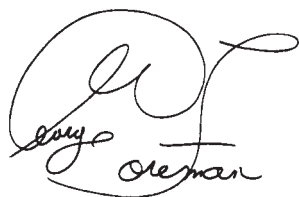


OWNER'S MANUAL

For Model: GP300

GEORGE FOREMAN™



Portable Propane Grill



IMPORTANT SAFEGUARDS

READ AND SAVE THESE INSTRUCTIONS

WARNING: A risk of fire or explosion exists in all propane grills. Read this manual before use. Failure to follow all instructions may result in serious personal injury, property damage, or death.

When using propane grills, basic safety precautions should always be followed to reduce the risk of fire and injury to persons, including the following:

1. Read all instructions before using the grill.
2. Do not touch hot surfaces. Use handles or knobs and oven mitts or pot holders.
3. Keep children and pets away from the grill at all times.
4. This grill is not for use by children.
5. Do not leave this grill unattended while in use.
6. Do not move the grill when in use. Allow to cool before moving, putting on or taking off parts, and before cleaning and storing the grill.
7. To disconnect, turn Temperature Control Knob to LOCK/OFF.
8. Do not operate any grill after the grill malfunctions, or has been dropped or damaged in any manner. Contact Consumer Service for return authorization, examination, repair or adjustment.
9. The use of accessory attachments not recommended by the grill manufacturer may cause injuries.
10. This grill is for outdoor use only. NEVER operate grill in enclosed areas, as this could lead to gas accumulating from a leak, causing an explosion or a carbon monoxide buildup which could result in injury or death. DO NOT USE in garages, sheds or any enclosed areas.
11. Do not use grill for other than intended use.
12. Extreme caution must be used when moving a grill containing hot oil or other hot liquids. Allow liquid to cool before removing and emptying Drip Container. Do not remove Grill Plate from Grill Body until Grill is cool.
13. Do not attempt to dislodge food or clean the grill when it is hot.
14. Fuel, such as charcoal briquettes, is not to be used with this grill.

SAVE THESE INSTRUCTIONS

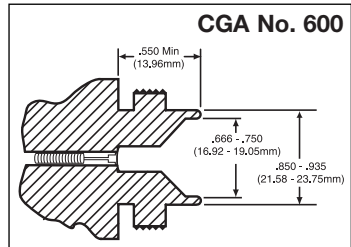
**THIS GRILL IS NOT FOR COMMERCIAL USE.
FOR OUTDOOR USE ONLY.**

Additional Important Safeguards

1. **CAUTION:** *This grill generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property. Use of protective oven mitts or gloves is recommended.*
2. All users of this grill must read and understand this Owner's Manual before operating or cleaning this grill.
3. When using this grill, provide adequate air space above and on all sides for air circulation. Do not allow this grill to touch clothing, dish towels or other flammable materials during use.
4. **IMPORTANT:** Minimum clearance of 16 inches around all sides of the grill should always be maintained and the appliance shall not be located under overhead unprotected combustible construction.
5. If this grill begins to malfunction during use, immediately turn the Temperature Control Knob to LOCK/OFF. Do not use or attempt to repair the malfunctioning grill.
6. This outdoor cooking gas grill is not intended for use in or on recreational vehicles and/or boats.
7. The use of alcohol, prescription or non-prescription drugs may impair the consumer's ability to properly assemble or safely operate the grill.
8. When cooking with oil/grease, fire extinguishing materials shall be readily accessible. In the event of an oil/grease fire do not attempt to extinguish with water. Use Type BC dry chemical fire extinguisher or smother fire with dirt, sand or baking soda.
9. In the event of rain while cooking with oil/grease, cover the cooking plate immediately and turn off the grill burner and gas supply. Do not attempt to move the grill or Grill Plate.
10. When cooking, the grill must be on a level and stable surface in an area clear of combustible materials. An asphalt surface (blacktop) may not be acceptable for this purpose.
11. Make sure the Temperature Control Knob is in the LOCK/OFF position when placing the Grill Plate into position.
12. The grill is not intended for and should never be used as a heater.
13. Keep grill area clear and free from combustible materials, gasoline and other flammable vapors and liquids.
14. Do not obstruct the flow of combustion and ventilation air.
15. Always open Cover before lighting your grill.
16. Do not attempt to disconnect the regulator or any gas fitting while the unit is in operation.
17. Do not wear clothing with loose flowing sleeves while lighting or using the grill.
18. Use barbecue tools with long, heat-resistant handles.
19. The grill should never face directly into the wind.
20. Do not operate grill in a high-traffic area.
21. After use, allow grill to cool completely before cleaning.
22. We recommend storing grill indoors or, if unable to store indoors, always cover grill with protective cover. Always keep out of the reach of children.

