



Turkey Lapbook

Cut out each mealtime rectangle. Arrange all six mealtime rectangles in order with the smallest on top. Staple them together.





Lentil soup

What's for lunch?



Green beans
Rice (cooked
with vermicelli)
Cucumbers
(topped with mint)

What's for dinner?



Lentil Soup

One onion
One carrot, grated
One cup red lentils
Tomato paste
Salt

Chop onion. Cook in a tablespoon of oil for a few minutes. Add a tablespoon of tomato paste. Continue to stir for a couple minutes. Pour in six cups of water. Add red lentils and grated carrot. Cover and boil over low heat about an hour. Salt to taste.

RECIPES

Green Beans

Two onions
Three tomatoes
One pound of beans cut into 1-inch pieces
Two heads of garlic
One third cup olive oil
One teaspoon both salt and sugar

Slice onion and tomato thinly. Cover bottom of pan with beans. Spread onion and tomato slices on top of beans. Add chopped garlic. Pour over oil and 1/3 cup hot water. Sprinkle over salt and sugar. Cover and boil over low heat for about an hour.