

OWNER'S MANUAL

Model No. GR16SBCAN

GEORGE FOREMAN™

LEAN
MEAN
FAT REDUCING
GRILLING
MACHINE!

George Foreman



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs and oven mitts or pot holders.
3. To protect against electric shock do not immerse cord, plugs, or appliance in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. Contact consumer service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. To disconnect, press ON/OFF button to OFF, then grasp plug and remove from wall outlet.
12. Do not use appliance for other than intended use.
13. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. Allow liquid to cool before removing and emptying drip tray.

SAVE THESE INSTRUCTIONS
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

ADDITIONAL IMPORTANT SAFEGUARDS

CAUTION HOT SURFACES: *This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other injury to persons or damage to property.*

CAUTION: *This appliance is hot during operation and retains heat for some time after turning off. Always use oven mitts when handling hot materials and allow metal parts to cool before cleaning. Do not place anything on top of the appliance while it is operating or while it is hot.*

1. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. If this appliance begins to malfunction during use, immediately unplug cord from outlet. Do not use or attempt to repair the malfunctioning appliance.
4. Do not leave this appliance unattended during use.
5. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not allow this appliance to touch curtains, wall coverings, clothing, dish towels or other flammable materials during use.
6. This appliance generates steam—do not operate in open position.
7. **Using pot holder, hold the top cover (Lid) open while placing or removing food on the cooking surface to prevent accidental closing and injury.**

Polarized Plug

If this appliance has a polarized plug, one blade is wider than the other. To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

Short Cord Instructions

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Do not use an extension cord with this product.

Grounded 3-Conductor Plug

If this appliance is equipped with a grounded-type 3-wire cord (3-prong plug) the plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature. If the plug should fail to fit the outlet, contact an electrician to replace the obsolete outlet. Do not attempt to defeat this safety feature.

Electric Power

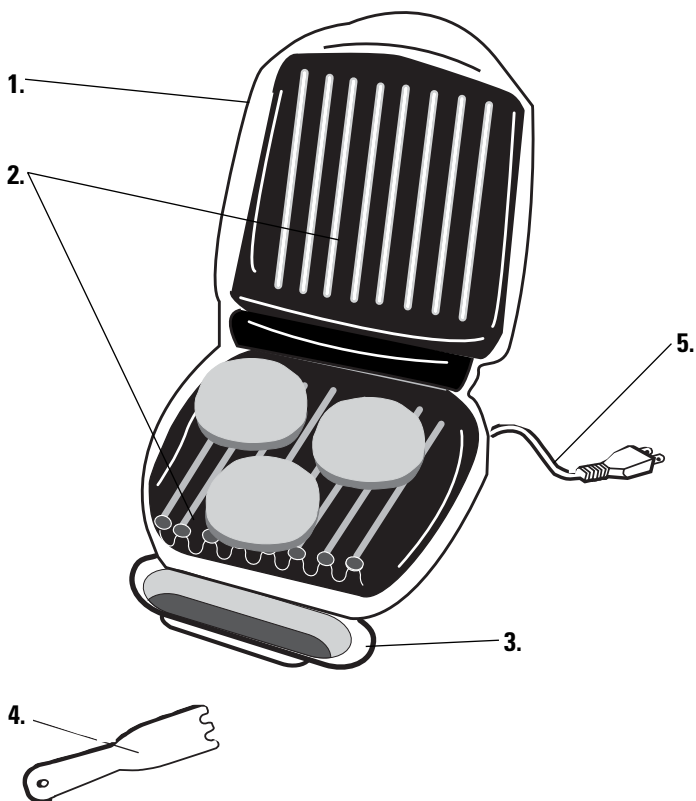
If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

Plasticizer Warning

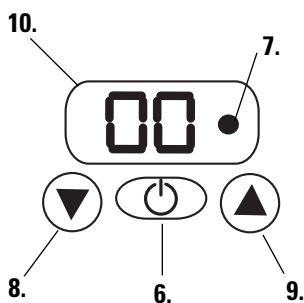
CAUTION: To prevent Plasticizers from migrating from the finish of the counter top or table top or other furniture, place **NON-PLASTIC** coasters or placemats between the appliance and the finish of the counter top or table top.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

Getting To Know Your GR16SBCAN Grilling Machine



1. Grilling Machine Body
2. Grilling Machine Grilling Plates
3. Drip Tray (P/N 21516B)
4. Plastic Spatula (P/N 20147G)
5. Cord
6. ON/OFF Button
7. Power On Indicator (LED)
8. Timer Down Button
9. Timer Up Button
10. Timer Display (LED)