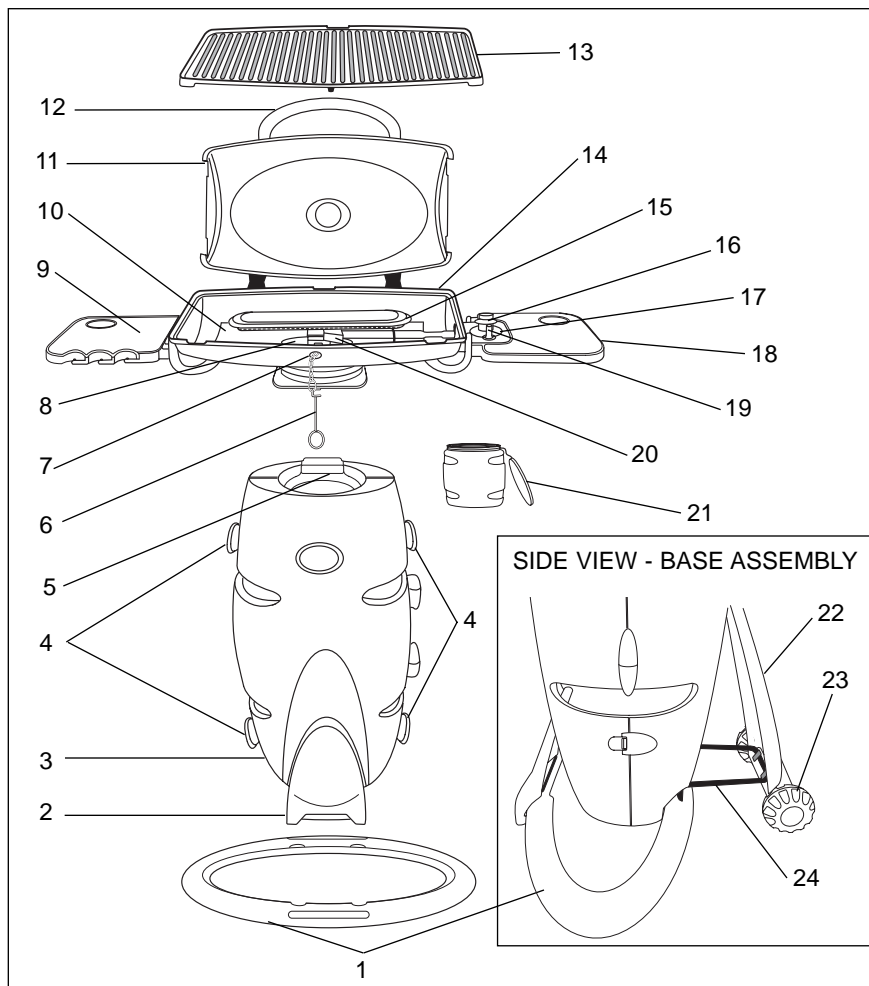
Special Instructions for the Use of Regulator and LP (Propane) Cylinders

- The propane grill is equipped with a regulator having a CGA No. 600 cylinder connection device which is for connecting to a one pound PROPANE cylinder ONLY. See Illustration.
- Grill installation must conform with local codes, or in the absence of local codes, with the National Fuel Gas Code, ANSI Z223.1/NFPA 54, Storage and Handling of Liquefied Petroleum Gases, ANSI/NFPA 58 or CSA B149.1, Natural Gas and Propane Installation Code.



- Use grill only with LP (propane) gas. Use grill only with the regulator/valve assembly supplied.
- Never use charcoal briquettes or lighter fluid in a gas grill.
- Discard used and empty fuel cylinder in a safe place.
- Store spare fuel canisters in a well-ventilated area away from the grill.
- Do not puncture or burn fuel canister.
- Do not operate the grill if there is a gas leak present.
- Do not enlarge orifice or burner ports when cleaning the regulator and burner.
- If you smell gas, turn Temperature Control Knob to LOCK/OFF to shut off gas to the grill. Extinguish any open flame and open Cover. If odor continues, immediately call your gas supplier or your fire department.
- Do not store or use gasoline or other flammable vapors and liquids in the vicinity of this or any other grill.
- An LP cylinder not connected for use shall not be stored in the vicinity of this or any other appliance.
- The LP-gas supply cylinder to be used must be constructed and marked in accordance with the specifications for LP-gas cylinders of the U.S. Department of Transportation (DOT) or the National Standard of Canada, CAN/CSA-B339, Cylinders, Spheres and Tubes for the Transportation of Dangerous Goods.
- If the grill is not in use, the Temperature Control Knob must be turned to LOCK/OFF to shut off the gas cylinder. Storage of a grill indoors is permissible only if the cylinder is disconnected and removed from the grill. Cylinders must be stored outdoors out of the reach of children and must not be stored in a building, garage or any other enclosed area.
- The regulator may make a humming or whistling noise during operation. This will not affect safety or use of grill.
- Save cylinder cap and reinstall when not in use.
- Cylinder supply system must be arranged for vapor withdrawal. The gas cylinder must be upright in use. Do not block the pressure relief valve during use or storage.
- Always remove one pound cylinder from grill when transporting and when not in use.

Getting To Know Your GP300 Propane Grill



- | | |
|--|--|
| 1. Base Support Ring (P/N 22156) | 13. Grill Plate (P/N 22167) |
| 2. Front Support Foot (P/N 22157) | 14. Grill Body |
| 3. Storage Case/Stand (P/N 22162) | 15. Burner Assembly |
| 4. Latch (4) (P/N 22161) | 16. Temperature Control Knob (P/N 21647) |
| 5. Transport Handle/Drip Container Holder | 17. Regulator (P/N 22185) |
| 6. Match Holder (P/N 21656) | 18. Side Tray, Right (P/N 22163R) |
| 7. Flame Viewing Hole | 19. Ignitor Button |
| 8. Burner Guard | 20. Ignitor Assembly (P/N 22186) |
| 9. Side Tray, Left, with Utensil Rack (P/N 22163L) | 21. Drip Container with Lid (P/N 22168) |
| 10. Reflector | 22. Rear Support Leg (P/N 22159) |
| 11. Grill Cover (P/N 22165) | 23. Wheel (2) (P/N 22160) |
| 12. Handle (P/N 22166) | 24. Securing Rod (P/N 22171) |

