

Module 1 — Why Food Matters

Ingredient Order Form

Everything needed for the classroom blend workshop and the lab that follows it. Quantities are for the full class of 24, in four groups of six.

STUDENTS	GROUPS	RECIPES	PREPARED BY
24	4 groups of 6	2	Isaac Floyd · FG Kids · 407-813-4080

RECIPE 2 · CLASSROOM · 4 BATCHES

ADOBO SEASONING BLEND

Paprika	¼ cup
Brown sugar	¼ cup
Salt	¼ cup
Ground black pepper	8 tsp
Onion powder	8 tsp
Dried oregano	4 tsp
Ground cumin	4 tsp
Garlic powder	4 tsp
Chili powder	4 tsp
Turmeric	4 tsp
Small jars or tins	24

RECIPE 12 · LAB · ×8

ADOBO BLACK BEAN TACOS

Black beans, canned	16 cans (≈ 2 #10 cans)
Olive oil	1 cup
Arugula or lettuce blend	4 bags (≈ 2 lb)
Pineapple rings, canned	8 cans
Red onion	2 onions
Roma tomatoes	16
Red bell pepper	4
Garlic cloves	16 (2 heads)
Limes	8
Corn tortillas or shells	48
Masa harina, if scratch	4 lb (makes 72)

Adobo blend is not a separate order. It comes from the workshop earlier in the same period. The spice quantities on the left are what the students blend.

Before you order: Masa harina is only needed if the class makes tortillas from scratch — about 4 lb yields 72 tortillas, three per student.