Cornell Cooperative Extension of
Delaware County

From Scratch to Freezer

5 SIMPLE INGREDIENT MEAL PREP



A guided workshop for all levels of cooking . Educators will be available to assist you as you prepare your meals.



SATURDAY
5 DECEMBER
2026

10:00am - 1:00pm

34570 State Hwy 10 Suite #2
Hamden, NY 13782

- Shopping List Provided
- Purchase of ingredients required
- Labels & Freezers bags provided along with some additional ingredients

Cost $15.00

REGISTER NOW

https://checkout.square.site/merchant/MLFVW0HFMWEWP/checkout/YGWHWBVPXXNOPJOPTQ6BWWIF

Recipes Include:

1. Cranberry Pork Roast
2. Salsa Verde Chicken
3. Lemon Pepper Chicken
4. Basic Pot Roast
5. Sweet and Sour BBQ Meatballs
6. Chicken or Spinach Enchiladas
7. Black Bean and Rice Soup
8. Lime Shredded Pork
9. Marinara Chicken
10. Taco Chili
11. Stuffed Peppers
12. Smokey Bacon-Wrapped Chicken Tenders

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