



# Crock Pot Meals & Savory Soups

**Wednesday, November 14  
11:00a.m. to 12:00 p.m.**

That time of year is fast approaching when nothing sounds better than being welcomed home to something wonderful simmering in the kitchen. Soups and stews can be complete one-pot meals and be made ahead...a perfect combination for your busy schedule. Using fresh ingredients and complementary flavors, we will prepare some cozy crock pot meals. The fee for this program is \$5 and everyone is welcome.

Join U of I Extension Nutrition & Wellness Educator, Marilyn Csernus for this informative program where you will learn about:

- Advantages & Disadvantages of Slow Cookers
- Cooking Strategies
- Safe Use of Slow Cookers
- Favorite Uses
- Recipes



This program will be offered at the Ogle County Extension office located at 421 W. Pines Rd. in Oregon. The fee for this program is \$5 per person and pre-registration is preferred. To register call the Extension at 815/732.2191 or visit us online at [web.extension.illinois.edu/bdo/](http://web.extension.illinois.edu/bdo/).