

Families:

Pilot Light Family Meal Lessons are designed to easily bring food education into your home. We recommend using the Family Resources in the following way:

1. **Take a look at the writing activity below before you begin making the recipe (some of it should be done before you begin cooking).**
2. Watch the Family Meal video for the lesson as a family.
3. Make the recipe as a family.
4. In the Common Core Connections section, children can learn through and about food while strengthening Common Core English Language Arts or Math skills.
5. Family Discussion questions and Extension Activities are provided to allow learners of all ages opportunities to participate in the learning experience!



Pilot Light Family Meal Lesson

Roasted Tomato Soup and Grilled Cheese
+ Grades 2-5 Common Core English Language Arts -
Writing - Text Types and Purposes

Suggested Recipe Age Range: 7-11

Recipe by Chef Michael Taxy:

Roasted Tomato Soup & Grilled Cheese

Ingredients:

- 10 roma (or any small) tomatoes
- 6 garlic cloves
- 2 large carrots
- 2 large onions
- 1 28 oz can whole peeled tomatoes
- 2x ¼ cup olive oil (1/2 cup olive oil separated to ¼ cups)
- 1 15 oz can crushed tomatoes
- 1 6 oz can tomato paste
- 1 tsp paprika
- 2 tbsp Worcestershire sauce
- Kosher Salt
- Black Pepper



Materials:

- chefs knife
- cutting board

- peeler
- large stock pot
- wooden spoon
- measuring cups
- measuring spoons
- can opener
- medium bowl
- colander
- masher/blender*
- *optional

Directions:

1. Preheat your oven to 450 degrees Fahrenheit
2. Cut your tomatoes in half lengthwise, remove the “guts” and reserve in a medium bowl.
3. Arrange your tomatoes on a sheet pan cut side down. Drizzle with olive oil and season with salt and pepper.
4. Place them in the oven and roast for 30-45 mins until the skins begin to caramelize and the tomatoes lose their shape.

While the tomatoes are cooking:

5. Finely chop 6 garlic cloves. Peel and finely chop 2 onions, 2 carrots
6. Open 28 oz canned whole tomatoes. Place colander over medium bowl with tomato “guts” still in it. Strain tomatoes into colander.
7. Add olive oil to large pot over medium heat. Add garlic, onion, and carrot and season with salt and pepper. Cook, stirring often, for 8-10 minutes or until onion is translucent and just starting to brown on the edges.
8. Add tomatoes from colander and cook, continuing to stir for 10-15 minutes or until they start to break down.
9. Right about now the tomatoes cooking in the oven should be done. Remove them from oven and add to pot. If the tomatoes aren’t done yet, don’t worry, just add them later on.
10. Add tomato juices, 15 oz can crushed tomatoes, tomato paste, Worcestershire sauce, pakrika, and water/stock. Bring to a simmer, reduce heat to low. Taste for seasoning. Add Salt/Pepper as necessary. Cook for 10-15 mins.
11. Remove soup from heat and cover to keep warm while we make grilled cheese. At this point you can blend or puree or mash your soup or just enjoy a rustic style tomato soup as it is.

Grilled Cheese

Ingredients:

- ANY kind of bread (rustic Italian is best)
- ANY mix of cheese (shredded or sliced, or a mix of types/flavors)
- olive oil/mayo/butter

Materials:

- 10” Frying Pan
- chefs knife

- cutting board

Directions:

1. Take 2 slices of bread and oil/butter/mayo the outside of those two slices. Set them oil/butter/mayo side down on the cutting board.
2. Layer cheese on one side of bread.
3. Place frying pan over medium high heat and allow to heat up until a drop of water sizzles when it hits the pan.
4. Place bread slice with cheese on top into pan and allow to cook for 1 min. Follow this with the second bread slice and allow both to cook for 1-2 minutes or until bread begins to brown.
5. Once cheese is starting to melt and soft and bread touching the pan is beginning to brown build sandwich in pan and flip. Continue to flip for 1-2 mins until bread is a golden brown and cheese is melting down sides of the bread.
6. Remove from heat to cutting board. Allow to cool for 30 seconds.
7. Cut in half and enjoy with soup.

