



FREE PRINTABLES FOR READERS

Eva's Kitchen Cheat Sheets

Slow Cooker · Bread Machine · Freezer

Slow cooker timings and safety, gluten-free bread machine settings and fixes, flour weights, kitchen conversions, a freezer guide and planning pages, ready to print and stick on the fridge.

EVA REINHARD

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WELCOME

Thanks for joining me

These pages are the quick answers I'd want taped inside a kitchen cupboard: the settings, numbers and checklists that are easy to forget when your hands are covered in batter.

What's inside

1. **Slow cooker cheat sheet:** Low and High times, converting oven recipes, and when to add what.
2. **Slow cooker safety:** the simple rules for safe slow cooking, including power cuts.
3. **Gluten-free bread machine cheat sheet:** the loading order, settings and checks for a good loaf.
4. **Quick fixes for gluten-free loaves:** what went wrong and what to change next time.
5. **Gluten-free flour weights:** grams per cup for common flours and starches.
6. **Kitchen conversions:** cups, spoons, ounces, grams and oven temperatures.
7. **Freezer guide:** how long food keeps its best quality, and how to thaw it safely.
8. **Freezer inventory:** so you always know what's in there.
9. **Weekly meal plan and shopping list.**

How to use them: print the pages you need on ordinary paper, or keep the file on your phone. The inventory and planning pages work best printed fresh each week or month.

You'll also get an email from me every couple of weeks with a recipe, a kitchen tip or news about a new book. Every email has an unsubscribe link at the bottom if it's not for you.

Happy cooking,

Eva

The information in these pages is general guidance. Always follow your bread machine's manual, the slow cooker safety rules follow USDA-based guidance from Clemson Cooperative Extension, and the freezer times come from the U.S. government's FoodSafety.gov charts. If you bake for someone with celiac disease, check every ingredient label for a gluten-free certification.

Slow cooker cheat sheet

The slow cooker does the work, but a few simple numbers make the difference between tender and mushy.

Low and High

1 hour on High is about 2 hours on Low. Low gives tougher cuts more time to turn tender; High is handy when you start late.

Converting an oven or stovetop recipe

Oven or stovetop time	Low	High
15 to 30 minutes	4 to 6 hours	1½ to 2 hours
30 to 45 minutes	6 to 10 hours	3 to 4 hours
45 minutes to 3 hours	8 to 18 hours	4 to 6 hours

Times from University of Missouri Extension. Every cooker runs a little differently; check the food at the shorter time the first time you make a recipe.

Liquids

A slow cooker loses very little liquid because the lid stays on. When converting a recipe, start with less liquid than the original calls for, and thicken at the end if needed.

Layering

1. **Firm vegetables first**, on the bottom and around the sides: potatoes, carrots, onions. They cook more slowly than meat.
2. **Meat on top** of the vegetables.
3. **Liquid and sauce** poured over everything.

When to add what

Ingredient	Add it
Milk, cream, sour cream, cheese	In the last 30 minutes; long cooking can make them curdle
Fish and seafood	Near the end; they cook quickly
Tender vegetables: zucchini, mushrooms, tomatoes, squash	In the last 2 hours
Pasta and rice	Near the end, or cook separately and stir in
Fresh herbs and leafy greens	In the last 15 to 30 minutes

Is it done?

- Poultry and soups or stews: **165°F (74°C)**
- Ground meat: **160°F (71°C)**
- Beef and pork roasts, steaks and chops: **145°F (63°C)**

Slow cooker safety

Slow cookers are safe and simple, as long as food gets hot enough, quickly enough. These are the rules worth knowing by heart.

Before you start

- ☐ **Thaw meat and poultry first.** Frozen meat can sit too long at unsafe temperatures before it heats up. Thaw it in the fridge.
- ☐ **Fill it half to two-thirds full.** Too little or too much food changes how fast it heats.
- ☐ **Keep the cooker clean,** and your hands, boards and knives too.
- ☐ **Prep ahead in the fridge:** cut ingredients the night before and keep them refrigerated in separate containers until you load the cooker.

While it cooks

- ☐ **Keep the lid on.** Every lift lets heat escape and adds cooking time. Lift it only to stir or check doneness.
- ☐ **If you can, start on High for the first hour,** then switch to Low. Cooking on Low the whole time is also safe.

