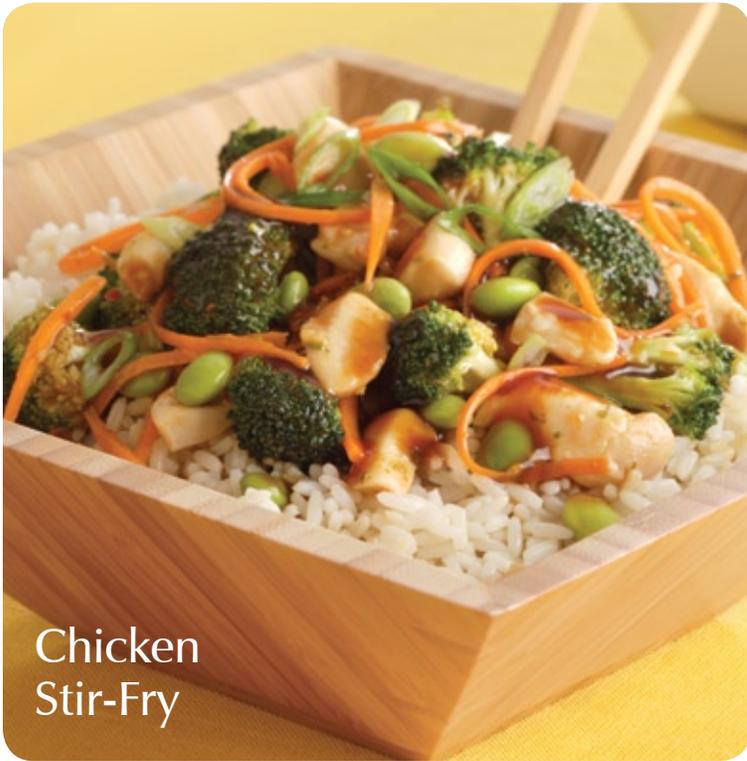


Power Cooking

The Pampered Chef®
discover the chef in you™

Give dinner a head start!



Chicken
Stir-Fry



Easy
Beef Stroganoff



Greek Chicken
and Orzo Skillet



Italian
Beef Hoagies

Power Cooking

Who here often feels like they're too busy to make dinner? Who'd love to give dinner a head start? Host a **Power Cooking** Show, and I'll share the secret to preparing three delicious chicken or beef dinners at once. We'll serve one at your Show, and freeze the other two for meals you can finish in less than 20 minutes. Plus, each recipe is around \$2 per serving.* Think of all the time and money that you'll save!

HOW THE SHOW WORKS

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

CHICKEN RECIPES

Chicken Stir-Fry

A medley of colorful vegetables makes this dish a winner.

Greek Chicken and Orzo Skillet

A one-dish meal that lends an ethnic flair to any weeknight.

Smoky Black Bean Chicken Wraps

Rustle up the family for a filling meal the kids will love.

Dijon Chicken Noodle Toss

Creamy and comforting, this pasta dish is guaranteed to satisfy.

Cheesy Chicken Tortilla Soup

A thick, family-pleasing soup that's bursting with flavor!

BEEF RECIPES

Easy Beef Stroganoff

A simple but elegant dish, perfect for a busy night.

Saucy Beef Chili

As the temperature falls, this hearty chili is sure to keep you warm.

Zesty Beef Tacos

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

- Budget-friendly recipes that help you feed your family conveniently and affordably. Many are around \$2 per serving.*
- Deliciously simple recipes that range from unique flavors to traditional family favorites.
- Timesaving ideas that make it easier to get dinner on the table ... pronto!
- How to start with three pounds of chicken or ground beef 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 tips that ensure you get the freshest flavor when freezing meals.
- Simple and safe defrosting instructions.

*Prices are estimated and vary regionally.