**Bacon and Bean Soup for Four:**

**Cookery Principle:** Using dried beans. Combining rice, beans and grains to create a *complete protein.*

4 Slices bacon

1 chunk onion

½ carrot

1 stalk celery

1 clove garlic

500 mL stock (1 cube)

½ can (400 mL ) tomatoes

125 mL bean mix

Seasonings-pick a theme 5 mL total (Southwest, Greek, Italian??)

1. In a large pot, cook bacon until crisp. Remove bacon and crumble. Store on a paper towel, hide from hungry people.
2. Saute onions, carrot and celery in a modest amount of bacon drippings, until tender.
3. Add garlic, heat for a minute. Add stock, tomatoes beans and seasonings.
4. Cook until cornbread is ready.

Ingredients:

125 mL cornmeal 1 carrot, grated

125 mL flour 2 mL parsley

25 mL sugar 1 mL marjoram

5 mL baking powder 125 mL yogurt (or sour cream)

2 mL salt 1 egg

60 mL margarine (melted)

Procedure:

1. Preheat oven to 375 F/180 C. Grease small layer cake pan
2. Combine dry ingredients in large bowl
3. Combine wet ingredients and carrots in another bowl.
4. Add wet ingredients to dry ingredients and mix lightly.
5. Bake for 25 minutes.

**Standards for product:**  **Nutritional Analysis:**

Double in size Excellent source of complex carbohydrates

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CornBread

Ingredients:

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125 mL flour 2 mL parsley

25 mL sugar 1 mL marjoram

5 mL baking powder 125 mL yogurt (or sour cream)

2 mL salt 1 egg

60 mL margarine (melted)

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