If the power goes out

Situation	What to do
You're away and come home to a cold cooker	Throw the food away, even if it looks done
You're home and the food is fully cooked	It's safe for up to 2 hours with the power off
You're home and the food is not yet done	Finish cooking it right away another way, such as on a gas stove or grill

Leftovers

- ☐ Refrigerate leftovers in shallow containers **within 2 hours** of cooking.
- ☐ **Don't reheat leftovers in the slow cooker.** It heats too slowly. Reheat on the stove or in the microwave until steaming, to 165°F. You can then keep it warm in a preheated slow cooker.

A note on red kidney beans: raw or undercooked red kidney beans can make people ill, and a slow cooker may not get them hot enough. Use canned kidney beans, or soak and boil dried ones fully before adding them.

Source: Clemson Cooperative Extension, "Slow Cooker Food Safety", based on USDA guidance.

Gluten-free loaves in a bread machine

Gluten-free dough is really a thick batter. It needs one mix, one rise and a long bake, and a little help from you in the first few minutes.

Choose the right cycle

- **Best:** a Gluten-Free cycle.
- **Next best:** a custom or programmable cycle with a single mix, a single rise of about 45 to 60 minutes and a bake of about 60 to 70 minutes.
- **Avoid:** cycles with a second knead or a "punch-down". They knock the air out of a gluten-free loaf.
- **Crust:** light for sweet or rich loaves, medium for everyday bread.

Loading order

1. Liquids first: water or milk, eggs, oil, honey, vinegar.
2. Dry ingredients on top: flour blend, binders (psyllium, xanthan), sugar, salt.
3. Yeast last, in a small well in the flour, away from salt and liquid.

Always check your machine's manual. A few brands ask for dry ingredients first.

The five checks

1. **Weigh the flour** if you can. A packed cup can hold 20% more flour than a spooned one.
2. **Lukewarm liquids**, about 85°F (29°C), unless the recipe says otherwise.
3. **Scrape the pan** 3 to 5 minutes into mixing. Push dry flour from the corners into the batter.
4. **Smooth the top** with a wet spatula once mixing ends. The batter won't level itself.
5. **Keep the lid closed** during the rise and bake.

Is it done?

The center of the loaf should read **205 to 210°F (96 to 99°C)** on an instant-read thermometer. If it's lower, give it 10 to 15 minutes more on the Bake Only setting.

After baking

- Remove from the pan right away and cool on a rack for **at least 2 hours** before slicing.
- Gluten-free bread stales fast. Slice what you won't eat in two days and freeze it with paper between the slices, then toast from frozen.

Quick fixes for gluten-free loaves

Change one thing at a time and make a note of it, so you know what worked.

The problem	Most likely cause	Try this next time
Sank in the middle	Batter too wet, or too much yeast	Hold back 2 tbsp of liquid; use ¼ tsp less yeast in a warm kitchen
Short and heavy	Too much flour, old yeast, or liquid too hot or cold	Weigh the flour; test the yeast in warm water with a pinch of sugar; aim for 85°F liquid
Gummy inside	Underbaked, or sliced while warm	Check for 205 to 210°F in the center; cool 2 hours before slicing
Lumpy or cratered top	Top not smoothed, or batter too stiff	Smooth with a wet spatula; add 1 to 2 tbsp liquid
Dry flour in corners	The paddle missed it	Scrape the corners early in mixing, every time
Crumbles when sliced	Not enough binder, or sliced warm	Check psyllium and xanthan were both added; wait until fully cool
Crust too dark	Sugar or honey browning	Light crust setting; use a third less sweetener
Crust too pale	Short bake, or no egg or sugar	Dark crust setting, or 5 to 10 minutes in a 375°F oven afterward
Overflowed the pan	Pan smaller than the recipe, or too much yeast	Make 80% of the recipe, or cut the yeast by ½ tsp

Baking at high altitude? Above about 3,000 feet, loaves rise faster and fall more easily. Start by reducing the yeast by about a quarter and the liquid by 1 to 2 tablespoons.

Gluten-free flour weights

Gluten-free flours vary a lot in weight, so a cup of one is not a cup of another. These are average weights per level US cup, spooned in and leveled.