Common Core Connections:

Grades 2-5

English Language Arts - Writing - Text Types and Purposes (Standard 2):

CCSS.ELA-LITERACY.W.2.2-5.2

Students will write informative/explanatory texts to examine a topic and convey ideas and information clearly.

What does this mean?

Students will write an informative piece (such as an essay or a list) describing the function and necessary precautions of different kitchen tools used in this grilled cheese/tomato soup recipe.

In this lesson, you (the student) will be working on writing a list or essay to describe the function and rules for using at least five different kitchen tools used in this grilled cheese/tomato soup recipe.

What does this look like?

Materials needed:

- Pencil and paper
- Highlighters
- Copy of grilled cheese/tomato soup recipe to highlight/take notes on
- Vocabulary words with definition for “function”: purpose of something, and “precaution”: a measure taken in advance to prevent something dangerous
- Graphic organizer with sections for tools, functions, and precautions

Directions:

1. Before beginning the cooking portion of this activity, highlight each kitchen tool you notice in the recipe. (For older students, remove the list of materials and ask students to create a list of materials themselves, based on the directions.)

2. Introduce the concepts of “function” and “precaution” to students. Provide an example such as, “A slotted spoon is a kitchen tool that we use when boiling something like pasta or vegetables. The function of a slotted spoon is to remove a food item from boiling water in a pot. When using a slotted spoon, one precaution to take is to let the boiling water drain off of the spoon for a few seconds so that you don’t burn yourself.”
3. In your graphic organizer, list each tool you highlighted. Next to each tool, list the function of that tool as well as any necessary precautions you would recommend. If you do not know the function or precautions of a specific tool, you may leave it blank and write it either during or after the recipe.

Example Organizer:

Tool	Function(s)	Precaution(s)
Can opener	To open cans	-Use over a sink or bowl so you don’t drip liquid! -Keep your hands away from the sharp top of the can that you cut away.

4. Either during or after the cooking portion of this activity, observe the cooking process. Add notes to your graphic organizer along the way. Do any of these tools have multiple functions? Are there any precautions that you didn’t think of before the cooking portion? (Adults, during the use of each of these tools, ask questions such as: What does this tool help me do? What do I need to be careful of? When else have you used this or seen someone use this?)
5. (For older grades). After the cooking portion of this activity, choose 3-5 tools and write an essay about their necessity in this recipe. Why are these tools important for this recipe? Your first paragraph should introduce the importance of each of these tools and your final paragraph should conclude your essay. Your middle paragraphs should each focus on one tool, its function(s), and its precaution(s). Your middle paragraphs could also each include an alternative tool or method (such as what to do if you do not have a tool such as a colander or a blender).

Family Discussion Questions:

Families/children could discuss or write about:

- Choose a specific kitchen tool. How do you think this tool was invented? What problem did someone have that they solved by inventing this tool?
- What if we didn’t have a (insert kitchen tool from recipe)? What could we do to be innovative and still move forward with our recipe?
- What is one problem you have had, or you have seen someone else have in the kitchen? Could you invent a tool to help solve this problem?
- What kitchen tool do you think is the most necessary to have in the kitchen?

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Challenge each other to write your own recipe, with ingredients and directions, using any three kitchen tools (such as a knife, a wooden spoon, and an immersion blender).
- Create a family or friends recipe book with illustrations or photos. Either list all necessary kitchen tools at the beginning of each recipe or label each tool in an illustration.
- Create a kitchen tools dictionary with scientific drawings, definitions, functions, and precautions when using it.
- Make a video of yourself describing a kitchen tool, its function, and any precautions you recommend while using it.

This original Family Lesson was written by Pilot Light Food Education Fellow, Jessica Wood.