Before First Use

1. Remove the grill and any packaging materials from the shipping carton.
2. Place the Storage Case/Stand on a flat, level surface.
3. Unlatch the Storage Case/Stand and raise the Storage Case/Stand cover. Remove the Base Support Ring and the grill assembly.
4. Open the Grill Cover, remove the Drip Container and swing both Side Trays out to the side to remove the Grill Plate.
5. Wipe the Storage Case/Stand, Grill Body and Side Trays with a damp cloth to remove any dust. Wash the Grill Plate and Drip Container in warm, soapy water. Rinse and dry thoroughly.

6. The Handle Assembly and mounting hardware are packaged separately in a plastic bag. Remove all parts, then properly position the Handle on the front of the Grill Cover with the screws in the Handle facing down. From the inside of the Grill Cover, place one of the Screws and Washers through the hole in one side of the Cover and into the Handle. Repeat with the other side of the Handle. Securely fasten both Screws with a Phillips head screw driver. See Figure 1.

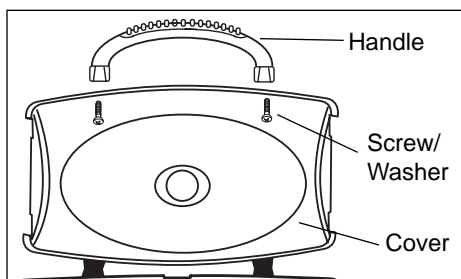


Figure 1

7. See "Grill Positions" and "Assembly Instructions" on the following pages.

Grill Positions

The Wheel-It and Grill-It™ Portable Propane Grill is compact enough to transport to any grilling location. Wheel-It from the storage shed to the patio, to a picnic in the park, or off on a camping trip. The Portable Propane Grill easily transforms from storage to transport and to the Grill-It position.

Storage Position: This position makes the grill compact enough for space saving storage. The Side Trays fold inside the grill allowing the entire grill assembly to be stored neatly and securely in the Storage Case/Stand. See "Storing Your Propane Grill" on page 17.

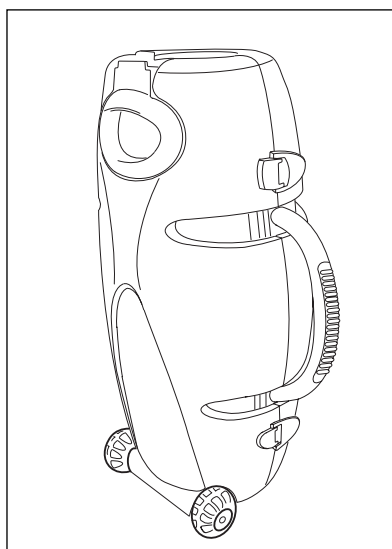


Figure 2

Grill Positions (Cont.)

Transport Position: To transform the grill from the Storage Position to the Transport Position, lift the Transport Handle/Drip Container Holder out from the closed position and roll away.

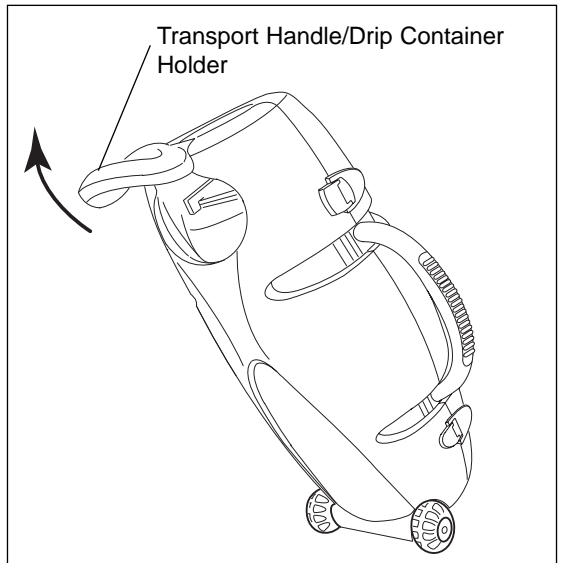


Figure 3

Grilling Position: This position is ideal for patio use, beach barbeques, camping sites, tail-gate parties or picnics in the park. See "Assembly Instructions" on page 9.

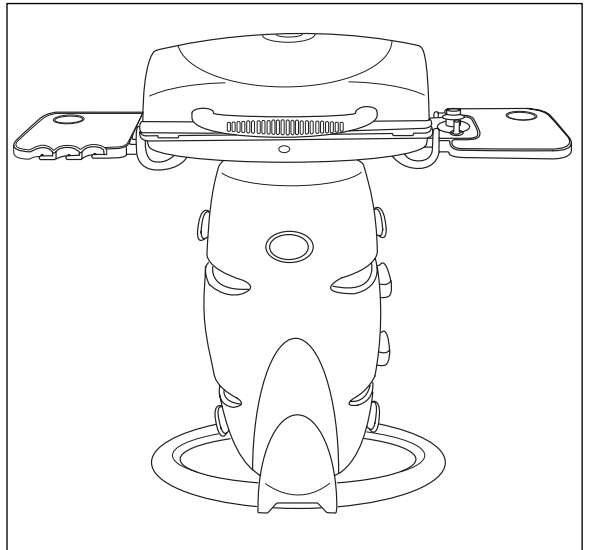


Figure 4

WARNING: DO NOT MOVE THE GRILL WHILE THE GRILL IS IN USE.