Flour or starch	Grams per cup
White rice flour	142 g
Brown rice flour	128 g
Sorghum flour	138 g
Teff flour	135 g
Buckwheat flour	120 g
Oat flour (certified gluten-free)	92 g
Almond flour	96 g

Flour or starch	Grams per cup
Potato starch	152 g
Tapioca starch	113 g
Cornstarch	112 g
Cornmeal	138 g
Ground flaxseed	100 g
Rollled oats (certified gluten-free)	89 g
Chia seeds	148 g

Why weigh? A digital kitchen scale is the single best tool for gluten-free baking. The same "cup" of flour can vary by 20 to 30 grams depending on how it's scooped, and that's often the difference between a tall loaf and a heavy one.

Weights are averages, based on the King Arthur Baking ingredient weight chart. Brands vary slightly.

Kitchen conversions

Volume

US measure	Equivalent	Metric
1 teaspoon		5 ml
1 tablespoon	3 teaspoons	15 ml
$\frac{1}{8}$ cup	2 tablespoons	30 ml
$\frac{1}{4}$ cup	4 tablespoons	60 ml
$\frac{1}{3}$ cup	5 tbsp + 1 tsp	80 ml
$\frac{1}{2}$ cup	8 tablespoons	120 ml
$\frac{3}{4}$ cup	12 tablespoons	180 ml
1 cup	16 tablespoons	240 ml
2 cups	1 pint	475 ml
4 cups	1 quart	950 ml

Weight

Ounces / pounds	Grams
1 oz	28 g
4 oz ($\frac{1}{4}$ lb)	113 g
8 oz ($\frac{1}{2}$ lb)	227 g
12 oz ($\frac{3}{4}$ lb)	340 g
16 oz (1 lb)	454 g
2.2 lb	1 kg

Oven temperatures

Fahrenheit	Celsius	Fan oven
300°F	150°C	130°C
325°F	165°C	145°C
350°F	175°C	155°C
375°F	190°C	170°C
400°F	200°C	180°C
425°F	220°C	200°C
450°F	230°C	210°C

Handy weights for common ingredients

1 cup of...	Weighs about
Water or milk	227 g (8 oz)
Granulated sugar	198 g
Brown sugar, packed	213 g
Honey	336 g
Vegetable oil	198 g
Butter (2 sticks)	227 g

Metric volumes are rounded for everyday cooking. A US cup is 236.6 ml exactly. Fan oven temperatures are about 20°C lower; check your oven's manual.

Freezer guide

Food kept frozen at 0°F (−18°C) stays safe indefinitely. The times below are for **best quality**: after that, food is still safe but may be drier or lose flavor.

Food	Best within
Soups and stews	2 to 3 months
Egg casseroles, baked	2 to 3 months
Cooked meat and poultry leftovers	2 to 6 months
Pizza	1 to 2 months
Raw ground meat	3 to 4 months
Raw steaks and chops	4 to 12 months
Raw chicken pieces	9 months
Bacon	1 month

Source: FoodSafety.gov cold food storage charts.

Thaw safely

- **In the fridge:** the safest way. Allow about a day for most freezer meals.
- **In cold water:** in a leak-proof bag, changing the water every 30 minutes. Cook right away.
- **In the microwave:** on the defrost setting. Cook right away.
- **Never on the counter.**

Reheat

Reheat leftovers to **165°F (74°C)** in the center, and bring soups and sauces to a rolling boil.

Pack it well

- ☐ Cool food quickly, in shallow containers, within 2 hours of cooking
- ☐ Squeeze the air out of bags; lay them flat to freeze
- ☐ Leave headspace in jars and tubs for liquids to expand
- ☐ Label with the name, date and reheating notes

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Freezer inventory

Cross items off as you use them. Oldest first!

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Weekly meal plan

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Shopping list

Check the freezer inventory first, then fill in what you need for the week.

Produce

Pantry and baking

Meat, fish and dairy

Frozen and other

Books by Eva Reinhard

If these pages helped, you might enjoy the full books. Search "Eva Reinhard" on Amazon to find them in Kindle and paperback.

The Complete Gluten-Free Bread Machine Book

75 loaves, rolls and doughs, with clear machine settings and a fix-it guide.

Freezer Meals Made Simple

60 make-ahead breakfasts, lunches and dinners to cook once and eat all month.

Dump & Go Slow Cooker: The Complete Collection

100 easy recipes with 10 minutes of prep.

Thank you for reading, and for being part of my kitchen.

Eva

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