



No More Empty Pots
Community Education Virtual Programming

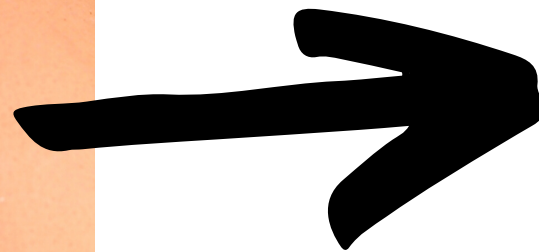


FROM THE
KITCHEN OF
REBECCA H.

THE

PERFECT

HARD BOILED EGG





COVER EGGS WITH
COLD WATER AND
BRING TO A BOIL IN
A PAN ON THE
STOVE.

Immediately cover the pan with
lid, turn off heat, and let sit for 11
minutes.

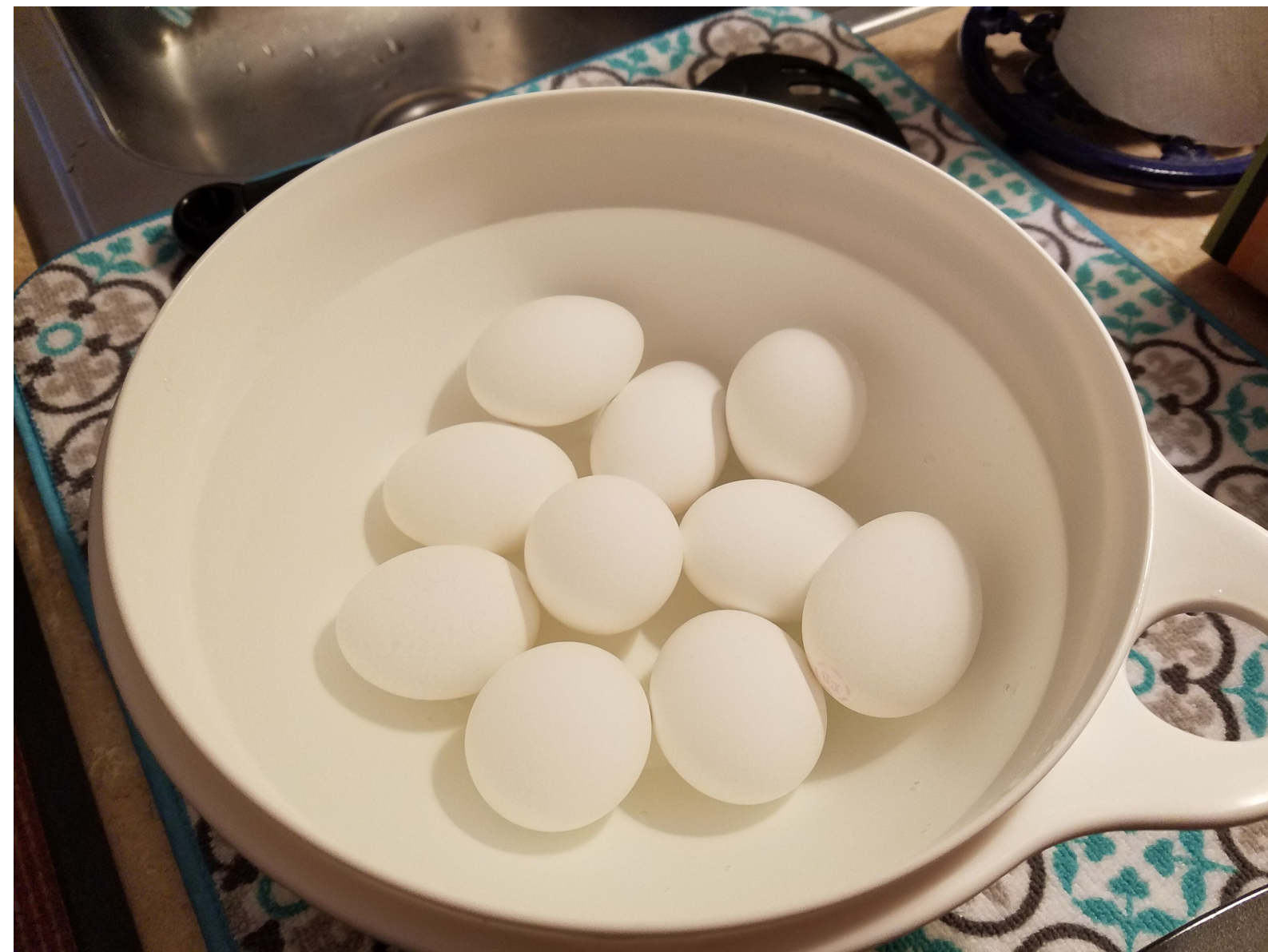
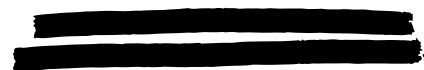




TRANSFER EGGS TO ANOTHER BOWL WITH VERY COLD WATER TO STOP THE COOKING PROCESS.

Change water as needed so it remains cold.

Let eggs cool in water for 2-3 minutes.





BREAK UP EGG SHELLS

**ROLL THEM ALONG THE
BOTTOM OF THE BOWL,
AND BEGIN TO PEEL EACH
EGG WHILE IT IS STILL
UNDER THE WATER.**

This will help those shells to
release cleanly from the egg.