Assembly Instructions

CAUTION: It is advisable that two persons assemble the grill. Never use the Storage Case/Stand as a chair. Never load anything on the Storage Case/Stand except the grill. Never load over 6 1/2 lbs. (3kg) on each Side Tray.

To transform the Grill from the Transport Position to the Grilling Position, lay the Storage Case/Stand on its side, unlatch, then remove the Base Support Ring and Grill Body assembly.

Close and latch all 4 Latches of the Storage Case/Stand. Turn the Storage Case/Stand upside down and pull out the Front Support Foot and the Support Leg with wheels. Position the Base Support Ring above the Front Support Foot. Align and insert the tabs of the Front Support Foot into the notches on the underside of the Base Support Ring. Slide the notches on the opposing side of the Base Support ring under the tabs on the Storage Case/Stand. Raise the Securing Rod and snap it under the metal clips on the Support Leg with wheels. The other end of the Securing Rod will snap into the groove on the top of the Base Support Ring and lock the assemblies together. Turn the Storage Case/Stand to the upright position. See Figure 5.

Place the grill assembly on top of the Storage Case/Stand by sliding the Mounting Bracket under the inside lip of the Storage Case/Stand. Lift up the Transport Handle/Drip Container Holder to a level position. Insert the Drip Container.

IMPORTANT: Push the Transport Handle/Drip Container Holder into the slot of the Grill to lock it in place. This is necessary as it keeps the Holder in place and secures the back of the Grill Assembly.

Raise the Cover and swing out both Side Trays. **IMPORTANT:** Always unfold the Side Trays before igniting, pre-heating or using the grill.

Attach the One Pound Propane Cylinder as instructed in 'Attaching Propane Gas Cylinder'. The Grill is ready for use.

Make sure the Drip Container is in proper position, and remember that the grill should always be operated with the Regulator on the right and the Drip Container in the rear.

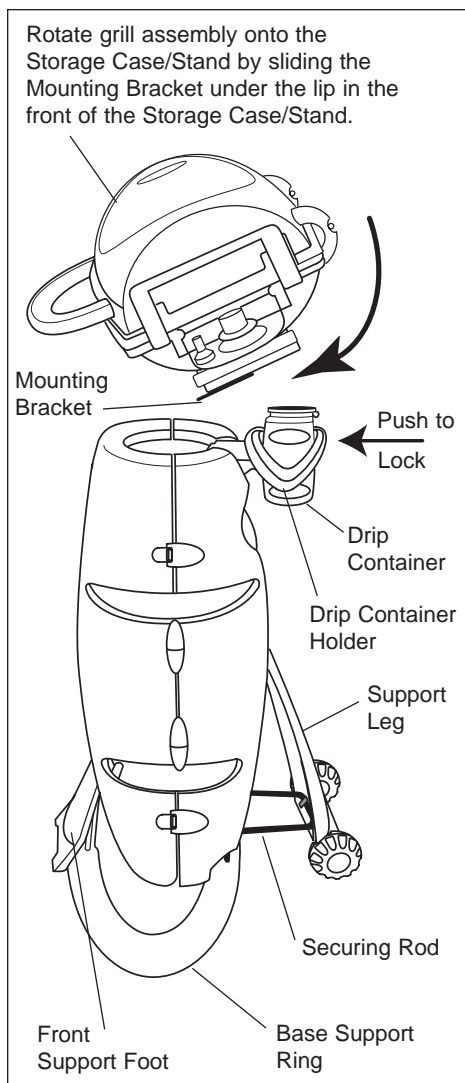


Figure 5

Attaching Propane Gas Cylinder

Turn the Temperature Control Knob to the LOCK/OFF Position. Push the one pound propane cylinder slightly into the valve while turning counterclockwise until a snug fit is obtained.

Testing for Leaks

SAFETY PRECAUTIONS:

- **Test for leaks outdoors in a well ventilated area. First:**
 1. Mix a couple tablespoons of liquid detergent with an equal amount of water. Use mild soap and water. **DO NOT USE HOUSEHOLD CLEANING AGENTS.**
 2. Be sure that the Temperature Control Knob is in the LOCK/OFF position.
 3. Use a clean paint brush to brush soapy solution onto connection between gas cylinder and Regulator orifice, and watch for bubbles.
 4. If bubbles form or if a bubble grows, there is a leak. Retighten connection and repeat steps (2) and (3).
- **Test all gas connections for leaks before using your propane grill.**
- **Test for leaks every time you connect the gas supply.**
- **Do not smoke while checking for leaks.**
- **DANGER - Do not use an open flame to check for gas leaks. Be sure there are no sparks or open flames in the area while you check for leaks. This will result in a fire or explosion which can cause serious bodily injury or death, and damage to property.**

