

Tupperware

Microwave Pressure Cooker Recipes and Cooking Guide



Safety valves
equalize pressure
during cooking

Taste, vitamins &
color are preserved



Easy
cleaning

Perfect for soups
and stews

A meal in 30
minutes



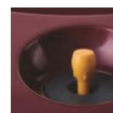
Tupperware Microwave Pressure Cooker Instructions

Tips for use:

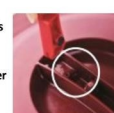
- Cooking time should not exceed 30 minutes at a time.
- Ensure that meat is mostly submerged in liquid to avoid dried-out patches.
- Follow maximum fill line indicated.
- Use oven mitts when removing Pressure Cooker from microwave as product becomes very hot.
- Use care when removing cover. Even after pressure has naturally released, quite a bit of steam will emerge.
- Due to its intricate components, hand washing of this product is recommended. When removing and washing the small, removable valves, be sure to do so over the counter (not the sink). We also recommend removing the silicone cover gasket and soaking in hot, soapy water.
- We recommend always allowing pressure to naturally release. This gives food a bit of time to finish cooking and makes it safer and easier to open the Pressure Cooker.



One of five safety features, the regulator valve maintains ideal pressure.



Raised when pressure is high and lowers as pressure naturally releases, indicating cover is ready to open.



Make sure that the hole underneath the Handle Lock is not blocked.



Make sure the Silicone Gasket is clean to ensure it properly seals the Pressure Cooker. Without the gasket properly functioning, no pressure will build. 2

Tupperware Microwave Pressure Cooker Recipes

- 3 Packet Roast Beef
- 5 Ingredient Chili
- Ale N Beef Stew
- Apple Chipotle Pork Tenderloin
- Apple Compote
- Arroz con Leche
- Asian Chicken Noodle Soup
- Asian Orange Chicken
- Bacon Wrapped Cheesy BBQ Chicken
- Bacon Wrapped Dijon Pork Tenderloin with Cranberry Sauce
- Balsamic Glazed Pork Chops
- BBQ Beef Sandwiches
- Beef & Broccoli
- Beef Barley Soup
- Beef Bourguignon
- Beef Carbonnade
- Beef Pasta e Fagioli
- Beef Stew
- Beef Stroganoff
- Black Bean Soup
- Black Forest Lava Cake
- Blueberry BBQ Chicken
- Bolognese Sauce
- Bread Pudding
- Brodet Croatian Fish Stew
- Brunswick Chicken Stew
- Buffalo Ranch Chicken Sandwich
- Cabbage Beef Soup
- Cajun Red Beans
- Caldo Tlalpeno
- Caramel Apple Cobbler
- Carnitas Tostadas
- Cheeseburger Pasta
- Cheesy Broccoli Soup
- Cheesy Chicken, Broccoli & Rice Casserole
- Cherry Cobbler
- Chicken and Dumplings
- Chicken and Gravy
- Chicken and Sausage Paella
- Chicken and Wild Rice
- Chicken, Broccoli and Rice
- Chicken Cacciatore
- Chicken Curry
- Chicken Orzo Soup
- Chicken Paprikash
- Chicken Parmesan Meatball Sandwich
- Chicken Pot Pie
- Chicken Pot Pie Soup
- Chicken, Wild Rice & Broccoli Soup
- Chicken with Creamy Bacon Sauce
- Chili Coke Roast Beef
- Chili Mac
- Chocolate Lava Cake
- Cinnamon Apple Crisp
- Collard Greens & Ham
- Corned Beef, Vegetables & Gravy
- Coq Au Vin Blanc
- Creamy Bacon & Onions Soup
- Creamy Chicken & Spinach Tortellini Soup
- Creamy Chicken Tortilla Soup
- Creamy Mushroom Soup
- Creamy Parmesan Tomato Soup
- Creamy Potato Soup
- Creamy Ranch Pork Chops
- Creamy Turkey & Wild Rice Soup
- Easy Black Bean Soup
- Easy Tomato Soup
- Eggplant Curry

Tupperware Microwave Pressure Cooker Recipes

- French Onion Soup
- Ham & Beans
- Harrisa & White Bean Stew
- Hawaiian Chicken
- Hearty Corn Chowder
- Honey Garlic Chicken & Vegetables
- Hot and Sour Soup
- Huli Huli Chicken
- Italian Beef Sandwich
- Lasagna
- Lemon Chicken & Rice Soup
- Lentil Soppo Joes
- Macaroni & Cheese
- Mexican Pinto Beans
- Mongolian Beef
- Mushroom Risotto
- Mushroom, Spinach & Sundried Tomato Risotto
- Mustard Ale Sausage & Peppers
- OJ Beet Salad
- One Pot Pasta
- Onion, Chive & Bacon Creamed Corn
- Peach Cobbler
- Peanut Butter Cup Cake
- Pork Tenderloin with Raisin Cream Sauce
- Pork Shoulder, Braised
- Pot Roast
- Pot Roast Sandwich
- Pulled Apple Cider Chicken
- Pulled Chipotle Chicken Tacos
- Pulled Pork Sandwich
- Pulled Pork with Apple Slaw
- Pumpkin & Spinach Risotto
- Quick Chicken Mole
- Quick Polenta or Grits
- Rice Pilaf
- Roast Beef with Horseradish Cream Sauce
- Sancocho
- Sausage & Peppers
- Sausage & Potato Soup
- Shredded Chicken Nachos
- Simply Salsa Chicken
- Simply Salsa Chicken II
- Smores Lava Cake
- Southern Green Beans & Potatoes
- Spiced Pork Chops with Apple Chutney
- Spicy Pepper Steak
- Spicy Turkey Chili
- Spinach Lasagna
- Split Pea Soup
- Spinach, Tomato & Mushroom Risotto
- St Louis Style BBQ Ribs
- Strawberry Cobbler
- Summer Poached Pears
- Taco Soup
- Tamale Spoon Pie
- Sweet Potato Soup
- Teriyaki Chicken
- Thai Beef & Peppers
- Thai Chicken Soup
- Tortilla Soup
- Tuscany Creamy Tortellini Soup
- Ultimate Party Meatballs
- White Chicken Chili
- White Chocolate & Raspberry Rice Pudding
- Zuppa Toscana

3 Packet Roast Beef

3 lb. beef chuck roast, cut into slabs about 2" thick
1 pkg. Italian dressing mix
1 pkg. brown gravy mix
1 pkg. ranch dressing mix
2½ cups beef broth
3 Tbsp. cornstarch
1 Tbsp. garlic, minced
1 Tbsp. red wine vinegar (or apple cider)



1. Place beef roast in the base of Microwave Pressure Cooker.
2. In a medium bowl, whisk together remaining ingredients and pour over meat.
3. Seal the Pressure Cooker and microwave on high power 25-30 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers.
4. Check for doneness. Reseal and cook for additional 15 minutes if still not tender.

5 Ingredient Chili

1 lb. ground turkey
1 Tbsp. Southwest Chipotle Seasoning
1 small onion, chopped
1 (14.5-oz.) can diced tomatoes
1 (14.5-oz.) can chili beans



1. Combine ingredients in base of Microwave Pressure Cooker and gently stir ingredients.
2. Seal and microwave on high power 25 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers. Serve warm.

Ale N Beef Stew

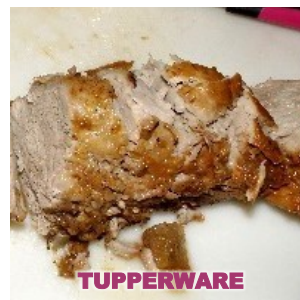
1 to 2-lb. beef chuck roast, cut into ½" cubes
¼ cup all-purpose flour
¼ cup butter, softened
1 cup beef stock
1 cup beer
2 Tbsp. grainy mustard
3 large carrots, peeled and cut in ½" slices
3 large parsnips, peeled and cut in ½" slices
1 onion, peeled and chopped
½ lb. baby red potatoes, cut in quarters
¼ cup frozen peas



1. Sprinkle salt and pepper over beef cubes. Place into base of Microwave Pressure Cooker.
2. Knead together flour and butter to make a roux (thickener), set aside.
3. In a small bowl, whisk together stock, beer, and mustard; pour over beef. Stir in roux to distribute; lumps are ok.
4. Place cover on Microwave Pressure Cooker and secure. Microwave on high power 25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes, before opening.
5. Remove cover, add remaining ingredients to Microwave Pressure Cooker and secure the cover. Microwave 20 additional minutes on high power.
6. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes, before opening. Serve warm in bowls with crusty bread.

Apple Chipotle Pork Tenderloin

1 pork tenderloin
3 Tbsp. chipotle seasoning
3 Tbsp. Dijon mustard
½ cup applesauce
3 Tbsp. apple cider vinegar
1 onion, chopped
¼ tsp. thyme
1 cup beef stock



1. Mix together chipotle seasoning and Dijon mustard in a small bowl, coat pork tenderloin with mixture and put into the base of the pressure cooker.
2. Add remaining ingredients.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.
5. Slice and serve.

Apple Compote

4 large Granny Smith apples, cored and peeled
¼ cup brown sugar
1 cup apple cider
¼ cup butter, cut into ¼-inch pieces
2 Tbsp. corn starch
1 Tbsp. ground cinnamon
¼ tsp. kosher salt



1. Cut apples into ¼-inch pieces.
2. In the base of the Microwave Pressure Cooker stir together apples, sugar, cider, butter, corn starch, cinnamon, and salt. Secure cover onto the base.
3. Microwave on high power 10 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position. Remove cover and stir.
4. Serve warm over ice cream, oat meal, or as a snack.

Arroz con Leche

3 ½ cups cooked long grain rice
1 ½ cups raisins
1 ½ cups granulated sugar
2 cups whole milk
2 tsp. vanilla extract
1 cup heavy cream
1 tbsp. ground cinnamon



1. In the base of the Microwave Pressure Cooker stir together rice, raisins, sugar, milk and vanilla until well combined. Lock cover in place and microwave on high power 16 minutes.
2. Remove from microwave; let stand 10 minutes or until pressure has released and valve indicator is in the down position. Remove cover, stir in cream. Sprinkle with cinnamon before serving.

Asian Chicken Noodle Soup

1 yellow onion, diced
2 red bell peppers, diced
1 large carrot, julienned or diced
2 cloves garlic, minced
1 tbsp. curry powder
½ tsp. cayenne pepper
kosher salt
1 (15- oz.) cans coconut milk (shaken well)

2-3 cups low-sodium chicken broth
2 cups shredded rotisserie chicken
⅓ cup chopped fresh cilantro, plus more for garnish
2 package ramen noodles, seasoning packet discarded
Lime wedges, for serving



1. In the base of the Microwave Pressure Cooker add all ingredients except ramen noodles. Lock cover in place and microwave on high power 15-20 minutes.
2. Remove from microwave; let stand 10 minutes or until pressure has released and valve indicator is in the down position. Remove cover, add noodles, recover and microwave for 5 minutes.
3. Let stand 10 minutes or until pressure has released and valve indicator is in the down position. Remove cover and serve

Asian Orange Chicken

2 cups chicken broth
2 lb. chicken breast cubed
2 oranges, quartered
¼ cup cornstarch
¼ cup orange juice
1 jar (12 oz.) sweet orange marmalade
½ cup packed brown sugar

¼ cup soy sauce
2 Tbsp. chili garlic sauce
1 tsp. salt
1-inch piece fresh gingerroot, peeled and grated
1 Tbsp. sesame seeds, garnish
2 Tbsp. green onion, chopped, garnish



1. Add chicken, chicken broth and oranges to the base of the Microwave Pressure Cooker. Secure cover onto the base.
2. Microwave on high power 20 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position. Drain, Reserve ¼ cup of chicken broth.
3. In a medium bowl whisk together, ¼ cup of chicken broth, cornstarch and orange juice, add marmalade, brown sugar, soy sauce, chili garlic sauce, salt and gingerroot.
4. Remove cover and stir the remaining ingredients except the sesame seeds and green onions, stir to coat.
5. Secure cover onto the base. Microwave on high power 10 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position.
6. Garnish with sesame seeds and green onions

Bacon Wrapped Cheesy BBQ Chicken

4 boneless skinless chicken breasts, cut into half
Salt and fresh cracked black pepper
8 slices Bacon
2 peaches, pitted, peeled and chopped
1 cup BBQ Sauce
¼ cup brown sugar
6-8 oz. cheddar cheese thinly sliced or shredded, white or yellow



1. Season chicken with salt and pepper and wrap 1 slice of bacon around each piece of chicken.
2. Place the peaches in the base of the Power Chef Pro System with the blade attachment, cover and pull cord until pureed, add BBQ sauce and brown sugar, stir until well combined.
3. Place chicken the base of the Microwave Pressure Cooker, pour BBQ sauce over chicken and Secure cover onto the base.
4. Microwave on high power 20 minutes.
5. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position.
6. Top chicken with cheese, recover and microwave for 2 minutes.
7. Remove from microwave. Let stand until steam indicator valve is in the down position.
8. Serve.

