



The Pampered Chef®  
discover the chef in you™

# *Power Cooking*

Enjoy family  
mealtime again!



# Power Cooking

Too busy to make dinner? Don't miss out on family mealtime because you're on the go — try a Power Cooking Show! I'll demonstrate the secret to preparing three delicious meals at once. We'll serve one at your Show, and freeze the other two for meals you can finish in less than 20 minutes. Think of all the time you'll save! Sounds like a good reason to get together with friends!

## RECIPES

Our five Power Cooking recipes are deliciously simple and traditional family favorites.

You select three — I'll demonstrate one at your Show, and freeze the other two for meals that you can enjoy later with your family.

- **Easy Beef Stroganoff**  
This simple but elegant dish is perfect for a busy night.
- **Saucy Beef Chili**  
As the temperature falls, this hearty chili is sure to keep you warm.
- **Zesty Beef Tacos**  
Tacos are a family favorite that can be prepared quickly with *Make-Ahead Ground Beef*.
- **Italian Beef Hoagies**  
These hearty sandwiches are packed with flavor.
- **Barbecue Beef Sloppy Joes**  
Our **Smoky Barbecue Rub** and cider vinegar add a delicious, tangy kick.

## WHAT YOU'LL LEARN AT A POWER COOKING SHOW

- Timesaving ideas that make it easier to get dinner on the table ... pronto!
- How to start with three pounds of ground beef or turkey, and end up with three completely different family meals. And if you're the host, you'll have two quick and easy meals tucked away in the freezer.
- Practical ground beef freezing tips.
- How to get the freshest flavor when freezing meals.
- How to prevent freezer burn.
- Simple and safe defrosting instructions.