How To Use George Foreman's Lean Mean Fat Reducing Grilling Machine

1. Before using the appliance for the first time, wipe the Grilling Plates with a damp cloth to remove all dust.
2. **To preheat:** Close the Lid and plug cord into a 120V AC polarized outlet. The Timer display will show a "--". Press the ON/OFF Button. The Indicator LED light will go on and the grilling plates will begin heating. At the same time the Timer Display will show a "5", indicating the start of the 5 minute pre-heat countdown. When the countdown is complete the unit will beep 4 times. The Timer Display will show "on" as a reminder that the power is still on.
3. Use a "pot holder" to carefully open the Lid.
4. Slide the Drip Tray under the front of the unit.
5. Carefully place the items to be cooked on the bottom cooking plate.
6. Close the Lid and press the Timer Up Button to set the desired grilling time. You can adjust the time up to 20 minutes. The Timer Display will show the set time. To adjust the Timer down, simply press the Timer Down Button.
7. Allow the food to cook for the desired time. (Consult the Recipe Section at the back of this book for some suggestions.) ***Do not leave appliance unattended during use!***

During grilling, the Timer Display will begin counting down. When the set time has elapsed the unit will beep 4 times.

8. After the desired amount of time, the food should be done.
9. Press the ON/OFF Button to turn off the Grill. If the unit is not turned off, it will automatically shut off after one hour. Disconnect the plug from the wall outlet.

CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the "Power On Indicator" is off (not illuminated) before disconnecting the plug from the outlet.

10. Use a "pot holder" to carefully open the Lid.
11. Remove the food using the Plastic Spatula provided. 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 grilling plates.
12. When cool, the Drip Tray may be removed and emptied. **Be sure the liquid is cooled before removing Drip Tray.**

Suggested Cooking Chart

	Rare (145°F)*	Medium (160°F)*	Well (170°F)*
Salmon Filet	2½ min.	3 min.	4½ min.
Salmon Steak	4 min.	6 min.	10 min.
Sword Fish	7 min.	9 min.	10 min.
Tuna Steak	6 min.	8 min.	10 min.
White Fish	4 min.	5½ min.	7 min.
Shrimp	1½ min.	2½ min.	3½ min.
4 oz. Turkey Burgers			5 min.
8 oz. Turkey Burgers			6 min.
Pork Loin		5 min.	6 min.
4 oz. Burgers	7 min.	8 min.	9 min.
8 oz. burgers	8 min.	9 min.	10 min.
Chicken Breast (boneless/skinless)			9 min.
Link sausage		4 min.	5 min.
Sliced Sausage (¾" thick)		6 min.	7 min.
Fajita Beef (½" thick slices)	1½ min.	2 min.	2½ min.
T-Bone	8 min.	9 min.	10 min.
NY Strip	4 min.	7 min.	10 min.
Flank Steak	7 min.	8 min.	10 min.
Onions and Peppers (brush with olive oil)		8½ min.	

NOTE: Most meats were 1" thick. These are recommended guidelines only. Personal taste and thickness of cut may vary cooking times. Always check for doneness and always use fresh, refrigerated foods.

PLEASE NOTE: The USDA recommends that meats such as beef and lamb, etc. should be cooked to an internal temperature of 145°F. Pork should be cooked to an internal temperature of 160°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 re-heating meat/poultry products, they should also be cooked to an internal temperature of 165°F.

* Internal Food Temperature

User Maintenance Instructions

CAUTION: To avoid accidental burns, allow your appliance to cool thoroughly before cleaning.

1. Before cleaning, unplug the appliance from the wall outlet and allow to cool.

CAUTION: To avoid any sparks at the outlet while disconnecting plug, make sure the "Power On Indicator" is off (not illuminated) before disconnecting the plug from the outlet.

2. **Inside cleaning:** Place the Drip Tray under the front of the appliance. Using the specially designed spatula, scrape off any excess fat and food particles. Wipe the plates with absorbent paper towel or a sponge. Run off will drip into the Drip Tray.
3. **Stubborn build-up:** Use a non-metallic scrubbing pad to clean the plates.
4. Empty the Drip Tray and clean with warm soapy water. Wipe dry.
5. **Outside cleaning:** Wipe with a warm, wet sponge and dry with a soft, dry cloth.
6. Do not use steel wool, scouring pads, or abrasive cleaners on any part of the appliance.
7. **DO NOT IMMERSE IN WATER OR OTHER LIQUID.**
8. Any servicing requiring disassembly other than the above cleaning must be performed by a qualified electrician.
9. Make sure to hold the top cover (Lid) by hand while cleaning to prevent accidental closing and injury.

Recipes

NOTE: For all recipes, please remember to place Drip Tray in front of the appliance to catch drippings from the cooking process.

The Champ's Sausage Without Guilt

You can start your day with a sizzling sausage patty that not only tastes good, but is also good for you. This moist, flavorful sausage, served with a country-style biscuit, makes the complete breakfast. 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.