Bacon Wrapped Dijon Pork Tenderloin with Cranberry Sauce

3-4 pound pork tenderloin
Salt and Fresh cracked back pepper
2 tbsp. Dijon mustard
1 tablespoon honey
1 tbsp. fresh thyme or ¾ tsp. dried
6-8 slices of bacon
1 package onion soup mix
½ cup cranberry juice
1 can whole cranberry sauce (not jellied)
1 tbsp. cornstarch



1. Season pork tenderloin with salt and pepper.
2. Mix together mustard, honey and thyme and rub over pork tenderloin, wrap bacon around pork tenderloin and place in the base of the Microwave Pressure Cooker.
3. Mix remaining ingredients and pour over pork tenderloin and Secure cover onto the base.
4. Microwave on high power 20 minutes.
5. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position.
6. Remove from Pressure cooker let sit for 5 minutes, then slice and serve with cranberry sauce

Balsamic Glazed Pork Chops

¼ tsp. dried rosemary
1 tsp. salt
½ tsp. black pepper
4 pork chops

2 cloves garlic, minced
½ cup water
1 cup brown sugar
½ cup balsamic vinegar
¼ cup soy sauce
2 Tbsp. cornstarch
2 green onions, minced



1. Season pork chops, with rosemary, salt and pepper and place in the base of the Microwave Pressure Cooker.
2. Mix garlic, water, brown sugar, balsamic vinegar and soy sauce, pour over pork chops and Secure cover onto the base.
3. Microwave on high power 20 minutes.
4. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position.
5. Set pork chops aside and pour sauce into a medium saucepan. Add cornstarch and green onions, heat over medium heat until sauce thickens, about 4 minutes.
6. Brush pork chops with glaze and place on aluminum lined baking sheet. Set under broiler for 1-2 minutes until glaze is bubbly and caramelized.
7. Serve remaining glaze with a side of rice.

BBQ Beef Sandwiches

1 boneless beef chuck roast (3 lbs)
12 sandwich buns, split
1 cups ketchup
Sliced onions, dill pickles and pickled jalapenos, optional
¼ cup packed brown sugar
½ cup barbecue sauce
1 cup beef broth
2 tablespoons Worcestershire sauce
2 tablespoons Dijon mustard
1 teaspoon liquid smoke, optional
½ teaspoon salt
½ teaspoon garlic powder
¼ teaspoon pepper
jalapenos, optional



1. Cut roast into smaller pieces and add to the base of the Microwave Pressure Cooker.
2. In a small bowl, combine the ketchup, brown sugar, barbecue sauce, beef broth, Worcestershire sauce, mustard, liquid smoke if desired and seasonings. Pour over beef.
3. Secure cover onto the base. Microwave on high power 20 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position. Check for doneness, if not cooked, replace cover and microwave for 15-20 more minutes, when all pressure is released open cover and shred with two forks.
4. Using a slotted spoon, place ½ cup on each bun. Serve with onions, pickles and jalapenos if desired.

Beef & Broccoli

1½–2 lb. flank steak, cut into 4 quarters
1 tsp. of our Steak & Chop Seasoning
4 garlic cloves, peeled and minced
1¾ cups beef stock, divided
½ cup low-sodium soy sauce
1 Tbsp. sesame oil
¼ cup brown sugar
3 Tbsp. corn starch
14-oz. bag frozen broccoli florets



1. Season steak with seasoning and place in base of Microwave Pressure Cooker.
2. In a medium bowl, combine garlic, 1½ cups beef stock, soy sauce, sesame oil and brown sugar. Pour over steak. Add extra stock if meat is not fully submerged. Seal and microwave on high power 30 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes. Remove steak to a cutting board and pull apart using 2 forks.
4. In small bowl, whisk together corn starch and remaining ¼ cup beef stock. Whisk into warm liquid in base of Pressure Cooker.
5. Stir frozen broccoli into liquid in Pressure Cooker. Seal and microwave on high power 5 minutes.
6. Serve warm and over rice, if desired.

Beef Barley Soup

1½ lb. beef round steak, diced
1 cup carrots, chopped
1 stalk celery, diced
1 onion, chopped
1 (16 oz.) can tomatoes, cut up
2 cups beef broth
¾ cup barley
2 Tbsp. corn starch
1 Tbsp. dried parsley flakes
¾ tsp. dried basil
Salt and pepper, to taste
½ cup frozen corn
½ cup frozen green beans
½ green pepper, diced



1. Add the ingredients beef up to salt and pepper in base of Microwave Pressure Cooker. Add extra beef stock if meat is not fully submerged.
2. Seal and microwave on high power 30 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Stir frozen corn, green beans and peppers in Pressure Cooker. Seal and microwave on high power 10 minutes.

Beef Bourguignon

2 Tbsp. olive oil
1 lb. stewing beef, cut in large chunks
½ tsp. salt
½ tsp. fresh cracked black pepper
2 Tbsp. flour
1 bunch fresh thyme, tied in a bundle (reserve some for garnish)
¼ cup cognac
2 cups beef stock or broth
1 cup red wine (Burgundy, Cabernet Sauvignon, Pinot Noir)
2 tsp. tomato paste
2 cloves garlic, crushed
1 onion, peeled, halved, and sliced
2 carrots, peeled and cut in 1" pieces
½ lb. small white skinned potatoes, left whole, or cut in large chunks
4 oz. mushrooms, halved
½ bag frozen pearl onions
a splash of red wine vinegar or sherry vinegar



1. Heat oil in large heavy sauté pan. Toss the meat with the salt, pepper, and flour, When the oil is nice and hot, brown the meat, in 2 batches, until browned on all sides, about 6 minutes per batch. Put the meat in the base of the pressure cooker, add the cognac to the sauté pan to deglaze then pour over the meat.
2. Add thyme, broth, wine, tomato paste, garlic, onion, carrots, potatoes, mushrooms and pearl onions to the pressure cooker.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Remove the bundle of thyme and taste to check the seasonings. Add a splash of vinegar, serve the stew with a sprinkling of fresh thyme leaves.

Beef Carbonnade

2 Tbsp. olive oil
1 lb. stewing beef, cut in large chunks
½ tsp. salt
½ tsp. fresh cracked black pepper
2 Tbsp. flour
1 bunch fresh thyme, tied in a bundle (reserve some for garnish)
¼ cup cognac
2 cups beef stock or broth
1 cup red wine (Burgundy, Cabernet Sauvignon, Pinot Noir)
2 tsp. tomato paste
2 cloves garlic, crushed
1 onion, peeled, halved, and sliced
2 carrots, peeled and cut in 1" pieces
½ lb. small white skinned potatoes, left whole, or cut in large chunks
4 oz. mushrooms, halved
½ bag frozen pearl onions
a splash of red wine vinegar or sherry vinegar



1. Heat oil in large heavy sauté pan. Toss the meat with the salt, pepper, and flour, When the oil is nice and hot, brown the meat, in 2 batches, until browned on all sides, about 6 minutes per batch. Put the meat in the base of the pressure cooker, add the cognac to the sauté pan to deglaze then pour over the meat.
2. Add thyme, broth, wine, tomato paste, garlic, onion, carrots, potatoes, mushrooms and pearl onions to the pressure cooker.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Remove the bundle of thyme and taste to check the seasonings. Add a splash of vinegar, serve the stew with a sprinkling of fresh thyme leaves.

Beef Pasta e Fagioli

1 onion
3 garlic cloves
2 carrots
2 stalks celery
1 lb. lean ground beef
1 Tbsp. Italian seasoning
1 tsp. vinegar

1 cup Ditalini pasta
2 cups beef broth
1 (16 oz.) can tomato sauce
1 (15 oz.) can diced tomato
1 (15 oz.) can red kidney beans
1 (15 oz.) can northern beans
Salt and Pepper to taste



1. Place onion, garlic, carrots, and celery into the base of Power Chef System fitted with blade attachment. Cover and pull cord to chop.
2. Combine all ingredients, in base of Microwave Pressure Cooker. Seal and microwave on high power for 30 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Remove cover and Serve warm.

Beef Stew

½-1 lb. boneless beef chuck, cut into ½” pieces
4 Tbsp. flour
1 onion, chopped
¼ tsp. dried rosemary or thyme
1 cup carrots, chunks
¼ cup celery, diced
1½ cups potato, peeled, cubed
2 cups beef broth
¼ cup good quality red wine
¼ tsp. salt
¼ tsp. freshly ground black pepper
Fresh parsley, minced, for garnish



1. Add beef and flour into a small bowl, mix till well coated, pour into the base of the pressure cooker.
2. Add remaining ingredients.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Sprinkle fresh parsley and serve.

Beef Stroganoff

1 lb. flank steak, sliced into thin strips
1 small onion, diced
1 clove garlic, minced
6 oz. button or cremini mushrooms, cleaned and sliced
1 cup beef broth
1 Tbsp. Dijon mustard
1 tsp. Worcestershire sauce
¼ tsp. salt
¼ tsp. freshly ground black pepper
¼ tsp. dried thyme
2 Tbsp. cornstarch dissolved in ½ cup beef broth
3 oz. cream cheese, softened
¼ cup sour cream
¼ cup chopped fresh parsley



1. Add beef, onion, garlic and mushrooms into the base of the pressure cooker.
2. In a small bowl, combine the broth, mustard, Worcestershire sauce, salt, pepper, thyme, and cornstarch in small bowl and Pour over the beef mixture.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Stir in the cream cheese until dissolved. Stir in the sour cream and chopped fresh parsley.
6. Serve over hot egg noodles.

Black Bean Soup

16-oz. pkg. dry small black beans
1 medium onion, peeled and quartered
2 garlic cloves, peeled
1 green bell pepper, seeded, cored and quartered
1 Tbsp. Southwest Chipotle Seasoning
1½ tsp. coarse kosher salt
¼ cup sherry vinegar
3 cups vegetable stock



1. Rinse beans, place in a bowl or base of Microwave Pressure Cooker, cover with water, and soak overnight.
2. Drain and rinse beans and place in base of Pressure Cooker.
3. Place onion, garlic and pepper in base of Power Chef System fitted with blade attachment. Cover and pull cord several times to chop. Add to beans along with seasonings and vinegar. Cover to maximum fill line with vegetable broth, should be about 3 cups.
4. Seal and microwave on high power 30 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Remove 2 cups beans and place in base of Power Chef System fitted with blade attachment. Cover, pull cord several times to process and stir into soup to slightly thicken.
6. Serve garnished with sour cream, cilantro or red onion, if desired.

Black Forest Lava Cake

- 1 pkg. devil's food cake mix (regular size)
- 1½ cups water
- 3 large eggs
- ½ cup canola oil
- 2 cups cold 2% milk
- 1 pkg. (3.9 oz.) instant chocolate pudding mix
- 2 cups (12 oz.) semisweet chocolate chips
- 1 can (20 oz.) cherry pie filling



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1. In a large bowl, combine the cake mix, water, eggs and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Add to the base of the pressure cooker.
2. In another bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Spoon over cake batter; sprinkle with chocolate chips, drop spoonfuls of cherry pie filling.
3. Seal and microwave on high power 10 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Top with ice cream or cool whip, if desired.

Blueberry BBQ Chicken

- ¾ cup ketchup
- ¼ cup apple cider vinegar
- ½ cup light brown sugar
- 1 Tbsp. molasses
- 1 tsp. chili powder
- 2 cups blueberries, fresh or frozen
- 1½ lbs. boneless, skinless chicken breasts



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1. In base of Microwave Pressure Cooker, stir together all ingredients except for the chicken.
2. Submerge chicken breasts into sauce until they are covered in liquid. Seal and microwave on high power 15 minutes.
3. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
4. Remove chicken breasts and shred using two forks. Stir sauce and allow to cool slightly to thicken. Stir shredded chicken back into sauce to coat and serve.

Bolognese Sauce

- 1 lb. lean ground beef, crumbled
- ½ cup onion, chopped
- ½ cup celery, diced
- ½ cup carrot diced
- 2 cloves garlic, minced
- 1 (28 oz.) can tomatoes
- 1 (6 oz.) cans tomato paste
- 1 (8 oz.) can tomato sauce
- ½ cup beef broth
- 2 tsp. salt
- 2 tsp. oregano
- ¼ tsp. thyme
- ¼ tsp. pepper



TUPPERWARE



1. Place all ingredients in base of Microwave Pressure Cooker, in order of above list, hamburger first.
2. Seal and microwave on high power 20-25 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Stir and serve

Bread Pudding

- 1 loaf of Cuban bread, crust removed, cut into cubes
- 4 eggs
- 1 cup sugar
- 1 tsp. kosher salt
- 4 cups heavy cream
- 2 tbsp. cinnamon
- 1 tbsp. vanilla extract
- 4 tbsp. melted butter
- ½ cup chocolate chips
- ½ cup golden raisins



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1. In the base of the Microwave Pressure Cooker, add bread, set aside.
2. In a medium bowl, whisk together eggs, sugar, salt, cream, cinnamon, vanilla and melted butter.
3. Pour egg mixture onto bread cubes; mix well with hands, squeezing bread until egg mixture is soaked through. Stir in chocolate chips and raisins.
4. Lock cover in place and microwave on high power 12 minutes.
5. Remove from microwave, let stand until pressure gauge is in the down position, about 10 minutes. Remove cover, serve warm or at room temperature.

Brodet Croatian Fish Stew

1 onion, cut into quarters
2 garlic cloves, minced
3 ripe tomatoes
8 oz. salmon
12 oz. mixed white fish
1 cup white wine
1 (15 oz.) can diced tomatoes
salt and pepper
olive oil

1 lemon, zest and juice
4 tbsp. fresh chopped flat leaf
parsley
crusty bread



1. In the base of the Power chef System add onion garlic and tomatoes, place cover on and pull cord until diced. Add to the base of the Microwave Pressure Cooker.
2. Add fish, white wine, canned tomatoes, salt and pepper in the base of the Microwave Pressure Cooker, Lock cover in place and microwave on high power 15 minutes.
3. Remove from microwave, let stand until pressure gauge is in the down position, about 10 minutes. Remove cover, serve.
4. Uncover and ladle Stew into bowls, tops with olive oil, lemon zest and juice and parsley. Serve with fresh crusty bread.