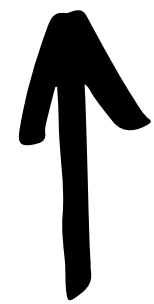
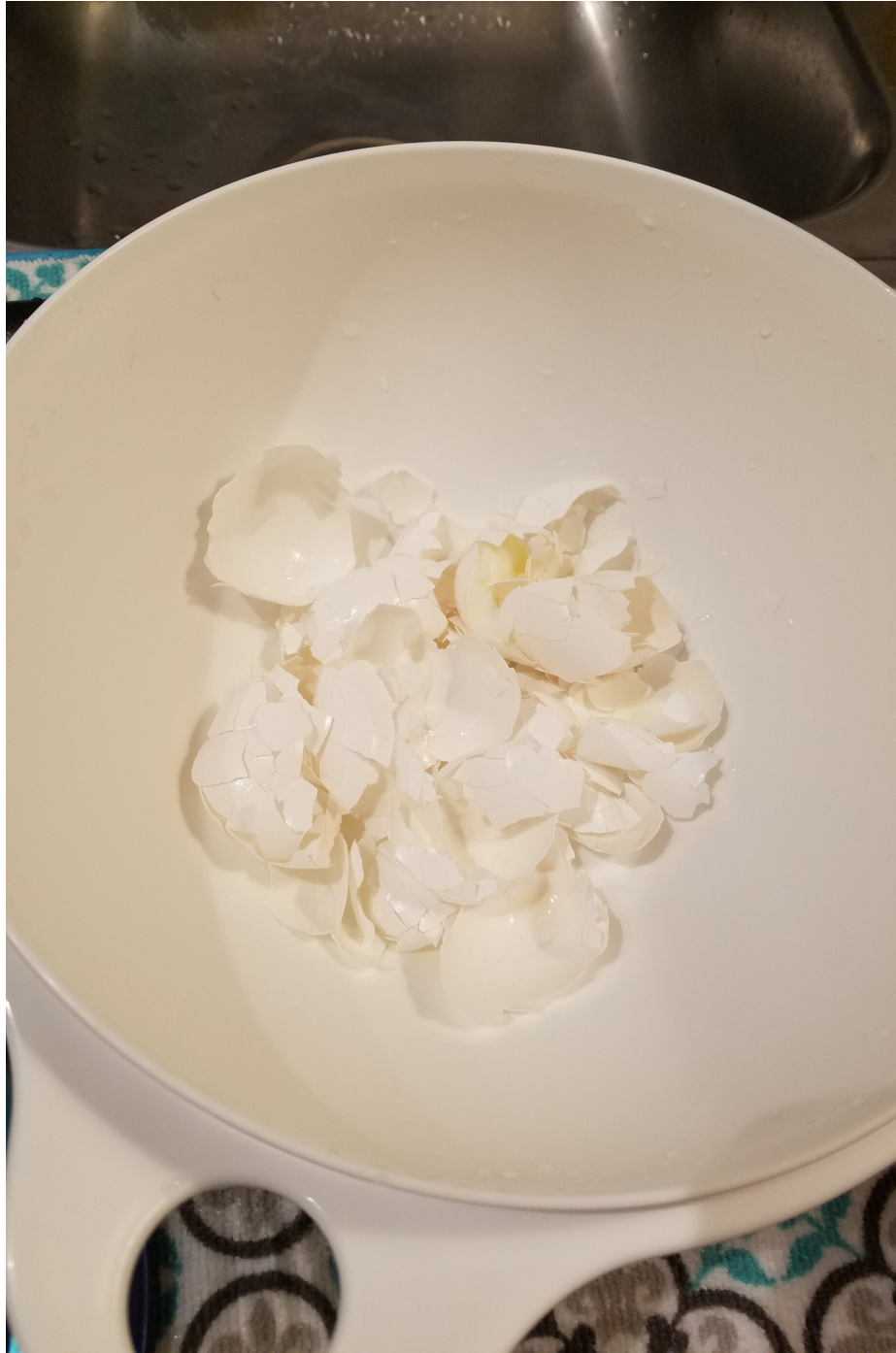
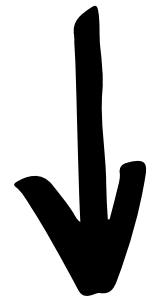
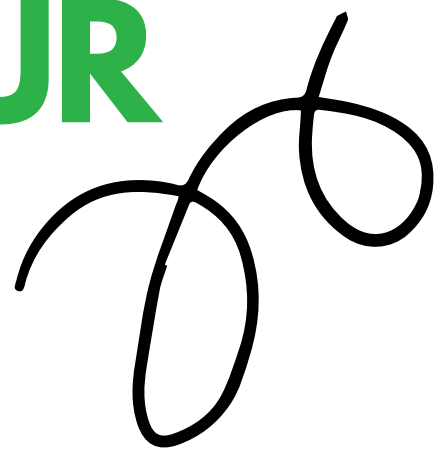




**TRANSFER EGGS
TO A STORAGE
CONTAINER AND
REFRIGERATE.**



**USE EGGSHELLS
TO HELP YOUR
OUTDOOR
GARDEN
PLANTS GET THE
NUTRIENTS THEY
NEED FOR THE
GROWING
SEASON!**





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AND THAT IS
**THE PERFECT
HARD BOILED
EGG!**





IF YOU HAVE
ANY
QUESTIONS

Contact us at education@nmepomaha.org!

For more activities, follow us on Facebook, Instagram and Youtube
or visit nmepomaha.org/community-education-resource-hub

