

once a month *cooking* with Vent 'N Serve™



*Do you never have time to cook?
Are you on a first-name basis with the pizza delivery guy?*

No matter how long it's been since you've prepared a sit-down meal, chances are eating more nutritiously is something you'd like to do. Here's how to make cooking more efficient and a great way to take your party to the next level.

There was a time when my kids were small that I found myself in a drive-through more nights a week than I wanted, ordering food on the run while taking them to their various events. I developed an advance cooking system out of necessity to help my kids eat more healthily," says Director Holly Trotta. "While they still ate on-the-go, they had reheated spaghetti on the way to soccer practice. 'Fast food' doesn't have to come from a drive-through in a cardboard package."

Holly's system is a time and money saver. She shops just once a month for all of her family's food, except milk, and uses Fridge Smart® containers to store produce. She also preps as much as possible

before storing and freezing. And when cooking, she always doubles the amount, freezing half for a second meal, or in individual portions.

When making the advance meal recipes, she shops only for the ingredients she'll use, so that the only thing she has to put away are the 10 to 15 meals she's prepared in just four hours—including shopping, prepping, cooking and storing time. The meals last from three to six months in the freezer. Best of all, she's able to control the amount of sugar, salt, and preservatives.

"The advance cooking system has been great for my family—we've eliminated processed foods. It's also been incredible for my business. I conduct advance meal planning classes with my Hosts and the majority of my parties are upwards of \$1,000.

This party approach gives the Host and her guests great value for their time with recipe ideas, tips for organizing, shopping and shortcuts in the kitchen that shave dollars off their food budgets.

"When I have time to cook, I do," says Holly, "the advance meals for the days when I don't have time. Though my children are young adults now with different needs, I still double cook and portion meals into containers so they can take homemade frozen entrees to work."

"Once-a-month cooking is also great during Jubilee and Record Breaker Month or January Big Weeks when you want to insure that your family is still eating right," says Holly. "Getting your life organized frees you up for so much more."

advance meal planning parties 101

Party planning is critical for advanced meal planning. It's not only a great time saver for you as a busy Consultant, but a wonderful party alternative for your Hosts and guests that offers them value for their time.

Your Host is responsible for supplying the food and most of the preparation and cooking before the demonstration. Choose the Basic Mix you will use at the demonstration. Beef and chicken are the most popular. Decide which recipes your Host would like to use and determine the sizes of Vent 'N Serve™ containers best suited for her family's needs.

Next, determine how she will pay for the Vent 'N Serve™ containers. Total the cost and give her the option of paying up front and receiving sales credit, or achieving a party level with Host Credit to receive the containers free. She must agree that any balance remaining must be satisfied. Once the party's over, she has a freezer stocked with a month's supply of delicious prepared meals. Once the party's over, she has five to seven deliciously prepared meals in her freezer.

Your job is to assemble the meals while you're there. Your Host can discuss with guests the time and effort involved. As you prepare the meals, talk up other party options and our business Opportunity.

Use the Basic Beef Mix recipe to make lasagna, spaghetti sauce, taco pie, Shepherd's Pie, chili, taco mix and a Beefy Mac casserole. For more recipes, visit your sales force website at **My Business > Let's Party!**

Basic Beef Mix

5 lbs. ground beef
2 cups diced onion
1 cup chopped green pepper
2 cups chopped celery

Chop onion, green pepper and celery into small pieces. Place in Chef Series™ 8-Qt./8 L Stock Pot and brown with ground beef. Drain and rinse if preferred. Portion into 2-cup sizes and freeze.

Beefy Mac Casserole

2 cups Basic Beef Mix
2 cups cooked elbow macaroni
1 can cream of mushroom soup
1 cup grated cheddar cheese

Combine all in a Vent 'N Serve™ Medium Deep and freeze. To reheat, thaw and reheat on 60% power for 15 minutes.

References

Make-A-Mix by Karine Eliason, Nevada Harward & Madeline Westover, Fisher Books.
Once A Month Cooking by Mimi Wilson and Mary Beth Lagerborg, St. Martin's Griffin