



CANNED SOUP OR CHILI – Stove Top

Here's how to make one can of canned soup or chili on the stove top.



- _____1. Get canned ingredient.
Get can opener, *if needed*.
Get pot.
Get spoon, *if needed*.
Get water or milk, *if any*.
Get ladle.



- _____2. **Careful!** Open can.



- _____3. Put soup or chili into dish.



- _____4. **Decision.** Don't put water or milk into pot.

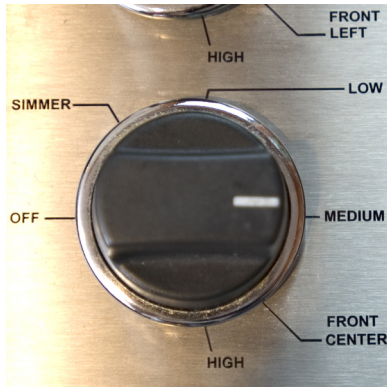
or



_____ 4A. *Decision.* Put 1 can water or milk into pot. Mix.



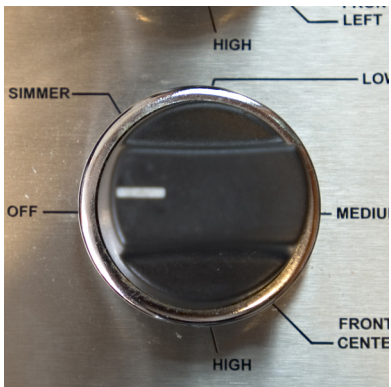
_____ 5. Put pot on to stove.



_____ 6. Turn stove on to medium.



_____ 7. Stir occasionally – 5 to 7 minutes.



_____ 8. Turn off stove.



CANNED SOUP OR CHILI – Stove Top

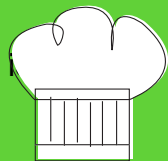
Here's how to make one can of canned soup or chili on the stove top.

Please note:

This recipe assumes that a pan with a heat resistant handle* is used. For more information, go to the *Basic Start, Cupboards* section – *Nonstick Pots and Pans with Heat Resistant Handles*.

- _____ 1. Get canned ingredient. Get can opener, *if needed*. Get pot. Get spoon, *if needed*. Get water or milk, *if any*. Get ladle.
Get the can of soup or chili, a clean can opener, *if needed*, a clean pot for cooking, a clean spoon, *if needed*, water from a faucet or milk (if the soup is not of the ready-to-eat variety), and a clean ladle.
- _____ 2. Open can.
Careful! Using the can opener or the pop top lid, open the lid on the can. Throw away the lid.
- _____ 3. Put soup or chili into pot.
Using your one hand, hold the can around the middle and tilt it down and over the pot.
Using your other hand and the spoon (*if needed*), spoon out the soup or chili from the can and into the pot.
Sometimes the soup will easily come out of the can without a spoon. Throw away the can if you aren't adding water or milk or if you're making chili.
Keep the can if you are adding water or milk.
- _____ 4. **Decision.** Don't put water or milk into pot.
If the soup is ready-to-eat and doesn't need water or milk added, or if you are making chili, go on to step 5.
The label on the soup can should state whether water or milk is needed.

or



- _____ 4A. **Decision.** Put 1 can water or milk into pot. Mix.
If the soup is not ready-to-eat and the label states that water or milk is needed, fill the soup can with water from the faucet or milk from a carton.
Pour the water or milk from the can into the pot with the soup.
Using your one hand, hold the pot to keep it steady.
Using your other hand and the spoon, mix together the soup with the water or milk until well blended.
- _____ 5. Put pot on to stove.
Put the pot on to a stove burner.
- _____ 6. Turn on stove to medium.
Turn the stove burner on to a medium heat.
- _____ 7. Stir occasionally – 5 to 7 minutes.
Using your one hand, hold the pot so that it is steady and safe.
Using your other hand and the ladle, occasionally stir the soup in the pot while it cooks for about five to seven minutes.
- _____ 8. Turn off stove.
Turn off the stove burner.



CANNED SOUP OR CHILI – Microwave

Here's how to make one can of canned soup or chili in the microwave oven.



- _____1. Get canned ingredient.
Get can opener, if needed.
Get microwave safe dish with cover.
Get spoon.
Get potholders.



- _____2. **Careful!** Open can.



- _____3. Put soup or chili into dish.



- _____4. Cover dish.



_____5. Open microwave. Put dish in.



_____6. Close microwave.



_____7. Set microwave for 3 minutes. Start.



_____8. Open microwave.



____ 9. Put on potholders.



____ 10. **Careful!** Take dish out of microwave.



____ 11. Close microwave.



____ 12. Take off cover.



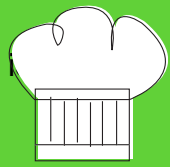
_____13. Take off potholders.



CANNED SOUP OR CHILI – Microwave

Here's how to make one can of canned soup or chili in the microwave oven.

- _____ 1. Get canned ingredient. Get can opener, if needed. Get microwave safe dish with cover. Get spoon. Get potholders.
Get the can of soup or chili, a clean can opener, if needed, a clean microwave safe dish with cover, a clean spoon, and clean potholders.
- _____ 2. Open can.
Careful! Using the can opener or the pop top lid, open the lid on the can.
Throw away the lid.
- _____ 3. Put soup or chili into dish.
Using your one hand, hold the can around the middle and tilt it down and over the dish.
Using your other hand and the spoon, spoon out the soup or chili from the can and into the dish.
Throw away the can.
- _____ 4. Cover dish.
Put the cover on to the dish.
- _____ 5. Open microwave. Put dish in.
Open the microwave oven door.
Put the covered dish into the microwave oven.
- _____ 6. Close microwave.
Close the microwave oven door.
- _____ 7. Set microwave for 3 minutes. Start.
Set the microwave oven cook timer for three minutes.
Start the microwave oven.
- _____ 8. Open microwave.
Open the microwave oven door.



- _____ 9. Put on potholders.
Put the potholders on to your hands as an extra precaution.
- _____ 10. **Careful!** Take dish out of microwave.
Using your hands, carefully take the dish out of the microwave oven and put it on to a safe surface.
- _____ 11. Close microwave.
Close the microwave oven door.
- _____ 12. Take off cover.
Using your one hand and the potholder, hold the dish so that it is steady.
Using your other hand and the potholder, carefully take off the cover from the dish and put it on to a safe surface.
- _____ 13. Take off potholders.
Take the potholders off of your hands.