

# Crock Pot Freezer Meal Class

**9 am Saturday, September 29<sup>th</sup>**

**Calhoun School**

**\$4 per recipe**

**Deadline to register Wednesday September 26<sup>th</sup>**

The class will begin with a lesson about benefits, food safety, and procedure of freezer meals with Sarah Kite of UT Extension -McMinn County. Following lesson: Stations where you make your own crock pot freezer meals. We will provide all ingredients EXCEPT your protein. All are designed for chicken, but you might want to branch out and try something else! You pay per recipe you want to complete. If you want to complete 5, GREAT! If you want to complete 20, GREAT! You assemble everything but chicken at our class then go home and add your own chicken. Many of these also need a starch (rice, noodle, tortilla) added when serving.

## RECIPES AVAILABLE:

Honey Rosemary Chicken

Chicken Tacos

Hawaiian Chicken

Chicken Alfredo

Orange Ginger Chicken



Name: \_\_\_\_\_

List number of each meal you are preparing at the class. You pay \$4 per meal chosen.

\_\_\_\_\_ Honey Rosemary Chicken

\_\_\_\_\_ Chicken Tacos

\_\_\_\_\_ Hawaiian Chicken

\_\_\_\_\_ Chicken Alfredo

\_\_\_\_\_ Orange Ginger Chicken

Total Paid \_\_\_\_\_

Checks written to CES & forms sent to Mrs. Garrison