Brunswick Chicken Stew

1 lb. chicken thighs, boneless, skinless, cut into chunks
¼ cup flour
2 cups chicken broth
2 Tbsp. tomato paste
1 tsp. thyme
½ tsp. salt
1 tsp. hot pepper sauce
¼ cup red bell pepper, chopped
¼ cup onion, chopped
1 cup frozen corn
1 cup frozen baby lima beans



1. Mix flour and chicken, place into base of Microwave Pressure Cooker.
2. Add the remaining ingredients.
3. Place cover on Microwave Pressure Cooker and secure. Microwave on high power 25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes, before opening.
4. Serve warm in bowls with crusty bread.

Buffalo Ranch Chicken Sandwich

1 lb. chicken thighs, boneless, skinless, cut into chunks
¼ cup flour
2 cups chicken broth
2 Tbsp. tomato paste
1 tsp. thyme
½ tsp. salt
1 tsp. hot pepper sauce
¼ cup red bell pepper, chopped
¼ cup onion, chopped
1 cup frozen corn
1 cup frozen baby lima beans



1. Mix flour and chicken, place into base of Microwave Pressure Cooker.
2. Add the remaining ingredients.
3. Place cover on Microwave Pressure Cooker and secure. Microwave on high power 25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes, before opening.
4. Shred Chicken with two forks.
5. Serve warm in bowls with crusty bread.

Cabbage Beef Soup

1 lb. ground beef
¼ head cabbage
1 celery ribs, sliced
½ bell pepper, sliced
1 onion, chopped
1 (16 oz.) can kidney beans
1 (14 oz.) can tomatoes
1 clove garlic, minced
1 tsp. Worcestershire sauce
8 oz. can tomato sauce
2 cups beef broth
2 beef bouillon cubes
¼ tsp. pepper
½ tsp. salt
1 tsp. ground cumin fresh parsley (optional)



1. Add beef and flour into a small bowl, mix till well coated, pour into the base of the pressure cooker.
2. Add remaining ingredients.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.
5. Sprinkle fresh parsley (optional), and serve.

Cajun Red Beans

- 16-oz. pkg. dry small red beans
- 1 medium onion, peeled and quartered
- 3 garlic cloves, peeled
- 1 green pepper, seeded, cored and quartered
- 2 celery stalks, quartered
- 3 cups vegetable stock
- 1½ Tbsp. Cajun seasoning
- 1 tsp. coarse kosher salt



1. Rinse beans, place in a bowl or base of Microwave Pressure Cooker, cover with water, and soak overnight.
2. Drain and rinse beans and place in base of Pressure Cooker.
3. Combine onion, garlic, pepper and celery in base of Power Chef System fitted with blade attachment. Cover, pull cord several times to chop and add to Pressure Cooker.
4. Stir in seasonings and cover to maximum fill line with vegetable broth, should be about 3 cups. Seal and microwave on high power 30 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes
6. Place 2 cups beans in base of Power Chef System, fitted with blade attachment. Cover, pull cord several times to process and stir back into beans to thicken mixture.
7. Serve over rice with hot sauce, if desired

Caldo Tlalpeno

- 3 lb. whole chicken
- 3 cups water
- 1 onion, peeled & quartered
- 1 clove garlic, peeled
- 1 large carrot, peeled & quartered
- ½ cup cilantro
- 1 zucchini
- 2 adobo peppers, chopped
- 1 chicken bouillon cube
- ¼ tsp. coarse kosher salt
- ¼ tsp. black pepper



1. Place chicken and water in base of Microwave Pressure Cooker. Chicken should be submerged in water and not above the max fill line. Seal and microwave on high power 20–25 minutes.
2. Place onion, garlic, carrot and cilantro in base of Power Chef System, fitted with blade attachment. Cover and pull cord until roughly chopped.
3. Slice zucchini lengthwise and then cut each half lengthwise again. Slice into ¼” chunks.
4. Remove Pressure Cooker from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
5. Remove chicken from base of Pressure Cooker and add remaining ingredients to the water. Seal and microwave on high power 5 minutes.
6. Meanwhile, remove chicken meat from bones, discarding skin. Shred larger pieces using two forks. Remove Pressure Cooker from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2 minutes. Stir shredded chicken into soup and serve.

Caramel Apple Cobbler

- 2 cans apple pie filling
- 1 pkg. yellow cake mix
- ½ cup butter, melted
- ½ tsp. cinnamon
- ¼ cup caramel syrup
- Ice Cream or whipped topping



1. Mix cake mix, butter and cinnamon until crumbly, set aside.
2. Pour apple pie filling into Microwave Pressure Cooker base and pour crumble topping over it.
3. Seal and microwave high for 12-14 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes, before opening.
4. Top with caramel syrup.
5. Serve with ice cream or whipped topping, if desired.

Carnitas Tostadas

- 2–3 lb. pork butt, cut into 2" pieces
- 1 tsp. oregano
- 1 tsp. cumin
- 1 small onion, peeled & quartered
- 1 lime, juiced
- 4 garlic cloves, peeled
- 1 orange, quartered
- 2–3 cups low-sodium beef stock or broth
- 10 tostadas



1. Season cut pork with oregano and cumin. Place in base of Microwave Pressure Cooker.
2. Add onion, lime juice and garlic cloves.
3. Squeeze juice from orange into base of Pressure Cooker and, after squeezing, add orange quarters to base.
4. Add water until max fill line is reached. All food should be submerged beneath liquid.
5. Seal and microwave on high power 30 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 5–10 minutes, before opening.
6. Remove pork from cooking liquid and shred into bite-size pieces.
7. Serve warm on tostadas with desired condiments

Cheeseburger Pasta

8 oz./225 g macaroni
½ lb./225 g ground beef
1 small onion, peeled and finely chopped
¼ cup ketchup
2 tbsp. yellow mustard
2 tbsp. dill relish
1½ cups beef stock
¼ tsp. coarse kosher salt
1 cup shredded cheddar cheese



1. Combine ingredients, except for cheese, in base of Microwave Pressure Cooker. Stir to make sure noodles are submerged. If not submerged add ½ cup extra beef stock.
2. Seal and microwave on high power 15 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 5 minutes.
3. Stir and serve warm topped with cheese.

Cheesy Broccoli Soup

2 Tbsp. butter or margarine
¼ cup chopped onion
2 Tbsp. all-purpose flour
¼ tsp. salt
¼ tsp. pepper
2 ½ cups milk
¼ lb. Velveeta, cut up
1 (10 oz.) pkg. frozen chopped broccoli, thawed, drained



1. Melt butter in saucepan on medium heat. Add onion; cook and stir 5 minutes or until onion is tender. Add flour; cook 1 minute or until bubbly, stirring constantly. Add to the base of the pressure cooker
2. Add remaining ingredients in base of Microwave Pressure Cooker
3. Seal and microwave on high power 20 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.

Cheesy Chicken, Broccoli & Rice Casserole

1 cup rice
3 chicken breast, boneless skinless, cut into chunks
¼ tsp poultry seasoning
¼ tsp salt
¼ tsp black pepper
3 cloves garlic, minced
1 (10 oz.) can cream of chicken soup
2-3 cups chicken broth
2 cups broccoli florets, fresh or frozen
1 tbsp. fresh parsley chopped
1 cup cheddar cheese



1. Combine ingredients, except for cheese, in base of Microwave Pressure Cooker. Stir to make sure everything is submerged, If not submerged add ½ cup extra chicken stock.
2. Seal and microwave on high power 15-20 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 5 minutes.
3. Add cheese, recover for a couple minutes to melt cheese, stir and serve warm.

Cherry Cobbler

2 cans cherry pie filling
1 pkg. yellow cake mix
½ cup butter, melted
Ice cream, optional



1. Mix cake mix and butter until crumbly, set aside.
2. Pour cherry pie filling into Microwave Pressure Cooker base and pour crumble topping over it.
3. Seal and microwave high for 12-14 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes, before opening.
4. Serve with ice cream, if desired.

Chicken and Dumplings

- 2 chicken breasts, cubed
- ¼ cup onion, diced
- 2 cans cream of chicken soup
- 1 carrot, diced
- 1 rib celery, diced
- ½ tsp. poultry seasoning
- ½ tsp. parsley
- 1 (7.5 oz.) can of refrigerated biscuits, each biscuit cut into quarters
- 3 cups chicken broth
- Salt and freshly ground black pepper



1. Add all ingredients to the base of the Microwave Pressure Cooker and stir.
2. Seal and microwave high for 15-18 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4-6 minutes, before opening.

Chicken and Gravy

- 1½ lb. boneless, skinless chicken breasts, cut in strips
- 2 packets dry chicken gravy mix
- 1 (10.5 oz.) can cream of chicken soup
- 2 cups chicken broth
- 1 tsp. garlic powder
- 2 Tbsp. dry pkg. Italian salad dressing mix
- salt & black pepper to taste
- ¼ cup sour cream
- Green onions, diced, optional



Serve over rice or mashed potatoes.

1. Place chicken in the base of Microwave Pressure Cooker.
2. In a medium bowl, whisk together chicken gravy, soup, chicken broth, garlic powder, Italian seasoning and salt and pepper. Pour over chicken.
3. Seal and microwave on high power 25 minutes. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered, uncover and stir in sour cream.
4. Garnish with green onions if desired.
5. Serve over rice or mashed potatoes.

Chicken and Sausage Paella

- 1 small onion, peeled & quartered
- 3 garlic cloves, peeled
- ½ red bell pepper, cored, halved
- ½ green bell pepper, cored, halved
- ¾ cup parboiled (converted) rice
- 1 cup chicken stock, low sodium
- 1 (14.5-oz.) can diced tomatoes, undrained
- 2 boneless skinless chicken breasts, diced
- 8 oz. cooked chorizo, sliced ¼ inch thick
- 1 tsp. Southwest Chipotle Seasoning
- ½ tsp. coarse kosher salt
- ¼ tsp. freshly ground black pepper
- 1 cup frozen green peas, thawed
- 8 oz. medium shrimp, peeled, deveined (optional)



1. Place the onion, garlic and peppers in base of Power Chef System fitted with the blade attachment. Cover and pull cord several times to chop.
2. Place in the base of Microwave Pressure Cooker, stir in rice, stock, tomatoes, chicken, sausage and seasonings.
3. Seal and microwave on high power 25 minutes. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered, uncover and stir in peas and shrimp (if using).
4. Seal and microwave on high power 5 minutes more. Allow pressure to release naturally until pressure indicator has fully lowered before opening. Serve hot.

Chicken and Wild Rice

Recipe by Consultant Meghan Fugle

- 1 box Rice A Roni, Long Grain and Wild Rice
- 2 chicken breast
- 2 cups water



1. Place chicken in base of Microwave Pressure Cooker, stir in rice and water.
2. Seal and microwave on high power 18 minutes. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered.

Chicken, Broccoli & Rice

Recipe by Consultant Stacy Carson

- 2 chicken breast, cut into chunks
- 2 cups white rice
- 1 can cream of mushroom soup
- 1 can cheese soup
- 1 bag frozen broccoli
- 2 cups chicken broth



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1. Place chicken in base of Microwave Pressure Cooker, stir in remaining ingredients.
2. Seal and microwave on high power 25 minutes. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered.

Chicken Cacciatore

- 6 boneless, skinless chicken thighs, cut into 2" pieces
- 1 cup crushed tomato
- 4 garlic cloves, peeled and smashed
- 1 green bell pepper, seeded and chopped
- 1 small onion, peeled and chopped
- 1 small eggplant, chopped (about 1½ cups)
- 1 large zucchini, chopped (about 1½ cups)
- ¼ cup basmati or jasmine rice
- 1 tbsp. dried oregano
- 1¼ tsp. kosher salt



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1. In the base of the Microwave Pressure Cooker, combine chicken, tomato, garlic, bell pepper, onion, eggplant, zucchini, rice, oregano and salt; stir until well combined.
2. Seal and microwave on high power 15 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers. Remove cover. Let stand 5 minutes before serving. Liquid will thicken the longer it stands.

Chicken Curry

- 2 lb. boneless skinless chicken breast
- 1 (13.5-oz.) can coconut milk
- 2 Tbsp. red curry paste
- 1 red pepper, roughly chopped
- 1 small onion, roughly chopped
- 5-oz. can water chestnuts, drained
- 1 tsp. coarse kosher salt
- 8 oz. snap peas



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1. Combine ingredients, except snap peas, in base of Microwave Pressure Cooker, making sure chicken is submerged in coconut milk.
2. Seal and microwave on high power 20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
3. Remove chicken and place on cutting board. Add snap peas to Pressure Cooker and seal. Allow these to steam while chopping chicken or shredding chicken using 2 forks.
4. Serve warm, over rice if desired.

Chicken Orzo Soup

- 3 lb. whole chicken or 2 lb. chicken breast
- 4 cups water, divided
- 2 carrots, peeled & cut in 2" pieces
- 2 celery stalks, peeled & cut in 2" pieces
- 1 medium onion, peeled and quartered
- 2 garlic cloves, peeled
- 1 cup orzo pasta
- 1½ tsp. coarse kosher salt
- ½ tsp. black pepper
- 1 lemon, juiced



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1. Place chicken, breast side up in base of Microwave Pressure Cooker and add 3 cups water. Chicken should be submerged in water and contents should not be above the max fill line. Seal and microwave on high power 20 minutes. 20–25 minutes for a 3-lb. chicken
2. While chicken cooks, add carrots, celery, onion and garlic to base of Quick Chef Pro System fitted with blade attachment. Cover and turn handle until roughly chopped.
3. Remove Pressure Cooker from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes. Check to ensure internal temperature of chicken has reached 165° F.
4. Remove chicken from base. Add remaining cup of water, chopped vegetables and remaining ingredients to base of Pressure Cooker. Seal and microwave on high power 10 minutes.
5. While pasta and vegetables are cooking, remove chicken meat from bones, discarding skin. Shred larger pieces using 2 forks.
6. Remove Pressure Cooker from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2 minutes.
7. Stir shredded chicken into soup and serve

Chicken Paprikash

4-5 boneless chicken breast or thighs
1 tomato chopped
1 green pepper, sliced into strips
1 onion sliced
1 glove garlic, minced
2 Tbsp. Hungarian paprika
1 tsp. salt
¼ tsp. pepper
1½ cups chicken stock
2 Tbsp. cornstarch

Serve over egg noodles with sour cream if desired



1. Combine ingredients, add to the base of Microwave Pressure Cooker, making sure chicken is submerged in stock.
2. Seal and microwave on high power 20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
3. Serve warm, over egg noodles and top with sour cream if desired.

