

BEAN PIZZA

Food Preparation: Bean Pizza

Materials needed:

Ingredients for bean pizza:

garlic powder	pepper
tomato sauce	canned beans-drained
Italian seasoning	green pepper
Parmesan cheese	Mozzarella cheese



skillet	plastic knife to cut the pizza
extension cord	utensil to scoop out pizza from skillet
measuring spoons and cups	forks for serving
can opener for tomato sauce	plates for serving
spoon for spreading tomato sauce	washcloth to clean up afterwards
bowl to mix tomato sauce and seasonings	MyPyramid Poster
napkins	

Outline:

A. Begin bean pizza with students. Talk about which food group the pizza dough belongs. Allow the students to help with placing the dough in pan. Don't forget to put oil in the skillet!

B. While dough is cooking (5 to 10 minutes), read a book to the students. For suggested list of books see handout: "Food-Related Books for School-Aged Children".

C. Let the students help with the toppings for the pizza. Have a student stir the tomato sauce and seasonings together. Encourage cooperation with the sprinkling of cheese, adding green peppers, etc. Cover the pizza with the lid.

D. Continue to read the book while pizza continues to cook (approx. 10 minutes).

E. Talk about the MyPyramid and the food groups. Let the students discuss what their favorite food is and what group it belongs in. Let them choose a food model and find where it goes. Example: apple-fruit group

F. Serve pizza. While serving, continue to talk about the food groups allowing for student interaction.

BEAN PIZZA Makes 4 servings (12 small samples)

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| 1 14-ounce can refrigerated pizza crust | 1/4 teaspoon pepper |
| 8 oz. tomato sauce (1 cup) | 2 cups cooked beans, drained |
| 1/2 teaspoon salt | 1 cup grated Mozzarella cheese |
| 1 teaspoon oregano or Italian seasonings | 1/4 cup Parmesan cheese (optional) |
| 1/2 teaspoon garlic powder | Optional: green pepper, onions,
mushrooms |

1. Pat refrigerated pizza dough into greased 12-inch pizza pan. Pinch rim around the edge.
2. Mix tomato sauce with seasonings. Spread on dough. Top with beans, Mozzarella cheese, and Parmesan cheese. Bake at 425°F for 12-18 minutes or until crust is golden brown.

ELECTRIC SKILLET METHOD: Pat dough into greased 12 inch skillet. Pinch rim around edge. Cook at 325°F in skillet for 10 minutes. Add remaining ingredients. Cook 10-15 minutes at 300 °F or until crust is golden brown and cheese is melted.



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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.