ teaspoon Black Pepper
1 Bay Leaf