Chicken Parmesan Meatball Sandwich

1 lb. boneless skinless chicken breast, cut into 1" cubes
2 garlic cloves, peeled
½ medium onion, peeled quartered
¾ cup breadcrumbs
1 Tbsp. Italian Herb Seasoning
1 egg, beaten
3 cups marinara sauce
1 cup Parmesan cheese



1. Assemble Fusion Master with coarse mincer disc and place medium bowl underneath hopper.
2. Fill hopper with chicken and turn handle to process. Once there is room in the hopper add garlic and onion, followed by more chicken. Continue processing until all chicken, garlic and onion is processed.
3. Add breadcrumbs, seasoning, egg, and Parmesan to chicken mixture and stir to combine.
4. Once combined, use ice cream scoop to help form mixture into meatballs.
5. Place meatballs in base of Microwave Pressure Cooker. Cover with marinara sauce. Seal and microwave on high power 15 minutes.
6. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 6–8 minutes. Check to ensure internal temperature of meatballs has reached 165° F/75° Serve warm, topped with Parmesan cheese.

Chicken Pot Pie

1 refrigerated pie crusts, room temperature as directed on box
½ cup butter or margarine
½ cup chopped onion
½ cup all-purpose flour
½ tsp. salt
¼ tsp. pepper
1 ¾ cups chicken broth
1 tsp. poultry seasoning
½ cup milk
2½ cups shredded cooked chicken or turkey
2 cups frozen mixed vegetables, thawed



1. Heat oven to 425°F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie pan.
2. Melt butter in large saucepan on medium heat. Add onion; cook and stir 5 minutes or until onion is tender. Add flour; cook 1 minute or until bubbly, stirring constantly. Add to the base of the pressure cooker
3. Add remaining ingredients in base of Microwave Pressure Cooker
4. Seal and microwave on high power 20 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes. 6. Spoon chicken mixture into crust-lined pan. Top with second crust; seal edge and flute. Cut slits in several places in top crust.
6. Bake 30 to 40 minutes or until crust is golden brown. During last 15 to 20 minutes of baking, cover crust edge with strips of foil to prevent excessive browning. Let stand 5 minutes before serving.

Chicken Pot Pie Soup

1 refrigerated pie crusts, room temperature
½ cup chopped onion
½ stalk celery, chopped
½ cup all-purpose flour
½ tsp. salt
¼ tsp. pepper
2-3 cups chicken broth
1 tsp. poultry seasoning
1 lb. chicken, diced ½" pieces
2 cups frozen mixed vegetables, thawed
½ cup heavy cream



1. Preheat the oven to 425 degrees F. Unroll the pie dough onto a baking sheet and sprinkle with pepper and a pinch of poultry seasoning; cut into 6 pieces. Bake until puffed and golden, about 10 minutes.
2. Melt butter in large saucepan on medium heat. Add onion and celery; cook and stir 5 minutes or until onion and celery is tender. Add flour; cook 1 minute or until bubbly, stirring constantly. Add to the base of the pressure cooker
3. Add remaining ingredients, except heavy cream in base of Microwave Pressure Cooker
4. Seal and microwave on high power 20 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
6. Add heavy cream, stir and serve with Pie crusts.

Chicken, Wild Rice & Broccoli Soup

- 1 box Rice A Roni, Long Grain & Wild Rice
- 3 cups chicken broth
- 1 lb. chicken breasts
- 2 cups broccoli florets chopped
- 1 small onion, chopped
- 2 garlic cloves, minced
- ¼ tsp. red pepper flakes (optional)
- 1 tsp. dried parsley
- ½ tsp. dried oregano
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. dried thyme
- 3 Tbsp. cornstarch
- 1 cups heavy cream
- 1 (14.5 oz.) jar Alfredo Sauce
- 2 cups sharp cheddar cheese, freshly grated



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1. Place ingredients wild rice up to cornstarch in base of Microwave Pressure Cooker, stir.
2. Seal and microwave on high power 20-25 minutes. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered.
3. Add heavy cream, alfredo sauce and 1 cup cheddar cheese, stir. Recover and microwave for 5 minutes. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered.
4. Sprinkle remaining cheddar cheese on top.

Chicken with Creamy Bacon Sauce

Recipe submitted by Pattie Lastovica

- 1½ lb. boneless skinless chicken breast
- Salt and pepper, to taste
- ¼ tsp. thyme
- 6 slices bacon, cooked and crumbled
- ½ cup mushrooms, sliced
- 3 stalks green onions, chopped
- 2 pkgs. dry chicken gravy mix
- 1¼ cups water
- 1 clove garlic, minced
- ⅔ cup heavy whipping cream



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1. Season chicken with salt, pepper and thyme and place in the base of the Microwave Pressure Cooker.
2. Sprinkle bacon, green onions and mushrooms over chicken.
3. In a medium bowl stir together gravy mix, water and garlic, stir to combine, pour over chicken.
4. Secure cover onto base. Microwave on high power 25 minutes. Remove from microwave. Let stand 10 minutes or until pressure indicator valve is in the down position.
5. Add heavy cream, stir, replace cover and microwave on high power for 5 minutes.

Chili Coke Roast Beef

- 3 lb. beef chuck roast, cut into 1-2" slabs
- 1 can Coca-Cola
- 1 pkg. onion soup mix
- 1 (12 oz.) bottle chili sauce
- 1 cup beef broth
- 3 Tbsp. cornstarch
- 1 Tbsp. garlic, minced
- 1 Tbsp. red wine vinegar (or apple cider)
- 2 Tbsp. tomato paste



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1. Place beef roast in the base of Microwave Pressure Cooker.
2. In a medium bowl, whisk together remaining ingredients and pour over meat.
3. Seal the Pressure Cooker and microwave on high power 25-30 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers.
4. Check for doneness. Reseal and cook for additional 15 minutes if still not tender.

Chili Mac

Recipe by Consultant Lisa Anne Thomas-Perez

- 1 lb. ground turkey or beef, crumbled
- 1 (28 oz.) can diced tomatoes
- 1 (15 oz.) can chili beans
- 1 (15 oz.) can kidney beans
- 2 cups macaroni
- 1 onion, chopped
- 1 cup water
- 1 tsp. cumin or southwest chipotle
- 1 tsp. chili powder



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1. Add crumbled ground meat to the base of the pressure cooker
2. Add remaining ingredients stir well.
3. Seal and microwave on high power 25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.
5. Let stand 5 minutes before serving.

Chocolate Lava Cake

1 pkg. devil's food cake mix (regular size)
1½ cups water
3 large eggs
¼ cup canola oil
2 cups cold 2% milk
1 pkg. (3.9 oz.) instant chocolate pudding mix
2 cups (12 oz.) semisweet chocolate chips



1. In a large bowl, combine the cake mix, water, eggs and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Add to the base of the pressure cooker.
2. In another bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Spoon over cake batter; sprinkle with chocolate chips.
3. Seal and microwave on high power 10 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Top with ice cream or cool whip

Cinnamon Apple Crisp

4-6 apples, cored and sliced
1 (21 oz.) box Krusteaz Cinnamon Swirl Crumb Cake & Muffin Mix
1 stick butter, cut into pieces



Whipped cream or Ice cream if desired

1. In the base of the Microwave Pressure Cooker add half the apples.
2. Pour half the Crumb Cake & Muffin Mix, and half the cinnamon mixture over apples.
3. Top with half the butter, repeat layers.
4. Secure cover onto base. Microwave on high power 15 minutes. Remove from microwave. Let stand 10 minutes or until pressure indicator valve is in the down position.
5. Top with whipped cream or ice cream if desired.

Collard Greens & Ham

Recipe by Consultant Kalani Burbank

16 oz. Collard Greens (Cut & Washed)
4 cups water
4 tsp. Better than Bouillon Chicken flavor
¼ cup sweet onion, diced
1 cup ham, diced



1. Place ham in the base of the Microwave Pressure Cooker.
2. Cover ham with collard greens and onion.
3. Whisk water and chicken bullion, pour over greens.
4. Seal and microwave on high power 20 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.

Corned Beef, Vegetables & Gravy

Recipe by Consultant Chef Mike

1 corned beef brisket with spice packet (3 lbs. or less)
1 medium onion, peeled
2-4 garlic cloves, peeled
2-3 medium carrots, cut into 2-inch pieces
4-6 small red potatoes, skin-on and washed
4 cups beef broth (reserve 1 cup for Gravy)
½ tsp. dried dill
Gravy
5-6 Tbsp. rice flour or tapioca flour
¼ cup cold water



1. Remove the brisket from its pkg. and save the spice packet. Wash the brisket WELL under cold running water, Cut the brisket in half crosswise and place one half into the base of the Pressure Cooker.
2. Arrange the carrot pieces around the brisket. Fill in around edges with potatoes (cut potatoes in half, if necessary).
3. Scatter the garlic cloves around and over brisket.
4. Add 3 cups of beef broth, contents of spice packet and the dried dill and stir to combine then pour liquid into Pressure Cooker making sure to cover everything but not exceeding the MAX fill line.
5. Seal Pressure Cooker and microwave on full power for 30 minutes. Cool for ten minutes, then microwave again on full power for 30 more minutes. Allow natural depressurization until the pressure indicator has dropped.
6. Open Pressure Cooker and transfer brisket to a cutting board. Transfer potatoes and carrots to serving platter or bowl.
7. Strain cooking liquid to remove solids then return liquid to base of Pressure Cooker. Add remaining 1 cup of beef broth and stir to combine. Place bowl, uncovered, in microwave and heat on high power for 5 minutes.
8. While liquid is heating, combine rice or tapioca flour in All-in-One Shaker with water and shake well until well-combined.
9. Remove Pressure Cooker base from microwave and slowly pour most of the flour/water mixture into the hot liquid while whisking constantly. The liquid will thicken almost instantly. For thicker gravy whisk in a bit more of the flour/water mixture. If too thick, thin down with a little hot water.
10. Slice brisket across the grain into 1/2" thick Serve immediately with vegetables and gravy.

Coq Au Vin Blanc

- 2 carrots, chopped
- 5 new potatoes, quartered
- 1 small onion, chopped
- 5 mushrooms, chopped
- 4 garlic cloves, peeled and smashed
- 2 strips raw bacon, chopped
- 5 sprigs fresh thyme or ½ tsp. dried
- ¼ cup + 2 tbsp. dry white wine, divided
- ¼ tsp. kosher salt
- 8 skinless, boneless chicken thighs
- 2 tbsp. cornstarch
- ¼ cup fresh parsley leaves, loosely packed



1. In the base of the Pressure Cooker, combine carrots, potatoes, onion, mushrooms, garlic, bacon, thyme, ¼ cup wine and salt; stir to combine.
2. Season chicken with salt and pepper. Place chicken on top of vegetables. Seal and microwave on high power 12 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers.
3. Remove cover, transfer ½ cup of the cooking liquid to the 2-cup Micro Pitcher; stir in cornstarch. Microwave on high power 30 seconds, or until thick.
4. Meanwhile, remove chicken from pressure cooker, set aside.
5. Transfer cornstarch mixture to base of pressure cooker; stir into vegetables and liquid. Stir in remaining wine and parsley. Return chicken to pressure cooker, coat with sauce. Serve warm.

Creamy Bacon & Onion Soup

- Salt and pepper to taste
- ¼ lb. bacon, cooked and crumbled
- 1½ cups onions, sliced
- 30 g butter
- 1 quart chicken broth
- ¾ cup heavy cream
- ¼ cup cheddar cheese, shredded
- 10 slices of French loaf, toasted



1. In the base of the Pressure Cooker, combine salt, pepper, bacon, onions, butter and chicken broth.
2. Seal and microwave on high power 12-15 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers.
3. Add cream and stir.
4. Preheat the oven to 400°F/210°C
5. On a baking sheet lined with the Silicone Wonder Mat, place French bread slices, sprinkle shredded cheese. Bake 10-15 or until golden brown.
6. Serve soup in a bowl topped with French bread.

Creamy Chicken & Spinach Tortellini Soup

- 1 lb. chicken breast, cut into bite-sized pieces
- 1 carrot, diced
- 1 celery stalk, sliced thin
- 1 glove garlic, minced
- 2 cups chicken broth
- 1 (9 oz.) pkg. refrigerated cheese tortellini
- 2 (10.5 oz.) cans cream of chicken soup
- 1 (10 oz.) pkg. frozen chopped spinach, thawed and drained
- ½ tsp. thyme
- ¼ tsp. ground black pepper
- ¼ cup heavy cream



1. Place all ingredients except heavy cream in base of Microwave Pressure Cooker
2. Seal and microwave on high power 20 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Add heavy cream, recover and microwave on high for 5 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.

