



# Exploring 4-H at Home



Sustainable Agriculture  
and Food Security

**Pillar: Sustainable Agriculture and Food Security**

**Project: Foods**

**Activity: 5 Ingredient Dinner Challenge**



CANADA  
4-H Saskatchewan

**Foods**

Leader Guide

# 5 Ingredient Dinner Challenge

## Key Concepts

- Using what is available to you to make a complete meal
- Using your knowledge of food to create a meal

## Materials

- 5 ingredients from your kitchen/pantry
  - This does not include spices and seasonings
  - It does include things like juices/marinades and dressings, etc.
  - Homemade dressings/marinades count as 1 ingredient (Example: ranch dressing, BBQ sauce, etc.) even though they have more than one ingredient inside of them.
  - You cannot use premade meals as a base (Example: store bought lasagna)
- Cooking utensils and appliances appropriate for your meal

## Instructions

1. Go through your pantry, refrigerator, freezer and cupboards to see what ingredients you have available.
  - a. Make a list if you feel that will help
2. Use your previous knowledge or research 5 ingredient meals that use what you already have at home
  - a. If you are having trouble you can use [supercook.com](https://www.supercook.com) to input your ingredients and it will give you recipes you can make. It may not limit the ingredients to 5 so be careful what you choose.
3. Using your ingredients and created or found recipe, make your 5 ingredient meal.
4. Take a picture and send it to us with your ingredients you used and a recipe if you have one.
  - a. Don't forget to tag it with #explore4hathome
5. Enjoy your meal and challenge your friends to do the same!