

Bannock Ingredients

- 2 c all purpose flour
- 1 T baking powder
- ½ t salt
- ½ c milk
- ½ c water
- ¼ - ½ c neutral cooking oil (canola, peanut)

c = cup

t = teaspoon

T = tablespoon



Bannock Supplies

- Large bowl
- medium bowl
- measuring cups
- measuring spoons
- fork
- frying pan
- tongs(if available)
- cutting board
- knife
- baking sheet
- paper towels

Soup Ingredients

- 2 T Olive Oil
- 1 onion, diced
- 2 celery stalks, diced
- 2 carrots, diced
- 1 garlic clove, minced
- 2 T chicken base*
- 6 c water
- (*alternatively, you can use 1 & ½ boxes(6 cups) of chicken broth/stock)
- 1 c egg noodles
- 1 -2 c cooked, diced/shredded chicken(we cook an extra 1 or 2 the day before or use a rotisserie chicken)
- ½ t pepper
- ½ t salt, to taste

Soup Supplies

- Large soup pot
- cutting board
- knife
- prep bowls
- garbage bowl
- wooden spoon
- measuring cups
- measuring spoons
- ladle