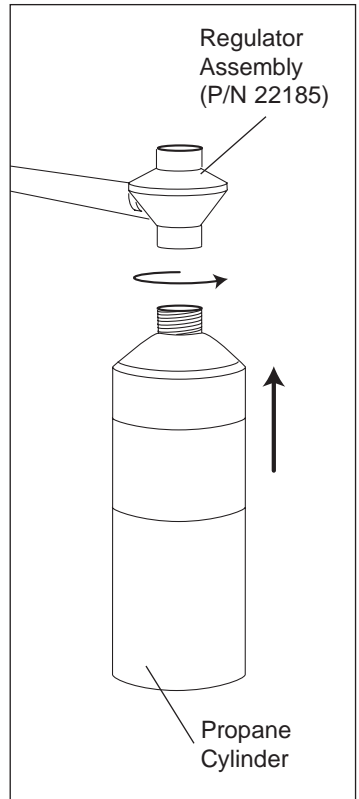


Figure 6

NOTE: If you cannot stop a leak, remove gas cylinder and check for damaged threads, dirt and debris at the connection and gas cylinder. Also check to see if anything is obstructing flow of gas at the connection and gas cylinder openings. Remove any obstruction that may be found and repeat leak test.

Checking the Ignitor:

- The Temperature Control Knob must be in the "LOCK/OFF" position. Press the Ignitor button rapidly. A "CLICK" should be heard and spark seen through Flame Viewing Hole.

How To Use the George Foreman GP300 Propane Grill

IMPORTANT: Make sure the Drip Container is in proper position before use.

Lighting Burner with Ignitor:

1. Turn Temperature Control Knob counterclockwise to "OFF", push in, and then turn the Temperature Control Knob to "HIGH".
2. To light, rapidly push the Ignitor button down until it "clicks". Use Flame Viewing Hole to be sure all burner ports light and stay lit.
3. If Ignitor **does not** work, turn the Temperature Control Knob to OFF/LOCK. Open the Cover and remove the Grill Plate to allow the gas to dissipate. Wait five minutes, then follow match lighting instructions below.

Lighting Burner with Matches:

1. Secure a paper match to Match Holder, light the match with a second lit match, and place lit match through the Flame Viewing Hole to the nearest burner ports.
2. Turn Temperature Control Knob counterclockwise to "OFF", push in, and then turn the Temperature Control Knob to "HIGH".

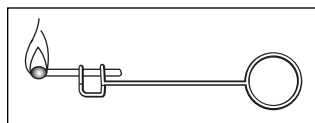


Figure 7

WARNING: If burner does not light within 5 seconds, turn Temperature Control Knob to the LOCK/OFF position. Open the Cover and remove the Grill Plate to allow the gas to dissipate. Wait 5 minutes, then try again.

Grilling Instructions:

1. Light burner and turn the Temperature Control Knob from HIGH to LOW. Check the flame through the Flame Viewing Hole making sure the burner is lit. See Figure 8.
2. **To preheat:** Close the Grill Cover and preheat on HIGH for 8 minutes. During the first use, you may notice a slight odor caused by the curing of paint and parts. **IMPORTANT:** Do not close the Grill Cover for more than 8 minutes, or without food loaded on the Grill Plate. The non-stick coating may be damaged.
3. After the 8 minute preheat period, carefully open the Cover and place food onto the Grill Plate. Cook until done, turning at least once halfway through cooking time for most foods. Adjust flame with Temperature Control Knob as needed.

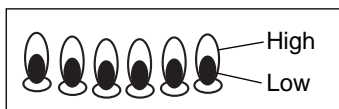


Figure 8

How To Use the George Foreman GP300 Propane Grill (Cont.)

Grilling Instructions Continued:

4. When the food is cooked, remove with heat resistant plastic or wooden spatula or other utensil. Be sure to always use either plastic or wooden utensils so as not to scratch the non-stick surface. Never use metal tongs, forks or knives as these can damage the coating on the Grill Plate.

CAUTION: Do not leave any utensils on the Grill Plate surface while it is hot.

5. When finished cooking, or when the propane cylinder is empty, turn the Temperature Control Knob to the LOCK/OFF position and remove the propane cylinder.
6. Allow the Grill to cool before disassembling and cleaning.
7. When cool, the Drip Container may be removed and emptied. **Be sure the liquid has cooled before removing Drip Container.**

Grilling Hints and Tips

- Use tender cuts of meat for grilling.
- Marinate tougher cuts of meat to tenderize them before grilling.
- To avoid drying out meat and fish, turn only once and do not pierce.
- To turn meat and fish, use a large flat plastic or wooden spatula to support the food.
- Place meat or chicken to be roasted in a shallow baking pan. Using oven mitts carefully place pan on preheated grill, taking care not to scratch the non-stick surface. Close Cover on the Grill Plate.
NOTE: Just resting a baking container on top of the non-stick surface will not damage it. Do not use saucepans or plates.
- Do not cut food on non-stick surface.
- Use only heat resistant plastic or wooden utensils on non-stick surfaces.
- Adjust heat setting gradually and only as necessary. Cooking foods at a high temperature can cause them to dry out.
- When grilling fish or chicken breast fillets, tuck extremely thin parts under to prevent over cooking.

Grilling Guide

The following times are to be used as a guideline only. Preheat the Grill for eight minutes. Cooking times will vary due to the cut or thickness of the meat being cooked. To be sure that the food is done, use a meat thermometer. If the food is not quite done, continue to cook and check periodically so it is not over cooked.

