

GLORY FOODS® SEASONED COOKING BASE'S FIVE FAST AND EASY TIPS TO UNLOCKING THE “GLORIFIED CHEF” IN YOU

*The idea of soulful, down-home meals is typically accompanied by thoughts of someone in the kitchen working hard over a hot stove for hours. While we'd all love to be the one to share the labor-intensive, flavor-rich meals of the South with our families, the fast-moving, hustle and bustle of life just doesn't make it easy. Until Now! Glory Foods' **Seasoned Cooking Base** is helping to turn time-strapped, unsung family cooks into 'Glorified Chefs' by making it faster and easier for them to share soulful, Southern-style dishes with their loved ones, every day. Read on for Glory Foods' **Top Five Fast & Easy Tips to Unlocking the "Glorified Chef" in You:***

- **SEASONED THOUGHTS!** Prior to preparing any meal, carefully think through which ingredients, pots and other cooking equipment you'll need to minimize the frantic searches through cabinets and refrigerators. Lay out your ingredients on a counter or table in the measurements your recipe requires and if possible, in the order you'll use them. Not only can this save time and organize your experience, but also it can minimize frustration.
- **THE GRAVY TRAIN!** Make it your business to learn how to make a basic, flavorful gravy today. No matter how good (or bad) a cook you are, everything tastes better with gravy! Most gravies can be made in less than five minutes and can be used for a variety of things from dipping sauces to main course accompaniments. Go to www.gloryfoods.com today for an online demonstration for creating a soulful, Southern-style gravy you can call your own.
- **THE RECIPE FOR RECIPES!** Many things such as working late and surprise dinner guests to soccer practice and carpools can intrude on already packed schedule. Always keep a stable of recipes on hand that are customized to fast, easy meals. Recipes such as those found on www.gloryfoods.com, offer immediate access to many southern-style dishes that can be made in less than an hour.
- **PASS IT DOWN!** The last thing you want is kids running around the kitchen when you're pressed for time. Think again! Delegating small, safe tasks such as measuring liquids, inventorying ingredients or even reading recipes aloud as you cook can not only save cooking time, but also increase quality time in a fun, educational way that can be passed down to generations of "Glorified Chefs."
- **PUT SOME BASE IN IT!** While most fresh ingredients are great to spice up foods, they have a short shelf-life and can be costly. Consider all-in-one solutions such as Glory Foods' Seasoned Cooking Base that includes a special blend of premium ingredients like sweet bell peppers, garlic and onions; is dissolvable and ready to go in any recipe in minutes; and can be stored for up to three years.

Now, isn't it time you get the flavor you want and the Glory you deserve? Check out Glory Foods' Seasoned Cooking Bases at www.gloryfoods.com and become a Glorified Chef today!

ABOUT GLORY FOODS

Founded in 1989, Glory Foods is the category leader in Southern-style, heat-and-serve products including Seasoned canned vegetables, cooking bases and fresh greens. Its Southern-style vegetables and side dishes are staples in American homes and offer convenient meal planning solutions for busy families. Glory Foods is a private, minority controlled business based in Columbus, Ohio. For more information, visit www.gloryfoods.com.