

## **Hearty Black Bean Soup (make one batch of this)**

Serves: 10

(approx. 1 C. serving size)

### Ingredients:

- 1 C. celery, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 T. canola oil
- 3 cans (14½ oz each) fat free chicken broth or stock
- 2 cans (15 oz each) black beans, rinsed & drained
- 1 jar (16 oz) salsa
- 1 C. cubed PRE-COOKED chicken breast
- 1 ½ C. PRE-COOKED long grain rice
- 1 T. lime juice
- 1 tsp ground cumin

### Instructions:

Cook rice according to package directions to yield about 1 ½ cups (**rice should be prepared before the kids arrive**)

In a large saucepan, sauté celery, onion, and garlic in canola oil until tender. Stir in the remaining ingredients; heat through. Let rest 5 minutes before serving.

Materials: large pot for the soup, sauté pan and large spoon, at least 2 knives for the chopping

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## **Greek Feta Wrap (make 4 batches of this)**

Yields: about 5 Cups

**4 teams to make this recipe to yield 24-32 wraps...some will cut in half, which is still a really good serving size.**

### Ingredients:

- 6-8 10-inch whole wheat tortillas
- ¾ C. reduced fat, feta cheese, crumbled
- 16 cherry tomatoes, sliced in quarters
- 10 ripe olives, chopped
- 1/3 red onion, finely chopped
- 1 small yellow squash, diced
- 1 cucumber, diced
- 2 T. balsamic vinegar
- 1 T. fresh parsley, chopped
- 1-2 cloves garlic, minced
- 2 tsp olive oil
- 1 tsp salt
- 1 tsp pepper

### Instructions:

In a medium bowl, combine all of the ingredients except for the tortillas. Let stand for 20 minutes, stirring occasionally. Drain off any liquid (or use a slotted spoon) and divide salad mixture among the tortillas...about 1/2 C. to 2/3 C. per tortilla. Fold bottom of tortilla over filling, fold in ends, and then roll up. Wrap in parchment paper in the same fashion. Tape and cut in half if desired.

Materials: 4 medium bowls, 4 knives, plates, napkins