Creamy Chicken Tortilla Soup

- ½ large onion, diced
- 2 cloves garlic, minced
- ½ green pepper, chopped
- 2 cups cooked chicken
- ½ can black beans
- ½ can corn
- 1 can diced tomatoes with green chiles
- 1 Tbsp. cumin
- 1 Tbsp. honey
- 1 (8 oz.) pkg. of Mexican melting cheese (queso)
- 1 Tbsp. jalapeños, chopped
- ¼ cup heavy cream (do not add until after cooking)

- Optional toppings*
- Fresh cilantro
 - Grated cheddar cheese
 - Fried corn tortillas



1. Place all ingredients except heavy cream in base of Microwave Pressure Cooker
2. Seal and microwave on high power 20 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Add heavy cream, mix well. Serve with toppings of your choice.

Creamy Mushroom Soup

¼ cup butter
2 8-oz. packages cremini mushrooms, sliced
¾ cup sliced shitake mushrooms
1 shallot, minced
2 garlic cloves, minced
1 tsp. dried thyme
4 c. vegetable stock
½ cup heavy cream
kosher salt
Freshly ground black pepper



1. In a Chef Series Skillet melt butter. Add mushrooms and saute until golden, about 5-7 minutes. Season with salt and pepper and remove 1 cup of the mushrooms, reserving them to the side.
2. Add shallot and garlic to the pot and saute until fragrant, 1 minute.
3. Pour mixture in the base of Microwave Pressure Cooker, add thyme and vegetable stock.
4. Place cover on and microwave on high for 10-15 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
6. Using an immersion blender, or working in batches in a regular blender, puree soup until smooth. Return soup to Pressure Cooker and stir in cream and reserved mushrooms. Serve..

Creamy Parmesan Tomato Soup

¼ onion, diced
3 cloves garlic, minced
1 tsp. Italian seasoning
½ tsp. red pepper flakes
kosher salt
Freshly ground black pepper
3 tbsp. flour
3 cup chicken broth
1 (28 oz) can diced tomatoes
3 tbsp. tomato paste
4 cups cheese tortellini
¼ cup freshly grated Parmesan
3 cups spinach, packed
½ cup cream
2 tbsp. basil, thinly sliced for garnish



1. Add onion to cheese tortellini in the base of Microwave Pressure Cooker. Place cover on and microwave on high for 15-18 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
6. Add the cream and parmesan and stir to combine. Add spinach and let wilt. Season with salt and pepper. Garnish with basil and serve.

Creamy Potato Soup

3–4 russet potatoes (about 4 cups), peeled and chopped
1 (10¼-oz.) can cream of celery soup
2 cups water
1 tsp. coarse kosher salt
½ tsp. black pepper
1½ cups shredded cheddar cheese
¼ cup sour cream
2 green onions, sliced thin



1. Placed chopped potatoes, cream of celery, water, salt and pepper in base of Microwave Pressure Cooker. Seal and microwave on high power 20 minutes.
2. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
3. Mash potato chunks and whisk in cheese and sour cream.
4. Serve topped with green onions.

Creamy Ranch Pork Chops

Recipe by Consultant Christi Latimer

6 pork loin chops (2 lb.)
2 pkgs. (1 oz.) ranch dressing and seasoning mix
1 (22.6 oz.) can of cream of chicken or mushroom soup
¾ cup water or chicken broth



1. Placed all ingredients in base of Microwave Pressure Cooker. Seal and microwave on high power 20-25 minutes.
2. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
3. Open and serve over rice or pasta.



Creamy Turkey & Wild Rice Soup

- 2 cups sliced mushrooms, (4 oz.)
- ¼ cup chopped celery
- ¾ cup chopped carrots
- ¼ cup chopped shallots
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice
- 3 cups shredded cooked chicken, or turkey (12 ounces)
- 2 tablespoons chopped fresh parsley
- ½ cup reduced-fat sour cream



1. Add vegetables to the base of the Microwave Pressure Cooker, add flour and stir.
2. Add remaining ingredients, except sour cream in base of Microwave Pressure Cooker. Seal and microwave on high power 20 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
4. Open and add sour cream, stir and serve.



Easy Black Bean Soup

- 6 slices bacon, chopped
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 cups chicken broth
- pinch of dried oregano
- pinch of cayenne pepper
- ½ tsp. ground cumin
- salt to taste
- 2 (14½ oz.) cans black beans, rinsed and drained
- ½ tsp. ground black pepper

Optional toppings
 Sour cream
 Cilantro
 Tortilla chips
 Tomatoes
 Cheese



1. Place bacon in a saucepan on medium heat. Cook and stir until the bacon is cooked but not crisp. Stir in onion; cook and stir for 5 minutes, until the onion turns translucent and golden. Add to the base of the pressure cooker.
2. Add remaining ingredients in base of Microwave Pressure Cooker
3. Seal and microwave on high power 20 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Remove 2 cups beans and place in base of Power Chef System fitted with blade attachment. Cover, pull cord several times to process and stir into soup to slightly thicken.
6. Serve garnished with sour cream, cilantro or red onion, if desired.



Easy Tomato Soup

- 2 (28-oz.) cans crushed tomatoes
- 1 onion, minced
- 2 garlic cloves, minced
- 1 cup low-sodium vegetable broth
- 3 Tbsp. light brown sugar
- 1 tsp. coarse kosher salt
- ¼ tsp. black pepper
- ½ cup heavy cream



1. Combine all ingredients, except for heavy cream, in base of Microwave Pressure Cooker. Seal and microwave on high power 15 minutes.
2. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
3. Remove cover and add heavy cream. Stir to combine. Serve warm.



Eggplant Curry

- 1 onion, cut into quarters
- 2 cloves garlic
- 1 jalapeno, deseeded and roughly chopped
- 2 medium eggplants, dice into ¾" cubes
- 1 can diced tomatoes
- 1 tbsp. ginger paste
- 1 tbsp. cumin powder

- ½ tsp. turmeric
- 2 tsp. garam masala
- 1 tsp. curry powder
- 1 tsp. ground coriander seeds
- 1 tsp. chili flakes
- 1 cup frozen peas
- Salt & pepper

To serve
 Fresh coriander
 Cooked basmati rice
 Natural yogurt



1. In the base of Power Chef System with the blade attachment, add onion, garlic and jalapeno; lock Cover into position and pull the cord several times until contents are diced. Pour mixture into Microwave Pressure Cooker Base.
2. Add all remaining ingredients into the Micro Pressure Cooker; mix until well-combined. Cover and lock Micro Pressure Cooker. Place into the microwave on high for 20 minutes.
3. Remove from microwave. Leave the Cover on and let the Micro Pressure Cooker stand until the pressure indicator drops. Unlock and remove Cover.
4. Sprinkle curry with fresh coriander. Serve with basmati rice and a dollop of yogurt.



French Onion Soup

2 large sweet onions, peeled, thinly sliced
 2 Tbsp. butter
 1½ cup beef stock or broth
 ¼ cup of dry white wine
 1 Tbsp. Cognac
 1 clove of garlic, peeled and crushed
 3 sprigs fresh thyme
 salt and pepper, to taste
Garnish
 ¼ cup grated Swiss or Gruyère cheese, garnish
 Toasted baguettes slices, garnish



1. In base of Microwave Pressure Cooker, place all of the ingredients, except for the cheese and bread.
2. Seal and microwave on high power 20 minutes.
3. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
4. Garnish with bread and grated cheese and serve.



Ham & Beans

16 oz. dried great northern beans
 1 sweet onion, chopped coarsely
 2 garlic cloves, peeled and sliced
 1 small carrot, cut into 2" pieces
 ¼ tsp. kosher salt ¼ tsp. black pepper
 1 Tbsp. parsley, chopped
 1 cup smoked ham chunks
 2-3 cups chicken broth



1. Rinse beans, place in a bowl or base of Microwave Pressure Cooker, cover with water, and soak overnight.
2. Drain and rinse beans and place in base of Pressure Cooker.
3. Combine onion, carrot and garlic in base of Power Chef System fitted with blade attachment. Cover, pull cord several times to chop and add to Pressure Cooker.
4. Stir in seasonings and cover with broth to right below maximum fill line. Seal and microwave on high power 30 minutes.
5. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
6. Place 1-2 cups beans in base of Power Chef System, fitted with blade attachment. Cover, pull cord several times to process and stir back into beans to thicken mixture.



Harrisa & White Bean Stew

2 cloves garlic, crushed
 1 red onion, diced
 1 (15 oz.) can cannellini beans, drained and rinsed
 1 (14 oz.) can chopped tomatoes
 1 tbsp. tomato paste
 1-2 tbsp. harissa paste
 1 tsp. paprika
 1 tsp. ground cumin Salt and pepper

To Serve
 Flaked almonds, toasted
 Fresh coriander, chopped
 Natural or Greek yogurt
 Turkish bread, toasted



1. In base of Microwave Pressure Cooker, garlic, onion, cannellini beans, tomatoes, tomato paste, harissa paste, paprika and cumin, stir.
2. Seal and microwave on high power 15-20 minutes.
3. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
4. Stir to combine, then garnish with toasted almonds, fresh coriander and a drizzle of yogurt. Serve with toasted Turkish bread.



Hawaiian Chicken

4-6 boneless, skinless chicken breasts
 1 can (8 oz.) crushed pineapple
 1 bottle (16 oz.) barbeque sauce
 ½ cup chicken broth



1. Add chicken breasts to the base of the pressure cooker, pour pineapple, bbq sauce and broth over chicken.
2. Seal and microwave on high power 20-25 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.



Hearty Corn Chowder

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|--|-------------------------------------|
| 1 lb. baby red potatoes, halved or quartered | 1 tsp. onion powder |
| ¼ cup all-purpose flour | 3 c. Shredded chicken |
| kosher salt | 1½ cups shredded Cheddar |
| Freshly ground black pepper | ¼ cup whole milk |
| 4 cups low-sodium chicken broth | 2 tbsp. heavy cream |
| 2½ cups canned corn | 6 slices bacon, cooked and crumbled |
| 2 sprigs thyme | 2 tbsp. chives, for garnish |
| 1 tsp. dried basil | |



1. Toss potatoes with flour and add the base of the Pressure Cooker.
2. Season with salt and pepper and stir to combine. Next, stir in chicken broth, corn, thyme, basil, onion powder and chicken.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Stir in cheese, milk and cream, until cheese is melted and fully incorporated.
6. Ladle soup into bowls and top with pepper, bacon and chives. Serve.



Honey Garlic Chicken & Vegetables

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|--------------------------------------|----------------------------------|
| 4 bone-in, skin-on chicken thighs | 2 cloves garlic, minced |
| 10 oz. baby red potatoes, halved | 1 tsp. dried basil |
| 10 oz. baby carrots | ½ tsp. dried oregano |
| 10 oz. green beans, trimmed | ¼ tsp. crushed red pepper flakes |
| 1 Tbsp. chopped fresh parsley leaves | ¼ tsp. ground black pepper |
| 1 cup chicken broth | |
| ¼ cup reduced sodium soy sauce | |
| ½ cup honey | |
| ¼ cup ketchup | |



1. Place all ingredients in base of Microwave Pressure Cooker
2. Seal and microwave on high power 30 minutes. 3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.



Hot and Sour Soup

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|---|---|
| 1 lb. skinless, boneless chicken breast halves - cut into thin strips | 3 Tbsp. soy sauce |
| 3 cups chicken broth | 2 tsp. brown sugar |
| 4 oz. shiitake mushrooms, thinly sliced | 2 Tbsp. corn starch mixed into 2 Tbsp. cold water |
| 1 (8-oz.) can bamboo shoots, drained and thinly sliced | 2 tsp. toasted sesame seed oil |
| 2 cloves garlic, grated | 1 tsp. white pepper |
| 2 tsp. ginger, grated | |
| 1 Tbsp. balsamic vinegar | 1 eggs, lightly beaten, optional |
| 3 Tbsp. rice vinegar or red wine vinegar | 4 green onions, sliced for garnish |
| 1 Tbsp. sriracha sauce | |



1. Place ingredients chicken up to white pepper in base of Microwave Pressure Cooker
2. Seal and microwave on high power 25 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Slowly pour in the eggs in a thin stream while stirring the soup.
5. Garnish with green onions



Huli Huli Chicken

- | |
|----------------------------------|
| 5 rings fresh pineapple |
| 1 whole chicken, skin removed |
| ¼ cup tomato paste |
| ¼ cup apple cider vinegar |
| ¼ cup brown sugar |
| ¼ cup red onion, minced |
| ¼ cup chicken stock |
| 4 garlic cloves, minced |
| 3 tbsp. freshly grated ginger |
| 1 tsp. crushed red pepper flakes |
| 1 tsp. coarse kosher salt |



1. Place pineapple slices in base of Microwave Pressure Cooker. Season chicken with salt and pepper and place on top of pineapple, breast side down.
2. Whisk together tomato paste, vinegar, sugar, red onion, chicken stock, garlic, ginger, pepper flakes and salt in a medium bowl. Pour over chicken.
3. Place cover on Pressure Cooker, lock. Microwave on high power 20 minutes. Remove from microwave. Let stand until pressure is naturally released and pressure indicator is fully lowered, about 10 minutes.
4. Remove chicken to cutting board and shred using 2 forks. Place shredded chicken on sandwich roll and drizzle with sauce from the Pressure Cooker.



Italian Beef Sandwich

1 ½ lbs. boneless beef roast (sirloin or round)
¼ Tbsp. ground black pepper
1 tsp. garlic powder
¼ tsp. onion powder
¼ tsp. dried oregano
¼ tsp. dried basil
¼ tsp. crushed red pepper
2 cups of hot water
2 cubes of beef bouillon
8 oz. pepperoncini peppers
Italian rolls



1. Place all ingredients in the base of Microwave Pressure Cooker, make sure roast is submerged, cut if necessary.
2. Seal and microwave on high power 15–20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 8–10 minutes.
3. Remove roast to cutting board and slice thin or shred, using 2 forks.
4. Serve warm on Italian rolls.



