## **Grocery List**

meatloaf mixture
mashed potatoes
ketchup OR gravy
vegetable of choice
large onion
carrots
celery
fresh parsley
garlic gloves
chicken or vegetable stock
fresh ginger
olive oil
fresh cilantro
croutons
©FunShine Express

## **Meatloaf Muffin Meal**

Ingredients:

meatloaf mixture mashed potatoes ketchup OR gravy vegetable of your choice

Gather a muffin tin and lightly grease the cups. Prepare your favorite recipe for meatloaf. Divide the mixture among the cups. Bake at 350°F for about 30 minutes or until thoroughly cooked. While the meatloaf is cooking, prepare mashed potatoes.

After the meatloaf muffins have cooled, give one to each child. Offer child-safe knives, and invite children to frost their meatloaf muffins with the mashed potatoes. Offer ketchup or gravy for children to add to the top, if they wish. You may want to offer corn or peas to serve as sprinkles. Serve with a vegetable of your choice or other items to complete your wacky meal. Mmm!

©FunShine Express

## **Carrot Soup**

Ingredients:

1 large onion, diced 1 lb. carrots, sliced 2 celery stalks 1/4 cup fresh parsley, chopped 2 cloves garlic, minced 32 oz. stock (chicken or vegetable) 3 T. fresh ginger, diced 3 T. olive oil salt and pepper to taste fresh cilantro (optional) croutons (optional)

Have them scrub and wash the carrots and celery as needed. Sauté the onion, carrots, and celery in a pot with olive oil. Season with a bit of salt and pepper. When the onions are almost clear, mash or grate the ginger and add it to the pot. Add the garlic and parsley. Sauté the mixture for a minute or two, and add the stock. Bring to a boil, and then lower the heat and simmer for about 45 minutes.

Once the vegetables are tender, pour small amounts of the soup into a blender and puree in small batches as the children watch from a safe distance. (Be sure lid is firmly sealed!) Transfer the pureed soup back to the pot and simmer for another 10 minutes or until heated. Taste and add more salt or pepper as needed, and garnish with fresh cilantro and croutons (optional). Invite children to serve themselves with a ladle.

©FunShine Express