1 slightly beaten egg white
1/3 cup finely chopped onion
1/4 cup finely snipped dried apples or
1/2 cup finely chopped fresh red Delicious apple
1/4 cup seasoned bread crumbs
2 Tbsp. snipped fresh parsley
1/2 tsp. sea salt
1/2 tsp. ground sage
1/4 tsp. ground nutmeg
1/4 tsp. black pepper
1/8 tsp. cayenne pepper
1/2 lb. lean ground turkey breast

- In a medium size mixing bowl, combine the egg white, onion, dried or fresh apples, bread crumbs, parsley, salt, sage, nutmeg, black pepper, and cayenne pepper. Add the ground turkey and mix well.
- Shape the mixture into eight or nine 2-inch wide patties.
- Preheat the appliance and place the patties on the grill three at a time. Close the Lid. Cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8 - 9 patties

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 egg scramble. 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.

1 slightly beaten egg white
1/3 cup finely chopped onion
1/4 cup seasoned bread crumbs
1/4 cup diced green chili peppers
1 clove (large) garlic, finely minced
2 Tbsp. snipped fresh cilantro
1 Tbsp. apple cider vinegar
1-1/2 tsp. chili powder
1/4 tsp. sea salt
1/8 tsp. cayenne pepper
1/2 lb. lean ground beef

- In a medium-size mixing bowl, combine the egg white, onion, bread crumbs, green chili peppers, garlic, cilantro, vinegar, chili powder, salt and cayenne pepper. Add the ground beef and mix well.
- Shape the mixture into eight 3-inch wide patties.
- Preheat the appliance for 5 minutes and place the patties on the grill three at a time. Close the Lid.
- Cook for 5 minutes or until the meat is no longer pink and the juices run clear, turning once or twice.
- Yield: 8 patties

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

George Foreman's PowerBurger

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.

1/4 cup chopped vegetables such as yellow onions,
green onions, zucchini, parsley (can be sautéed)
1/4 cup seasoned bread crumbs
3/4 lb. 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 4-inch wide patties.
- Preheat the appliance and place the patties on the grill. Close the Lid.
- Cook for 8 - 9 minutes or until the meat is no longer pink and the juices run clear, turning once.
- Yield: Serves 4

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

Grilled Vegetables

6 slices eggplant, 1/2" thick (or use 2 baby eggplants)
2 small onions, sliced 1/2" thick
2 small tomatoes, diced
2 small zucchini, sliced
4 large cloves of garlic, peeled and sliced
4-6 mushrooms, sliced
1 tsp. olive oil (optional)

- Preheat the appliance. At this time, also spread on olive oil if desired.
- Add the sliced eggplant and garlic, cover and cook 3 minutes.
- Add the slices of onion, zucchini, and mushrooms. Cover and cook 3 - 5 minutes.
- Remove the eggplant and zucchini and mushroom slices to a plate.
- Add tomatoes to the onion and garlic. Cover and cook for one minute.
- Remove and serve over the eggplant, zucchini, and mushrooms.
- Yield: Serves 2 - 4

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

Rosemary Lamb Chops

4 lamb chops, shoulder or loin
2 tsp. fresh chopped rosemary (or 1/2 tsp.dried)
ground black pepper to taste

- Coat chops with rosemary and pepper.
- Preheat the appliance.
- Close Lid and cook for 7 - 9 minutes for medium (a hint of pink in the middle) and 11 minutes for well done.
- Serve immediately
- Yield: Serves 4

Mustard Lemon Chicken Breasts

2 Tbsp. mustard
2 Tbsp. balsamic vinegar
3 Tbsp. lemon juice
2 cloves garlic, minced
1 tsp. paprika
4 6 oz. chicken breasts halved with the skin taken off

- Mix first 5 ingredients.
- Add chicken breast and let it marinate for at least 1/2 hour in the refrigerator.
- Preheat the appliance.
- Place marinated chicken on appliance and close Lid. Let cook for 8 - 9 minutes.
- Remove and serve.
- Yield: Serves 4

Sole with Tomatoes

2 tsp. olive oil
2 small onions, diced
2 cloves garlic, minced
2 small tomatoes, chopped
2 Tbsp. fresh basil or 1/2 tsp. dried, chopped
1 Tbsp. fresh parsley, chopped
1 Tbsp. ground pepper
1 Tbsp. lemon juice
1 lb. fillet of sole (or any white fish fillet)

- Preheat the appliance.
- Sauté the onion and garlic in oil for 2 minutes, stirring occasionally.
- Add the tomato, half of the herbs and a few grinds of pepper. Lay the fish on top, add the lemon juice and remaining herbs.
- Cover and let cook for 5 - 6 minutes.
- Lift the fish and the vegetables onto a plate. If any juices have dripped into the Drip Tray, use as a sauce to pour on top of the fillet.
- Serve with fresh bread or rice.
- Yield: Serves 3 - 4