Lasagna

2 cups ricotta cheese
¼ cup parmesan
1 egg, slightly beaten
1 tsp. salt
½ tsp. black pepper
3 cups marinara sauce
¼ cup beef broth
6 dry lasagna noodles, snapped in half lengthwise
2 cups shredded Mozzarella



1. In a small bowl, mix ricotta cheese, parmesan cheese, egg, salt and pepper.
2. In another bowl mix together marinara sauce and broth.
3. Pour ¼ of marinara beef sauce in the base of the pressure cooker. Top with 4 pieces of noodle, ¼ of ricotta cheese mixture, ¼ mozzarella cheese.
4. Repeat, sauce, noodle, ricotta cheese mixture, mozzarella. Repeat with last layer, add remaining sauce on top.
5. Seal and microwave on high power 30 minutes.
6. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
7. Sprinkle remaining mozzarella cheese on top.



Lemon Chicken & Rice Soup

1 lb. chicken, cut into 1/2" cubes
kosher salt
Freshly ground black pepper
Juice and zest of 1 lemon
1 clove garlic, minced
1 onion, chopped
2 carrots, diced
2 celery stalks, diced
2 green onions, thinly sliced
4 cups chicken stock
1 cup cooked white rice



1. Add ingredients chicken to chicken stock to the base of the Microwave Pressure Cooker.
2. Seal and microwave on high power 20 minutes.
3. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
4. Add Rice stir and serve.



Lentil Sloppy Joes

1½ cups dry brown lentils
2 cups water
1 small onion, peeled, quartered and chopped
2 tsp. Steak & Chop Seasoning
1 (15-oz.) jar tomato sauce
2 Tbsp. brown sugar
1 Tbsp. red wine vinegar
1 Tbsp. chili powder



1. Rinse lentils and place in base of Microwave Pressure Cooker. Add water, onion and seasoning.
2. Seal and microwave on high power 22 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 8–10 minutes.
3. While pressure is releasing, combine remaining ingredients in 1-Qt. Micro Pitcher, cover and microwave on high power 3 minutes.
4. Stir tomato mixture into lentils and serve warm on desired bun.

Lima Beans & Smoked Sausage

- 16 oz. dried green baby lima beans
- 1 large onion
- ¼ cup celery & leaves
- ¼ cup green bell pepper
- 3 garlic cloves, minced
- 1 bay leaves
- 2-3 cups chicken broth
- ½ lb. ham, chunks, diced
- ½ lb. smoked sausage or andouille sausage, sliced ¼" thick



1. Rinse beans, place in a bowl or base of Microwave Pressure Cooker, cover with water, and soak overnight.
2. Drain and rinse beans and place in base of Pressure Cooker.
3. Combine onion, celery, bell pepper and garlic in base of Power Chef System fitted with blade attachment. Cover, pull cord several times to chop and add to Pressure Cooker.
4. Stir in seasonings and cover with broth to right below maximum fill line. Seal and microwave on high power 30 minutes.
5. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
6. Place 1 cups beans in base of Power Chef System, fitted with blade attachment. Cover, pull cord several times to process and stir back into beans to thicken mixture.

Macaroni & Cheese

- 2 ½ cup dry elbow macaroni
- 2 cups chicken broth
- 1 cup heavy cream
- ¼ tsp. table salt
- ¼ tsp. pepper
- 1 Tbsp. butter
- ½ cup whole milk
- 1 ½ cup shredded Mac & Cheese style cheese blend
- 6 oz. Velveeta cheese



1. Place macaroni, chicken broth, heavy cream, salt, and pepper, in Pressure Cooker, stir and seal.
2. Microwave at 100% power for 10 minutes.
3. Let cool until pressure falls, then open and add butter, milk and both cheeses, stir and enjoy.

Mexican Pinto Beans

- 16-oz. pkg. dry pinto beans
- 1 (10 oz.) can tomatoes with diced chile peppers
- ¼ lb. bacon, cut into ½" pieces
- 1 medium onion, peeled and quartered
- 2 tsp. chili powder
- ½ tsp. cumin
- 1 clove garlic, minced
- 1 tsp. coarse kosher salt
- ½ tsp. black pepper



1. Rinse beans, place in a bowl or base of Microwave Pressure Cooker, cover with water, and soak overnight.
2. Drain and rinse beans and place in base of Pressure Cooker.
3. Combine remaining ingredients and place of the Pressure Cooker.
4. Seal and microwave on high power 30 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes
6. Place 1 cups beans in base of Power Chef System, fitted with blade attachment. Cover, pull cord several times to process and stir back into beans to thicken mixture.

Mongolian Beef

- 2 lb. flank steak, cut into ¼" strips
- 1 Tbsp. vegetable oil
- 4 cloves garlic, minced or pressed
- ¼ cup soy sauce
- ½ cup water
- ¾ cup dark brown sugar
- ¼ tsp. minced fresh ginger
- 2 Tbsp. cornstarch
- 3 Tbsp. water
- 3 green onions, sliced into 1" pieces



1. Combine all ingredients except the green onions in the base of the Pressure Cooker.
2. Seal and microwave on high power 20-25 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Remove cover and stir in green onions.

Mushroom Risotto

- 1 cup Arborio rice
- 2½ cups vegetable stock or water*
- 8 oz. fresh mushrooms, sliced
- 1 small onion, peeled, halved and chopped
- 1 tsp. coarse kosher salt
- 1 Tbsp. extra virgin olive oil
- ¼ cup Parmesan cheese



TUPPERWARE



1. Rinse Arborio rice in strainer until water runs clear, about 30–60 seconds.
2. Pour rice into Microwave Pressure Cooker base and add vegetable stock, mushrooms, onion, salt and oil.
3. Seal and microwave on 70% power 13 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes, before opening.
4. Remove cover and stir in Parmesan cheese.

*Traditionally, risotto is cooked with white wine. If desired, substitute ¼ cup of the water or vegetable stock with white wine.

Mushroom, Spinach & Sundried Tomato Risotto

- 1½ cups Arborio rice
- 2 cups water
- ⅓ cup white wine
- 1 chicken bullion cube
- 1 cup button mushrooms, sliced
- 2 shallots, diced
- ¼ cup sundried tomatoes, cut into strips
- ⅓ cup Parmesan Cheese, grated
- 3 Tbsp. butter
- ¼ cup baby spinach
- Salt and pepper
- ¼ cup Parmesan cheese, grated for serving



TUPPERWARE



1. Rinse Arborio rice in strainer until water runs clear, about 30–60 seconds.
2. Pour rice into Microwave Pressure Cooker base and add water, wine, chicken bullion cube, mushrooms and shallots.
3. Seal and microwave on 70% power 15 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes, before opening.
4. Remove cover and stir in the butter and ⅓ cup grated Parmesan cheese to the risotto and mix. Then add the tomatoes and the baby spinach, season with salt and pepper, stir again and serve with grated parmesan cheese.

Mustard Ale Sausage & Peppers

- 1 lb. Italian Sausage Links, cut into bite-sized pieces
- 2 green bell peppers, seeded and chopped
- 1 onion, peeled and chopped
- ¼ cup beer
- ¼ cup chicken stock
- 2 Tbsp. grainy mustard
- 2 Tbsp. corn starch
- ½ tsp. kosher salt



TUPPERWARE



1. In the base of the Microwave Pressure Cooker place sausage, peppers, and onion.
2. In a medium bowl stir together beer, stock, mustard, corn starch, and salt. Pour over sausage and peppers, stir to combine.
3. Secure cover onto base. Microwave on high power 10 minutes. Remove from microwave. Let stand 10 minutes or until pressure indicator valve is in the down position.
4. Serve with rice, pasta, potatoes, creamy polenta, or on a bun.

OJ Beet Salad

- 3 beets, peeled
- 1 cup orange juice
- 1 tsp. coarse kosher salt
- ¼ cup walnuts, toasted
- ¼ cup crumbled goat cheese
- mixed greens of your choice



TUPPERWARE



1. Set Mandoline round knob to #9, triangle knob to “lock” and select the straight v-shaped blade insert.
2. Secure beet to food guider. Push food guider down Mandoline to slice beets into discs. Repeat with remaining beets.
3. Place sliced beets in base of Microwave Pressure Cooker and pour orange juice and salt over them.
4. Seal and microwave on high power 10 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes.
5. Top with walnuts and goat cheese. Serve over mixed greens with orange wedges and another splash of orange juice, if desired.

One Pot Pasta

8 oz. ground beef, crumbled
1 onion, peeled and quartered
1 garlic clove, peeled
1 tsp. Italian Herb Seasoning
8 oz. penne pasta
1 (24-oz.) jar marinara
1 cup beef broth



TUPPERWARE



1. Add onion and garlic to base of Chop 'N Prep Chef. Cover and pull cord to finely chop.
2. Add all ingredients into the base of Microwave Pressure Cooker.
3. Seal and microwave on high power 10 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2–4 minutes, before opening.
4. Serve topped with Parmesan cheese and basil, if desired.

Onion, Chive & Bacon Creamed Corn

4 slices bacon, cooked and crumbled
4½ cups frozen whole kernel corn (from two 1-lb bags), thawed
½ medium red bell pepper, chopped (½ cup)
½ cup milk
½ cup chicken broth
1 teaspoon sugar
¼ teaspoon salt
⅛ teaspoon pepper
1 container (8 oz.) reduced-fat chive-and-onion cream cheese
¼ cup butter or margarine, melted



TUPPERWARE



1. Add corn, bell pepper, milk, butter, sugar, salt, pepper and half of the bacon into the base of Microwave Pressure Cooker.
2. Seal and microwave on high power 10 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2–4 minutes, before opening.
3. Stir in cream cheese, recover and microwave for 5 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2–4 minutes, before opening, stir and top with remaining bacon

Peach Cobbler

2 cans peach pie filling
1 pkg. yellow cake mix
½ cup butter, melted
¼ tsp. cinnamon



TUPPERWARE



1. Mix cake mix, butter and cinnamon until crumbly, set aside.
2. Pour peach pie filling into Microwave Pressure Cooker base and pour crumble topping over it.
3. Seal and microwave high for 12-14 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes, before opening.

Peanut Butter Cup Cake

1 pkg. yellow cake mix
3 eggs
1 cup water
½ cup peanut butter
½ cup butter, softened
½ cup Hershey's chocolate syrup, divided + 3 tbsp.
2 (8 oz.) bags Reese's mini peanut butter cups
Frosting
3 Tbsp. peanut butter
3 Tbsp. milk
1 cup powdered sugar



TUPPERWARE



1. Mix, cake mix, eggs, water, peanut butter and butter in a medium That'sa bowl, set aside ⅓ of batter. Pour half of the remaining cake batter into the base of the Pressure Cooker, drizzle ¼ cup chocolate syrup over batter, then sprinkle one 8 oz. bag of Reese's peanut butter cups over batter.
2. Add ½ cup chocolate syrup to the ⅓ part batter and pour over first layer.
3. Take the 2nd half of the ⅓ batter pour over that layer.
4. Drizzle 3 Tbsp. chocolate syrup over batter, then sprinkle one 8 oz. bag of Reese's peanut butter cups over batter.
5. Seal and microwave on high power 10 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2–4 minutes, before opening.
6. Mix peanut butter, milk and powdered sugar, spread over warm cake.

Pork Tenderloin with Raisin Cream Sauce

- 2–3 lb. pork tenderloin
- 1 tsp. coarse kosher salt
- ½ tsp. black pepper
- ¼ cup golden raisins
- 1½ cups apple cider
- ¼ cup heavy cream
- 2 Tbsp. corn starch



1. Season tenderloin with salt and pepper. Place in base of Microwave Pressure Cooker.
2. Add raisins and apple cider to Pressure Cooker.
3. Seal and microwave on high power 15 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes. Check to ensure internal temperature of pork has reached 145° F.
4. Remove pork from Pressure Cooker and place on cutting board. Let rest for 5 minutes.
5. In a small bowl, whisk the corn starch into heavy cream until combined. Whisk cream mixture into liquid in base of Pressure Cooker. Seal and microwave on high power 1–2 minutes.
6. Slice pork tenderloin and serve with warm raisin cream sauce.

Pork Shoulder, Braised

- 1 lb. boneless pork shoulder
- Kosher salt and freshly ground black pepper
- 1 Tbsp. ground cumin
- 1 Tbsp. dried oregano
- ¼ tsp. dried red chili flakes
- 4 cloves garlic, peeled and gently smashed
- 1 medium onion, sliced
- 1 cup fresh orange juice
- 1 lime, juiced
- 1 cup low-sodium chicken broth
- 2 bay leaves



1. Season pork shoulder with salt, pepper, cumin, oregano and chili flakes. Place in base of Microwave Pressure Cooker.
2. Add remaining ingredients to Pressure Cooker.
3. Seal and microwave on high power 20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
4. Check to ensure internal temperature of pork has reached 145° F.

Pot Roast

- 1–2-lb. beef chuck roast
- 1½ tsp. Steak & Chop Seasoning
- ¼ cup all-purpose flour
- 2 cups beef stock
- 2 Tbsp. apple cider vinegar
- 2 large carrots, peeled and cut in 1" slices
- 1 onion, peeled and sliced thin
- ½ lb. red potatoes, cut in half



1. Cut chuck roast along fat seam and sprinkle with seasoning.
2. Place into base of Microwave Pressure Cooker.
3. In a small bowl, whisk flour into stock and pour over beef.
4. Add remaining ingredients to Pressure Cooker base and seal.
5. Microwave on high power 30 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes, before opening.
6. Remove beef and place on cutting board. Let beef rest 5 minutes before slicing.
7. Serve with the vegetables and potatoes.