Food & Quantity	Temperature Setting	Approximate Cooking Time	Special Instructions
Beef			
Hamburgers, 4 oz. each, 3/4" thick	Medium High	12-15 min.	Turn halfway through cooking time.
Hamburgers, 8 oz. each, 1" thick	Medium High	15-18 min.	Turn halfway through cooking time.
Ribeye Steak, 12 oz. each, 1/2" thick	Medium High	Med.-Rare 4-5 min. Medium 5-6 min. Well 6-7 min.	Turn halfway through cooking time.
Ribeye Steak, 8 oz. each, 1" thick	Medium High	Med.-Rare 7-8 min. Medium 8-9 min. Well 9-10 min.	Turn halfway through cooking time.
T-bone Steak, 6 oz. each, 1/2" thick	Medium High	Med.-Rare 5-6 min. Medium 6-7 min. Well 7-8 min.	Turn halfway through cooking time.
T-bone Steak, 8 oz. each, 1" thick	Medium High	Med.-Rare 8-9 min. Medium 9-10 min. Well 10-11 min.	Turn halfway through cooking time.
Beef Kabobs	Medium	Well 15-20 min.	Marinate in oil and seasoning. Turn often during cooking time.
Pork			
Pork Chops, bone-in, 4-6 oz. each, 1/2" thick	Medium Low	Med. 6-7 min. Well 8-9 min.	Turn halfway through cooking time.
Pork Chops, boneless, 8 oz. each, 1 1/4" thick	Medium Low	Med. 16-17 min. Well 18-19 min.	Turn halfway through cooking time.
Bacon	Medium	Well 9-15 min.	Turn frequently while cooking
Pork Sausage Patties, 1 1/2 oz. each, 1/2" thick	Medium	Well 6-8 min.	Turn halfway through cooking time.
Spare Ribs, 1 slab, each pc 3 rib sections	Low	Well 50-60 min.	Parboil for 15 minutes before putting on grill. Cook 30 minutes, turn halfway through cooking time. Add barbeque sauce. Turn after 10-15 minutes and add sauce to other side. Cook another 10-15 min.

PLEASE NOTE: The USDA recommends that meats such as beef and lamb, etc. should be cooked to an internal temperature of 145° - 170°F, pork should be cooked to an internal temperature of 160°F - 170°F, and poultry products should be cooked to an internal temperature of 170°F - 180°F to be sure any harmful bacteria has been killed. When reheating meat/poultry products, they should also be cooked to an internal temperature of at least 165°F.

Grilling Guide (Cont.)

Food & Quantity	Temperature Setting	Approximate Cooking Time	Special Instructions
Chicken			
Whole Chicken, 3 1/2 - 5 lbs.	Low	1 - 1 3/4 hrs.	Brush with oil, Kitchen Bouquet® and seasonings. Place in a large size Reynolds® Hot Bag™. Follow directions for whole roast chicken on the grill. Turn halfway through cooking time.
Whole Chicken, cut into pieces	Medium High	Well 17-35 min.	Turn as necessary during cooking time.
Chicken Breast, boneless-skinless, 6 oz. each	Medium High	Well 15-18 min.	Turn halfway through cooking time.
Chicken Wings	Medium High	Well 15-18 min.	Turn as necessary during cooking time.
Leg Quarters	Medium High	Well 25-35 min.	Turn halfway through cooking time.
Chicken Kabobs	Medium	Well 15-20 min.	Marinate in oil and seasoning. Turn often during cooking time.
Seafood			
Tuna Steak, 1" thick	Medium	6-9 min.	Turn halfway through cooking time.
Salmon Steak, 1" thick	Medium	7-9 min.	Turn halfway through cooking time.
Orange Roughy Fillet, 1" thick	Medium Low	10-13 min.	Tuck under thin parts. Turn halfway through cooking time.
Large Black Tail Shrimp, deveined-split shell	Medium Low	4-6 min.	Turn halfway through cooking time.
Miscellaneous			
Corn on the Cob	Low	40-50 min.	Soak in husk for 20 min. and wrap in foil. Turn halfway through cooking time.
Baked Potatoes	High	1 - 1 1/4 hrs.	Pierce potatoes, oil and season skins. Wrap in foil. Turn halfway through cooking time.
Pineapple Slices, 1/2" thick	Medium	10-15 min.	Turn halfway through cooking time.

Grilling Guide (Cont.)

Food & Quantity	Temperature Setting	Approximate Cooking Time	Special Instructions
Miscellaneous			
Zucchini, 1/2" thick, sliced from end to end	Medium	10-15 min.	Brush with oil, and seasonings. Turn halfway through cooking time.
Peppers, (red, yellow & green), rings & slices, 1/2" thick	Medium	10-12 min.	Marinate in oil and seasoning. Turn halfway through cooking time
Peppers, (red, yellow & green), quartered, sliced from end to end	Medium	15-20 min.	Marinate in oil and seasoning. Turn halfway through cooking time
Bratwurst, 1" thick	Medium	Well 15-20 min.	Turn halfway through cooking time.
Cooked Ring Polish Kielbasa, 1 1/2" thick	High	12-15 min.	Turn halfway through cooking time.
Cooked Beef Bratwurst, 1" thick	High	12-15 min.	Turn halfway through cooking time.
Cooked Kielbasa, 1" thick	High	12-15 min.	Turn halfway through cooking time.
Hot Dogs, 3/4" thick	High	8-10 min.	Turn halfway through cooking time.
Jumbo Hot Dogs, 1" thick	High	10-12 min.	Turn halfway through cooking time.

