



List of Supplies Needed

Black Bean Puree

General

- Recipe

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring cups & spoons
- Stovetop
- Large skillet
- Wooden spoon
- Potato masher

Food & Produce

- Black beans
- Olive oil
- Onion
- Water or reserved liquid from beans
- Salt
- Cilantro (optional)
- Cotija cheese (optional)