Pot Roast Sandwich

- 2 lb. chuck roast
- 1 tsp. garlic powder
- 1 tsp. paprika
- ¼ cup brown sugar
- 1 tsp. coarse kosher salt
- 1 onion, peeled and sliced
- 2–3 cups beef broth
- 2 Tbsp. apple cider vinegar
- Shredded white cheddar cheese, optional



1. Rub roast with garlic powder, paprika, brown sugar and salt. Place in base of Microwave Pressure Cooker.
2. Add onion slices to Microwave Pressure Cooker.
3. Cover with beef broth and add apple cider vinegar.
4. Seal Microwave Pressure Cooker and microwave on high for 25 minutes. Let pressure release naturally before opening. Cut roast into shreds.
5. Serve warm on desired bun topped with cooked onion and white cheddar cheese.

Pulled Apple Cider Chicken

- 1 lb. chicken breast
- 1 tsp. coarse kosher salt
- 1 green apple, cored and quartered
- ½ onion, peeled and halved
- 2 cups apple cider or juice



1. Season chicken with salt and place in base of Microwave Pressure Cooker.
2. Place apple and onion in base of Power Chef fitted with blade attachment. Cover and pull cord until finely chopped. Add to base of Microwave Pressure Cooker.
3. Add cider to Microwave Pressure Cooker to cover ingredients.
4. Seal and microwave on high for 15 minutes. Allow pressure to release naturally before opening.
5. Shred chicken and serve warm.

Pulled Chipotle Chicken Tacos

- 2 tsp - 1 tbsp. chipotle or Mexican hot sauce
- 2 tsp. smoked paprika
- 1 tsp. ground cumin
- 1 tsp. cocoa powder
- ¼ tsp. cayenne pepper
- 1½ lbs. chicken thighs, skinless boneless
- 1 red onion, diced
- 2 cloves garlic, crushed
- ½ cup water
- 1 tsp. sugar

Toppings

- 12 mini flour or corn tortillas
- 1 corn cob, grilled, kernels only
- ½ red cabbage, finely sliced
- ½ red onion, finely sliced or diced
- ½ avocado, sliced
- Fresh coriander
- 2 limes, cut into wedges



1. Combine hot sauce, paprika, cumin, cocoa powder and cayenne pepper in a bowl. Rub mixture into chicken thighs and place in base of Microwave Pressure Cooker, add the remaining ingredients; mix together.
2. Seal and microwave on high for 15-20 minutes. Allow pressure to release naturally before opening.
3. Place chicken onto a platter and gently pull the flesh into strips.
4. Prepare tortillas as per instructions on the packet.
5. Serve pulled chicken in tortillas, topped with grilled corn, red cabbage, red onion, avocado, coriander and lime wedges.

Pulled Pork Sandwich

- 2-lb. boneless pork butt, cut in half lengthwise
- 1 tsp. coarse kosher salt
- ½ tsp. black pepper
- 2 cups apple cider
- 2 Tbsp. apple cider vinegar
- BBQ sauce



1. Place pork in base of Microwave Pressure Cooker and season with salt and pepper.
2. Pour cider and vinegar over pork, cider should cover pork and not exceed max fill line. Seal and microwave on high power 30 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator is fully lowered, about 10-15 minutes.
4. Check to ensure internal temperature of pork has reached 145° F/63°C. Remove to a cutting board and shred using 2 forks.
5. Serve warm on buns or Texas toast with desired condiments.

Pulled Pork with Apple Slaw

PORK ROAST

- ¼ cup apple cider vinegar
- ¼ cup orange juice
- ¼ cup minced red onion
- 4 garlic cloves, minced
- 1 tsp. dried oregano
- 2 tsp. achiote paste* (optional)
- 1 tsp. kosher salt
- 1 (3 lb.) boneless pork butt

APPLE SLAW

- 2 tbsp. apple cider vinegar
- ¼ cup extra-virgin olive oil
- 1 tbsp. honey
- ¼ tsp. ground cumin
- ½ tsp. cinnamon
- ¼ tsp. kosher salt
- 3 medium carrots, peeled, cut into 2" sections
- 1 large Granny Smith apple, cored
- ¼ cup minced red onion



1. In base of the Pressure Cooker, whisk together apple cider vinegar, orange juice, red onion, garlic, oregano, achiote and salt. Add pork butt, turn to coat with liquid.
2. Lock cover in place and microwave on high power 25 minutes. Remove from microwave, let stand until pressure gauge is in the down position. Turn pork roast over, lock cover in place, and microwave an additional 20 minutes or until tender. Remove from microwave, let stand 10 minutes or until pressure gauge is in the down position.
3. Meanwhile, make the slaw. In a medium bowl, whisk together the apple cider vinegar, olive oil, honey, cumin, cinnamon and salt.
4. Using the Mandoline with round knob at #2 and the triangular knob at #6, slice thin strips of the carrots and apple. Transfer to bowl with dressing and toss to coat. Let stand 5 minutes.
5. Using two forks, shred pork directly in Pressure Cooker and stir into juices. Serve pulled pork with slaw.

Pumpkin & Spinach Risotto

- 1 cup Arborio rice
- 1 medium onion, roughly chopped
- 1 clove garlic
- 1 ½ cup pumpkin, cut into small cubes
- Salt & pepper to taste
- 1 chicken bullion cube
- ¼ cup white wine
- 1½ cup water
- ¾ cup baby spinach
- ¼ cup parmesan cheese
- 2 Tbsp. butter



TUPPERWARE



1. Rinse rice until water runs clear.
2. In the base of the Power Chef System with bade attachment add onion and garlic. Place cover on and pull cord until finely chopped. Add to the base of the Pressure Cooker.
3. In base of the Pressure Cooker add pumpkin, salt and pepper, rice, bullion cube, white wine and water.
4. Securely cover and lock Microwave Pressure Cooker, microwave on high for 15-20 minutes.
5. Allow pressure to release naturally before opening. Carefully remove cover and add spinach and half the parmesan cheese, stir to mix.
6. Sprinkle remaining parmesan cheese on top.

Quick Chicken Mole

- 8 boneless, skinless chicken thighs
- 1 cup raisins
- 1 cup crushed tomato
- 1 (7-oz./200g) can chipotle peppers in adobo sauce
- 1 dried, toasted ancho chili, stems and seeds removed
- ¼ cup sliced toasted almonds
- 6 garlic cloves, peeled
- ¼ cup unsweetened cocoa powder
- 2 tsp. ground cumin
- 1 tsp. ground cinnamon
- ¼ tsp. ground cloves
- 1 tsp. kosher salt



TUPPERWARE



1. In the base of the Microwave Pressure Cooker, combine chicken and raisins, set aside.
2. In the base of the Power Chef System, fitted with blade attachment, combine tomatoes, chipotle peppers, ancho chilies, almonds, garlic, cocoa powder, sugar, cumin, cinnamon, cloves and salt. Cover and pull cord until well blended. Pour over chicken and raisins.
3. Place cover on Microwave Pressure Cooker and lock. Microwave on high power 22 minutes. Remove Pressure Cooker from microwave, let stand 10 minutes or until pressure indicator fully lowers.
4. Using two forks, shred chicken in a separate bowl.
5. Place shredded chicken in sauce. Serve over rice, with beans, or in tortillas with your favorite toppings.

Quick Polenta or Grits

- 3½ cups chicken or vegetable stock
- ¼ cup uncooked polenta or grits
- ¼ tsp. kosher salt
- 1 cup cheddar cheese, shredded
- 3 Tbsp. unsalted butter



TUPPERWARE



1. In the base of the Microwave Pressure Cooker stir together stock, polenta or grits, salt, cheese, and butter.
2. Microwave on high power 10 minutes. Let stand 10 minutes or until pressure has released and valve indicator is in the down position. Remove cover, stir polenta. Season with salt and pepper to taste.
3. Let stand 10 minutes before serving, polenta will firm slightly. Serve warm.

Rice Pilaf

- 1½ cups basmati rice
- 2½ cups chicken stock
- 3 slices bacon, chopped into ½-inch pieces
- 1 small onion, chopped
- ¼ carrot, diced
- ½ rib celery, chopped
- ¼ cup frozen peas
- ¼ tsp. ground turmeric
- ¼ tsp. ground cumin
- ¼ tsp. ground paprika
- salt and pepper, to taste
- 2 Tbsp. chopped fresh parsley
- 2 oz. pine nuts, toasted



TUPPERWARE



1. In base of Microwave Pressure Cooker, place all of the ingredients except for the parsley and pine nuts.
2. Seal and microwave on high power 15 minutes.
3. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
4. Stir and serve.

Roast Beef with Horseradish Cream Sauce

3-lb. beef eye round or rump roast
 1 Tbsp. Steak & Chop Seasoning
 3 cups beef stock
 ¼ cup sour cream
 1 Tbsp. horseradish
 ¼ tsp. coarse kosher salt
 ¼ tsp. black pepper
 1 Tbsp. mayonnaise
 3 green onions, chopped



TUPPERWARE



1. Coat roast with seasoning and place in base of Microwave Pressure Cooker.
2. Pour beef stock into base to maximum fill line, about 3 cups.
3. Seal and microwave on high for 20 minutes for a medium rare center, 25 minutes for a medium center or 30 minutes for a well-done center
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.
5. Remove roast to cutting board. Allow to rest at least 10 minutes before slicing.
6. Meanwhile mix together remaining ingredients to create horseradish cream sauce.
7. Slice beef and serve with sauce.

Sancocho

1 beef bouillon cube
 3 cups water
 1 lb. beef chuck or 1 lb. boneless skinless chicken thighs
 8 oz. yuca, defrosted & cut to 1" slices
 4-5 small red potatoes, peeled & quartered
 1 plantain, peeled & cut into 1" chunks
 1 onion, chopped
 2 large carrots, peeled and cut into 1" chunks
 1 tsp. cumin 1 tsp. paprika
 1 tsp. coarse kosher salt
 *Steamed corn cob and cilantro for serving



TUPPERWARE



1. In a small bowl, dissolve bouillon in water.
2. Cut beef or chicken into 1" chunks. Add to base of Microwave Pressure Cooker.
3. Add remaining ingredients to base of Microwave Pressure Cooker. Pour bouillon water over. Seal and microwave on high power 30 minutes.
4. Allow pressure to release naturally before opening. Carefully remove about 1 cup of potato chunks. Place in base of Power Chef System fitted with blade attachment. Cover and pull cord to mash. Whisk mashed potatoes back into broth to thicken.
5. Serve warm with steamed corn on the cob cut into chunks and cilantro.

Sausage & Peppers

5 sausage links, about 1¼ lbs.
 1 onion, peeled and thinly sliced
 1 green bell pepper, seeded and sliced
 1 red bell pepper, seeded and sliced
 2 garlic cloves, peeled and minced
 1 (15-oz.) can diced tomatoes
 1 tsp. Italian herb seasoning



TUPPERWARE



1. Place sausage links in base of Microwave Pressure Cooker
2. Add all remaining ingredients to base of Pressure Cooker.
3. Seal and microwave on high power 15 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 8-10 minutes.
4. Serve on a hoagie roll or over rice, if desired.

Sausage & Potato Soup

Recipe by consultant Briar-Rose Jacobson

1 smoked kielbasa, sliced 1" thick
 ½ can fire roasted corn
 ½ bag frozen Potatoes O'Brien
 ¼ onion, diced
 2 cups sharp cheddar cheese, shredded
 2 cans cream of chicken soup
 2 Tbsp. butter, melted
 1 cup milk
 1 cup chicken broth
 2 Tbsp. flour
 Green onion, diced, optional garnish



TUPPERWARE



1. Place sausage, corn, potatoes onion and cheese in base of Microwave Pressure Cooker
2. In a medium bowl, whisk the remaining ingredients and pour over sausage and vegetables.
3. Seal and microwave on high power 25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.
5. Garnish with green onions, if desired.

Shredded Chicken Nachos

- 1 lb. boneless skinless chicken breast
- 1 (10-oz.) jar enchilada sauce
- ½ onion, peeled and quartered
- ¼ green bell pepper, seeded, cored and quartered
- 4 oz. tortilla chips
- 1 cup shredded Mexican cheese blend
- ¼ cup black olives, sliced
- ¼ cup jalapeños, sliced and deseeded
- ¼ cup sour cream



1. Place chicken breasts in base of Microwave Pressure cooker. Pour enchilada sauce over chicken. Chicken should be mostly submerged in sauce.
2. Seal and microwave on high power 15 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator is fully lowered, about 5–10 minutes.
4. Remove chicken to cutting board and shred using 2 forks. Return shredded chicken to Pressure Cooker based and mix with enchilada sauce.
5. Place tortillas onto desired serving plate and top with shredded chicken mixture.
6. Place onion and green pepper in base of Quick Chef Pro System, fitted with blade attachment. Cover and turn handle to roughly chop. Spoon over chicken and tortillas.
7. Add remaining toppings and serve.

Simply Salsa Chicken

- 1 medium onion, peeled and cut in half
- 2 cloves garlic, peeled and smashed
- ¼ lime, juiced
- 1 (15oz) can diced tomatoes
- 1 Tbsp. Southwest Chipotle Seasoning
- salt to taste
- 2-3 Tbsp. fresh cilantro
- 2 lb. chicken breast



1. Place the onion, garlic, lime juice, tomatoes and seasonings in base of Power Chef System fitted with the blade attachment. Cover and pull cord several times to chop.
2. Place chicken breast in the base of Microwave Pressure Cooker, pour salsa over chicken.
3. Seal and microwave on high power 15–20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 8–10 minutes.
4. Remove chicken to cutting board and shred, using 2 forks. Return to Pressure Cooker and combine again with salsa.
5. Serve warm on lettuce, sandwich or tortilla with desired condiments.