Instructions For Cleaning

CAUTION: Grill surfaces are hot during use. Allow Grill Plate, Drip Container, Cover and Grill Body to cool completely before handling and cleaning.

1. Turn the Temperature Control Knob to the LOCK/OFF position and allow the grill to cool before disassembling and cleaning.
2. Remove the propane cylinder.
3. Remove the Grill Plate and empty the Drip Container.
4. Wash the Grill Plate and Drip Container with warm, soapy water and a plastic scouring pad. Rinse and dry thoroughly. Do not use steel wool, coarse scouring pads or harsh or abrasive cleaners. If necessary, use a nylon bristle brush to loosen hardened food particles.
5. Wash exterior parts with a soft sponge and warm clear water. Nonabrasive cleaners may also be used.
6. Use a damp cloth to clean the inside of Cover and Grill Body.

Cleaning the Burner Assembly

IMPORTANT: Clean burner assembly prior to use after storing, at the beginning of grilling season or an inactive period of one month. Spiders and insects like to build nests in burner tubes, especially during colder months. The nests can cause fires in burner tubes or under grill.

In order to clean the inside of the burner tubes, the Burner Assembly must be removed from the grill. Make sure the propane cylinder, Grill Plate and Drip Container have been removed before proceeding.

1. Turn the Grill Body upside down. Refer to Figure 9 and locate the clip that holds the venturi to the Regulator Assembly. Pull straight up on the clip, set it to the side and return the Grill Body to the Upright position.
2. Refer to Figure 10 and locate the two machine screws that secure the Burner Assembly to the grill. Loosen and remove these screws, making sure you retain the screws, washers and hex nuts for reassembly.

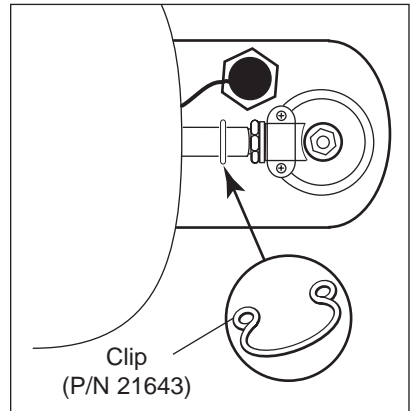


Figure 9

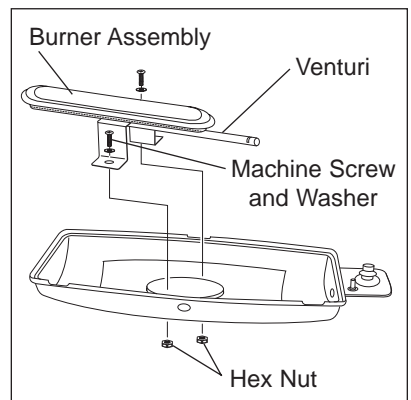


Figure 10

Instructions For Cleaning (Cont.)

3. Carefully pull back on the Burner Assembly, disengaging the venturi from the Regulator Assembly. Please see Figure 10. Since the Ignitor is still attached to the Burner Assembly, use care to avoid stressing the cable. There is enough slack available to allow you to look into the end of the venturi and clean with a pipe cleaner if needed.
4. When clean, carefully reassemble the Burner Assembly and Reflector, making sure the mounting screws are tight and the venturi tube and clip are properly connected to the Regulator Assembly.
5. Clean the outside of the Burner Assembly with a paper towel or damp sponge. Open any clogged holes with a thin wire.

Storing Your Propane Grill

1. Clean the Grill as instructed above.
2. To transform the grill from the Grilling Position to Storage Position, fold in the Side Trays, store the Drip Container inside the Grill Body, and close the Cover. Unlock the Transport Handle/Drip Container Holder, and remove the Grill Body from the Storage Case/Stand.
3. Open the Storage Case/Stand, and attach the Base Support Ring back to the integral groove of Storage Case/Stand. Place the Grill Body inside the Storage Case/Stand, close the cover, and lock the latches.
4. Store the propane cylinder outdoors in a well-ventilated space and out of reach of children.
5. Cover grill when stored outdoors.
6. Store grill indoors only if the propane cylinder is turned off and disconnected, removed from grill and stored outdoors.
7. When removing grill from storage, follow the "Cleaning the Burner Assembly" instructions before using the grill.

Any servicing requiring disassembly other than the above cleaning must be performed by an authorized appliance repair technician.

Do **NOT** ship gas cylinder if product needs service or repair.

Recipes

The Champ's Sausage Without Guilt

Try this sizzling sausage patty that not only tastes good, but is also good for you. Choose ground turkey breast, which is lower in fat than ground turkey containing dark meat and skin. Turkey, especially the light meat, is a good source of niacin, which is an important B vitamin needed to maintain a healthy nervous system. Early symptoms of niacin deficiency that appear in the nervous system are apprehension, irritability, depression, weakness, and loss of memory. To prevent niacin deficiency, include plenty of lean turkey, fish, whole wheat, potatoes, corn flower, eggs, broccoli, tomatoes, and carrots.

