



University of Idaho  
Extension

# Cooking Under Pressure

## Freezer Meal Bootcamp

Would you love to make healthy meals at home, but feel like you don't have enough time? Freezer meals can be easy in your "Electric Pressure Cooker". With your paid registration, you will make and take home the following freezer meals:

- Creamy Roasted Tomato & Basil Soup
- Sweet & Tangy Honey-Mustard Chicken
- Cheesy Garlic Pork Chops



### Here are the Details:

- **Date:** Tuesday, March 14, 2023 (pay & register by **Mar. 10th**)
- **Time:** 6pm
- **Cost:** \$30 to register and pay scan the QR code or use this link:  
<https://otc.cdc.nicusa.com/Public2.aspx?portal=id&organization=Cassia%20County%20extension>
- **Location:** Cassia County Extension Office - 208-878-9461 -  
1459 Overland Ave. Rm. 4, Burley
- Class is limited to the first 15 paid.
- Please bring a cooler

