



DALLAS ARBORETUM

Education

Garden STEM at Home
One-Pot Meal



WE GROW MINDS, TOO.



OBJECTIVE:

KIDS WILL FOLLOW A SIMPLE RECIPE TO CREATE THEIR OWN ONE-POT MEAL.

SOURCE

Slow Food USA

BACKGROUND

One-pot meals combine protein, vegetables and carbohydrates, and this type of meal has been around for millennia. Everyday staples from chili, tagine or posole to curry, Coq au Vin and pho are all classic examples of this cooking method.

This activity allows kids to use a simple formula to build their own one-pot wonders.

Slow Food USA provides free lessons plans intended to connect kids to the pleasures of healthy and delicious food.

INSTRUCTIONS

1. Collect a variety of ingredients from those listed on the follow page. For younger learners, prepare all ingredients. For older learners, have them prepare the vegetables in bite-sized pieces.
2. As a family, in small groups or individually begin with about 3 inches of water or other liquid as the base. Add desired beans, vegetables and starches. You may cook each in separate containers to allow for more recipe mixing later.
3. Simmer until all are cooked tender.
4. In a separate container, combine seasonings, liquid and salt/pepper to taste. See last link below for classic flavor combinations.
5. Stir desired vegetables, beans and starches into the flavored liquid. Then, bring to a simmer or cook down until desired thickness.
6. Optional: Add pre-cooked meat or meatless protein of your choice.

ADDITIONAL RESOURCES

Explore Slow Food USA:
<https://slowfoodusa.org/>

Earth Easy One-Pot Cooking:
<https://learn.eartheasy.com/guides/one-pot-cooking/>

Delishably: Exploring Stew:
<https://delishably.com/soup/All-About-Stew-A-Bit-of-History-and-Lots-of-Recipes-for-a-Cold-Winter-Day>

Baltimore Sun One Pot Wonders:
<https://www.baltimoresun.com/news/bs-xpm-1997-01-29-1997029016-story.html>

Flavor Profile Cheat Sheet:
<https://kathleenflinn.com/a-cheat-sheet-to-flavor-profiles/>



VEGETABLES

(SQUASH, CARROTS,

PEPPERS,

ONIONS, BEETS,
CABBAGE, KALE)



BEANS

(KIDNEY, BLACK,
LENTILS, PINTO,
GARBANZO)



ONE-POT MEAL



DALLAS ARBORETUM
AND BOTANICAL GARDEN

adapted from slowfoodusa.org



STARCH

(POTATOES,
SWEET POTATOES,
PASTA, BARLEY,
HOMINY,
CRACKED WHEAT)



FLAVOR & LIQUID

(SEASONINGS,
HERBS, SAUCES,
PASTES
+ STOCK,
TOMATOES,
COCONUT MILK)