Strip Steak Polynesian

4 Tbsp. soy sauce
2 cloves garlic, minced
2 tsp. honey
4 - 6 oz. strip steaks

- Combine first 3 ingredients.
- Marinate the strip steak in the mixture for approximately one hour in the refrigerator.
- Preheat the appliance.
- Place the marinated strip steaks onto the preheated grill. Close the Lid.
- Grill for 6 minutes, open grill, add the rest of the marinade sauce to the top of the steaks. Close the Lid.
- Grill for 1 minute, open grill and serve on a bed of rice.
- Yield: Serves 4

Burritos

2 small onions, chopped
4 cloves garlic, minced
4 cups ground meat, shredded beef, or chicken cubed
2-1/2 cups canned red chili sauce
2 tsp. salt
1 tsp. cinnamon & cumin

- Preheat the appliance.
- Add onions and garlic and sauté for 1 minute.
- Add meat/chicken, close the Lid, and cook for 3 minutes or until cooked through.
- Add red chili sauce and seasoning until mixed through and hot.
- Remove from grill.
- Yield: Makes 8 burritos

Roll into warmed flour tortilla and top with your choice of guacamole, sour cream, shredded Jack cheese.

NOTE: For additional recipes you can order "The George Foreman Lean Mean Fat Reducing appliance Cookbook", item number "GR150".

Frequently Asked Questions

Question	Response
1. Can I cook frozen food on my George Foreman Grill?	Yes, but of course the cooking time will be longer. And it is preferable that food be defrosted before placing on the George Foreman Grill. Please refer to the Suggested Cooking Chart in this manual for examples.
2. Can I cook kabobs on the George Foreman Grill?	Yes. In order to protect the non-stick surface use wooden skewers. We recommend that you soak the skewers first in water for about 20 minutes. This will keep the skewers from burning.
3. After cooking with garlic, how can I remove the smell of the garlic from the surface of my George Foreman Grill?	After cleaning your George Foreman Grill according to the "User Maintenance Instructions" make a paste of baking soda and water and spread on the surface of the Grill. Allow it to sit for a few minutes and then wipe away with a damp sponge or cloth.
4. How can I cook hot dogs on my George Foreman Grill?	Preheat your Grill for 5-minutes. Place the hot dogs lengthwise on the Grill. Close the Lid and cook for 2-1/2 minutes or until desired browning is achieved.
5. Can hash browns be prepared on my George Foreman Grill?	Yes, self-browning hash browns can be prepared by preheating the Grill for 5 minutes. Add hash browns onto the Grill surface, close the Lid, and cook for approximately half the time stated on the package for oven preparation.
6. Any other cooking suggestions?	Fresh peppers can be grilled for 2-3 minutes for skinning purposes. Grilled cheese sandwiches can also be cooked on your George Foreman Grill.

LIMITED ONE-YEAR WARRANTY

Warranty Coverage: This product is warranted to be free from defects in materials or workmanship for a period of one (1) year from the original purchase date. This product warranty is extended only to the original consumer purchaser of the product and is not transferable. For a period of one (1) year from the date of original purchase of the product, our Repair Center will, at its option, either (1) repair the product or (2) replace the product with a reconditioned comparable model. These remedies are the purchaser's exclusive remedies under this warranty.

Warranty Service: To obtain warranty service, you must call our warranty service number at 1-800-233-9054 for return instructions on how to deliver the product, in either the original packaging or packaging affording an equal degree of protection to the Repair Center specified below. You must enclose a copy of your sales receipt or other proof of purchase to demonstrate eligibility for warranty coverage.

To return the appliance, ship to:

ATTN: Repair Center
708 South Missouri Street
Macon, MO 63552 USA

To contact us, please write to, call, or email:

Consumer Relations Department
P.O. Box 736
Columbia, MO 65205-7366 USA
1-800-233-9054
Email: consumer_relations@toastmaster.com

What Is Not Covered: This warranty does not cover damage resulting from misuse, accident, commercial use, improper service or any other damage caused by anything other than defects in material or workmanship during ordinary consumer use. This warranty is invalid if the serial number has been altered or removed from the product. This warranty is valid only in the United States and Canada.

LIMITATION ON DAMAGES: THERE SHALL BE NO LIABILITY FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY OR CONDITION ON THIS PRODUCT.

DURATION OF IMPLIED WARRANTIES: EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ALL IMPLIED WARRANTIES AND CONDITIONS, INCLUDING, WITHOUT LIMITATION, IMPLIED WARRANTIES AND CONDITIONS OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE OR USE ON THIS PRODUCT ARE LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.

Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, or allow limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights and you may have other rights under the laws of your jurisdiction.

For more information on our products, visit our website: www.igrillwithgeorge.com