2 slightly beaten egg whites
2/3 cup finely chopped onion
1/2 cup finely snipped dried apples or 1 cup finely chopped fresh red
Delicious apple
1/2 cup seasoned bread crumbs
4 Tbsp. snipped fresh parsley
1 tsp. sea salt
1 tsp. ground sage
1/2 tsp. ground nutmeg
1/2 tsp. black pepper
1/4 tsp. cayenne pepper
1 lb. lean ground turkey breast

- In a medium bowl, combine all ingredients except turkey. Add the ground turkey and mix well.
- Shape the mixture into sixteen to eighteen 2-inch wide patties.
- Preheat the Grill on MED for 8 minutes.
- Place sausage on the Grill. Lower Cover and cook for 6-7 minutes. Turn and cook another 6-7 minutes or until the meat is no longer pink and the juices run clear.
- Serves 8

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

George's Sausage Texas Style

A spicy sausage with true Southwestern zip! These breakfast sausages are great served with a sautéed vegetable or fresh salsa and scrambled eggs. Buy 90% lean ground beef for the least-fat sausage. Ninety percent lean beef has 9 grams of fat with 4 of those grams being saturated fat; whereas 73% lean beef has 18 grams of fat with 7 of the grams being saturated.

2 slightly beaten egg whites
2/3 cup finely chopped onion
1/2 cup seasoned bread crumbs
1/2 cup diced green chili peppers
2 cloves (large) garlic, finely minced
4 Tbsp. snipped fresh cilantro
2 Tbsp. apple cider vinegar
1 Tbsp. chili powder
1/2 tsp. sea salt
1/4 tsp. cayenne pepper
1 lb. lean ground beef

- In a medium bowl, combine all ingredients except ground beef. Add the ground beef and mix well.
- Shape the mixture into sixteen 3-inch wide patties.
- Preheat the Grill on MED/HIGH for 8 minutes.
- Place the patties on the Grill.
- Lower Cover and cook for 5-6 minutes. Turn and cook for another 5-6 minutes or until meat is no longer pink and the juices run clear.
- Serves 8

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

Recipes (Cont.)

George Foreman's Power Burger

A flavorful hamburger that we think tastes even better than its all-meat cousin! It pays to eat meals that minimize meat. To reduce saturated fat in a typical burger, you can cut back on the amount of meat and make up for it with plant-based ingredients. Bread crumbs and chopped vegetables have been added in this recipe. You could also try cooked rice, other grains or cereal. In addition, choose whole wheat buns; they typically contain one less fat gram than regular or even reduced-calorie buns.

If you settle for nothing less than a cheeseburger, Swiss cheese is 1 gram lower in fat than Cheddar, American or Monterey Jack with 8 grams of fat versus 9 in each ounce of cheese. However, reduced fat cheeses like Cheddar or Swiss contain half the fat with 4 grams per ounce. Mustard contains 1 gram of fat per tablespoon versus a whopping 11 grams of fat in a tablespoon of mayonnaise.

Top your burger in healthful style with dark, leafy green lettuce, shredded cabbage, fresh cilantro, basil or spinach.

3/4 cup chopped vegetables such as yellow onions,
green onions, zucchini, parsley (can be sautéed)
3/4 cup seasoned bread crumbs
2-1/4 lbs. lean ground beef

- In a medium-size mixing bowl, combine the vegetables and bread crumbs. Add the ground beef and mix well.
- Shape the mixture into twelve 4-inch wide patties.
- Preheat the Grill on MED/HIGH for 8 minutes.
- Place the patties on the Grill.
- Lower Cover and cook 6-8 minutes. Turn and cook another 6-7 minutes or until the meat is no longer pink and the juices run clear.
- Serves 12

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

Grilled Vegetables

12 slices eggplant (or 8 baby eggplants)
4 small onions
4 small tomatoes
2 small zucchini
8-12 mushrooms
8 large cloves of garlic, peeled and sliced 1/4" thick
2/3 cup olive oil
4 tablespoons Italian seasoning

- Slice all vegetables 1/2 inch thick.
- Brush vegetables and garlic lightly with olive oil.
- Sprinkle Italian seasoning on both sides of vegetables and garlic.
- Preheat the Grill on MED for 8 minutes.
- Place vegetables and garlic on Grill. Lower Cover and cook for 7-8 minutes. Turn and cook another 10-15 minutes or until desired doneness is achieved.
- Serves 6-8

Serve as an accompaniment to meat and pasta, or stuff them into a piece of pita or French bread for a grilled vegetable sandwich.

Mustard Lemon Chicken Breasts

4 tablespoons mustard
4 tablespoons balsamic vinegar
6 tablespoons lemon juice
4 cloves garlic, minced
2 tsp. paprika
8 6-oz. chicken breast, halved, boneless and skinless

- In a medium non-metal bowl, combine all ingredients except chicken.
- Add chicken breast and let it marinate for at least 1/2 hour in the refrigerator.
- Preheat the Grill on MED for 8 minutes.
- Place chicken on Grill. Lower Cover and cook for 9-10 minutes. Turn and cook another 9-10 minutes or until meat is no longer pink and the juices run clear.
- Serves 8

Recipes (Cont.)

Rosemary Lamb Chops

16 loin lamb chops (1/2" thick)

4 tsp. chopped fresh rosemary

ground black pepper to taste

- Sprinkle chops with rosemary and pepper.
- Preheat Grill on MED/HIGH for 8 minutes.
- Place meat on Grill. Lower Cover and cook 3-4 minutes. Turn and cook for another 3-4 minutes or until desired doneness.
- Serves 8

LIMITED ONE YEAR WARRANTY

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Attn: Repair Center
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