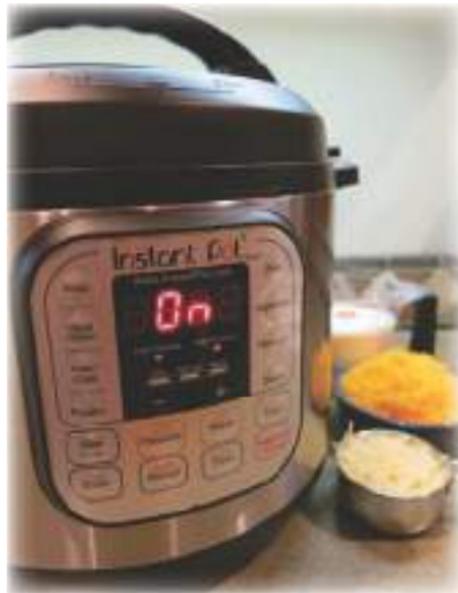


# Cooking with an Instant Pot – Why not?

So what's all the fuss about an Instant Pot? Why would I use one? How do I use one?



Learn the ins and outs of an Instant Pot and programmable pressure cooking at DeKalb County Farm Bureau on Tuesday, April 10. The class runs from 6:30-8 p.m. in the Farm Bureau Auditorium.

Deanne Frieders will instruct the Instant Pot Cooking Class. Deanne has been whipping up meals for her family with her programmable pressure cooker since 2013. Although initially intimidated, she learned this method of cooking is really quite simple and can significantly reduce time spent making meals. She upgraded to the Instant Pot in 2016 and has been spreading the IP love ever since.

Deanne will demonstrate how to use an Instant Pot and make simple recipes to help get you started. Her

goal with this class is to get others interested in cooking and comfortable using an Instant Pot. Deanne has a blog “This Farm Girl Cooks” and is a writer for CONNECTIONS magazine.

The class is open to Farm Bureau members and guests. Reservations are suggested by calling the Farm Bureau office, 815-756-6361. There is no charge to attend. ■