Simply Salsa Chicken II

- 1 medium onion, peeled and cut in half
- 2 cloves garlic, peeled and smashed
- ¼ cup cilantro
- 1 Jalapeno, seeded
- ¼ lime, juiced
- 1 (15oz) can diced tomatoes
- 1 Tbsp. Southwest Chipotle Seasoning
- salt to taste
- 2 lb. chicken breast



1. Place the onion, garlic, cilantro, jalapeno, lime juice, tomatoes and seasonings in base of Power Chef System fitted with the blade attachment. Cover and pull cord several times to chop.
2. Place chicken breast in the base of Microwave Pressure Cooker, pour salsa over chicken.
3. Seal and microwave on high power 15–20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 8–10 minutes.
4. Remove chicken to cutting board and shred, using 2 forks. Return to Pressure Cooker and combine again with salsa.
5. Serve warm on lettuce, sandwich or tortilla with desired condiments.

Smores Lava Cake

- 1 pkg. devil's food cake mix (regular size)
- 1½ cups water
- 3 large eggs
- ¼ cup canola oil
- 2 cups cold 2% milk
- 1 pkg. (3.9 oz.) instant chocolate pudding mix
- 2 cups (12 oz.) semisweet chocolate chips
- 1½ cups Marshmallows, mini or 1 cup marshmallow cream (jar)
- 2 graham cracker sheets broke into pieces



1. In a large bowl, combine the cake mix, water, eggs and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Add to the base of the pressure cooker.
2. In another bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Spoon over cake batter; sprinkle with chocolate chips, marshmallows and graham crackers.
3. Seal and microwave on high power 10 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Top with ice cream or cool whip

Southern Green Beans & Potatoes

8-10 red potatoes, scrubbed and halved
1 (16 oz.) pkg. frozen green beans (or fresh)
1 large onion, cut into about eight wedges
2 cups ham, cut into bite sized pieces
2 cups chicken broth
salt and pepper



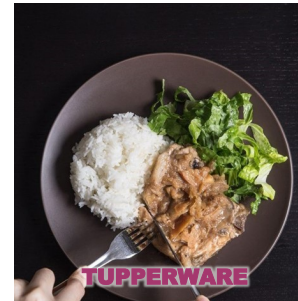
TUPPERWARE



1. Add all ingredients to the base of the pressure cooker. Make sure the broth is covering everything, add more if needed.
2. Seal and microwave on high for 25 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.

Spiced Pork Chops with Apple Chutney

2-4 pork loin chops
¼ tsp. salt
¼ pepper
2 cloves of garlic, minced
2 Tbsp. light soy sauce
1 Tbsp. honey
2 Tbsp. Dijon mustard
1½ cups chicken stock
3-4 granny smith apples, sliced or chunks (your preference)
2 Tbsp. melted butter
1 small onion, chopped
½ tsp. cinnamon
2 Tbsp. Brown sugar
4 Tbsp. apple cider vinegar



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1. Season pork chops with salt and pepper, place in the base of the pressure cooker.
2. In a small bowl mix garlic, soy sauce, honey and mustard, pour over pork chops.
3. Pour chicken stock over pork chops.
4. In a small bowl mix apples butter, onion, cinnamon, brown sugar and apple cider, pour over pork chops.
5. Seal and microwave on high power 15 minutes.
6. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.

Spicy Pepper Steak

Recipe by consultant Nitra Anderson

1 lb. Flank steak, thinly sliced
1 onion
1 bell pepper
1 jalapeño pepper, deseeded
3 habanero pepper, deseeded
3 garlic cloves
1 packet of McCormick beef and herbs gravy
¼ cup of flour
2 cups beef broth
¼ tsp. seasoning salt
¼ tsp. pepper
¼ tsp. garlic powder



TUPPERWARE



1. Slice onions and peppers into strips.
2. Add jalapeño pepper, habanero pepper and garlic in the base of The Power Chef System, with blade attachment, secure cover, pull cord until diced.
3. Add meat and vegetables to the base of the Pressure Cooker.
4. In a small bowl, whisk seasonings, beef broth and flour, pour over meat and vegetables
5. Seal and microwave on high power 30 minutes.
6. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.

Spicy Turkey Chili

1 large onion, diced
2 cloves garlic, minced
1 jalapeño, minced
1 tbsp. tomato paste
1 tbsp. chili powder
2 tsp. ground cumin
Pinch of cayenne pepper
1 lb. ground turkey, crumbled
1 (15-oz.) can black beans, rinsed
1 (28-oz.) can diced tomatoes
2-3 cups low-sodium chicken broth

Optional Toppings
Green onions, for garnish
½ cup shredded Cheddar



TUPPERWARE



1. Add all ingredients in the base of Microwave Pressure Cooker, stir.
2. Seal and microwave on high power 25 minutes.
3. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
4. Top with cheese and green onions if desired.



Spinach Lasagna

- 2 cups Ricotta cheese
- ½ cup Parmesan
- 1 egg, slightly beaten
- 1 tsp. salt
- ½ tsp. black pepper
- 3 cups marinara sauce
- ¾ cup beef broth
- 6 dry lasagna noodles, snapped in half lengthwise
- 3 cups frozen chopped spinach, thawed and drained
- 2 cups shredded Mozzarella



1. In a small bowl, mix ricotta cheese, parmesan cheese, egg, salt and pepper.
2. In another bowl mix together marinara sauce and broth.
3. Pour ¼ of marinara beef sauce in the base of the pressure cooker. Top with 4 pieces of noodle, ¼ of ricotta cheese mixture, 1 cup of spinach, ¼ mozzarella cheese.
4. Repeat, sauce, noodle, ricotta cheese mixture, spinach, mozzarella. Repeat with last layer, add remaining sauce on top.
5. Seal and microwave on high power 30 minutes.
6. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
7. Sprinkle remaining mozzarella cheese on top.



Split Pea Soup

Recipe by consultant Raquel Lynn

- 1 bag (16 oz.) split peas
- 4 cups chicken broth
- 2 celery stalks
- 10 baby carrots
- 1 cup ham chunks
- Salt & pepper, to taste



1. Place peas and chicken broth in the base of the pressure cooker, place in refrigerator to soak over night.
2. Cut carrot and celery in about 2-3" pieces and place in the base of The Power Chef System, with blade attachment, secure cover, pull cord until diced.
3. Add all the ingredients to the base of the Pressure Cooker.
4. Seal and microwave on high power 30 minutes.
5. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.



Spinach, Tomato & Mushroom Risotto

- 1 cup Arborio rice
- 2 ¼ cups vegetable stock or water*
- 8 oz. fresh mushrooms, sliced
- 4 oz. fresh spinach
- ¼ cup chopped sun-dried tomato
- 1 small onion, peeled, halved and chopped
- 1 tsp. coarse kosher salt
- 1 Tbsp. extra virgin olive oil
- ½ cup Parmesan cheese



1. Rinse Arborio rice in strainer until water runs clear, about 30–60 seconds.
2. Pour rice into Microwave Pressure Cooker base and add vegetable stock, mushrooms, onion, salt and oil.
3. Seal and microwave on 70% power 13 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes, before opening.
4. Remove cover and stir in Parmesan cheese.

*Traditionally, risotto is cooked with white wine. If desired, substitute ½ cup of the water or vegetable stock with white wine.



St Louis Style BBQ Ribs

- 1-2 lbs. St Louis Style Ribs
- 1½ tsp. Steak and Chop Seasoning
- 1 medium onion, chopped
- 1 bottle BBQ sauce
- ¼ cup beef broth or beer



1. Place ribs in the base of Microwave Pressure Cooker, pour remaining ingredients over ribs.
2. Seal and microwave on high power 15–20 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 8–10 minutes.

Strawberry Cobbler

2 cans strawberry pie filling
1 pkg. yellow cake mix
¼ cup butter, melted



1. Mix cake mix and butter until crumbly, set aside.
2. Pour strawberry pie filling into Microwave Pressure Cooker base and pour crumble topping over it.
3. Seal and microwave high for 12-14 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes, before opening.

Summer Poached Pears

2 pears, peeled, halved and cored
¼ cup golden raisins
¼ cup dried cranberries
¾ cup pink lemonade
¼ cup honey
½ tsp. coconut extract



1. Place pears in base of Microwave Pressure Cooker.
2. In medium bowl, stir together remaining ingredients and pour over pears.
3. Seal and microwave on high power 10 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes. 5. Serve warm with vanilla ice cream, if desired.

Taco Soup

1 medium onion, peeled and chopped
1 lb. ground beef
1 (15.25-oz.) can corn
1 (15.5-oz.) can black beans
1 (14.5-oz.) can diced tomatoes
1 (15.5-oz.) can red kidney beans
1 (10-oz.) can diced tomatoes with green chilies
1 envelope ranch seasoning
1–2 Tbsp. Southwest Chipotle Seasoning (based on desired spiciness)
Black olives, cheddar, sour cream for garnish (optional)



1. Break up ground beef and place in base of Microwave Pressure Cooker.
2. Add all the remaining ingredients.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 4–6 minutes.
5. Serve topped with sliced black olives, shredded cheddar, and sour cream, if desired.

Tamale Spoon Pie

Filling
¾ green bell pepper, seeded, roughly chopped
¾ poblano pepper, seeded, roughly chopped
½ small onion, peeled, cut in half
4 garlic cloves, peeled
¼ cup tomato paste
1 lb. ground beef
3 tsp. Taco Seasoning blend
2 tsp. instant masa or finely ground instant cornmeal
½ tsp. kosher salt

Dough
1 cup instant masa or finely ground instant cornmeal
2 tsp. baking soda
1 tbsp. granulated sugar
3 tsp. butter, melted
¼ tsp. kosher salt
1 cup chicken stock



1. In the base of the Power Chef System fitted with blade attachment, add bell pepper, poblano, onion and garlic. Cover and pull cord until well minced.
2. Transfer pepper mixture to a medium bowl. Add tomato paste, ground beef, taco seasoning, and salt. Mix until well combined, transfer to the base of the Microwave Pressure Cooker.
3. In the base of the same Power Chef add masa, baking soda, butter, salt and chicken stock. Cover and pull cord until dough forms, scraping down sides of the base with a spatula as needed. Spread dough evenly over beef mixture.
4. Cover and seal pressure cooker. Microwave on high power 20 minutes. Remove from microwave and let stand until pressure gauge naturally releases and is in the down position, about 10 minutes. Remove cover, spoon portions into bowls, serve warm.

Note: Garnish with fresh chopped cilantro, crema, minced red bell pepper, chopped red onion, minced jalapeno.

Sweet Potato Soup

- 3 sweet potatoes, peeled and cut into 1" chunks
- 4 cups vegetable stock
- 1 onion, chopped
- 1 tsp. salt
- 1 tsp. dried rosemary or ½ tsp. fresh rosemary



1. Place all ingredients in base of Microwave Pressure Cooker
2. Seal and microwave on high power 30 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Place 5 cups of cooked soup in base of Power Chef System fitted with blade attachment. Cover and pull cord to process until smooth. Repeat step for remaining soup.

Teriyaki Chicken

- 1 lb. chicken breast
- 1½ cups teriyaki sauce
- ½ cup soy sauce
- ¼ cup rice vinegar
- ¼ cup brown sugar
- ½ cup sesame oil
- 3 cloves garlic, crushed
- 1 tsp. ginger, grated
- 2 Tbsp. cornstarch
- ¼ cup water



1. Place all ingredients except chicken in Quick Shake Container, seal and shake until evenly combined. Store in refrigerator until ready to use.
2. Place chicken breast in base of Pressure Cooker. Pour in teriyaki sauce to cover chicken. Cover and microwave on high for 15 minutes.
3. Allow pressure to release naturally before opening. Shred chicken and serve warm.

Thai Beef & Peppers

- ½ cup low-sodium soy sauce
- 3 Tbsp. sherry
- 2 Tbsp. cornstarch
- 2 Tbsp. packed brown sugar
- 1 Tbsp. minced fresh ginger
- 1 tsp. red chili paste or a few dashes red chili oil
- 2 cloves garlic, minced
- 1 lime, juiced, divided
- 1 lb. flank steak, sliced very thin against the grain
- 1 medium onion, sliced
- 1 red bell pepper, cored and sliced into strips
- 1 green pepper, cored and sliced into strips
- 2 cups beef broth
- 3 Tbsp. cornstarch



1. In a small bowl, mix the soy sauce, sherry, cornstarch, brown sugar, ginger, chili paste, garlic and the juice of half the lime juice. Pour ⅓ of the marinade into a bowl with the sliced beef and toss to coat. Reserve the rest of the marinade for later. Marinate for at least 30 minutes, I prefer about two hours.
2. Place steak and onions into the base of the pressure cooker.
3. Mix remaining marinade with 2 cups of beef broth and 3 Tbsp. cornstarch and pour over the meat.
4. Seal and microwave on high power 20-25 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
6. Add peppers, stir and reseal Pressure Cooker and microwave on high power for 10 minutes.
7. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
8. Add more lime juice if desired, serve over rice

Thai Chicken Soup

- 1½ lb. chicken breasts, cut into 1½ inch pieces
- 1 red bell pepper, seeded and sliced into ¼ inch slices
- 1 onion, thinly sliced
- 1 Tbsp. fresh ginger, minced
- 1 cup frozen peas
- 2 Tbsp. red curry paste
- 2 (12 oz.) cans of coconut milk
- 2 cups chicken stock
- 2 Tbsp. fish sauce
- 2 Tbsp. brown sugar
- 2 Tbsp. peanut butter
- 1 Tbsp. lime juice
- cilantro for garnish
- cooked white rice



1. Add Place the chicken breast, red bell pepper, onion, ginger and peas into the base of the pressure cooker.
2. Mix the curry paste, coconut milk, chicken stock, fish sauce, brown sugar and peanut butter in small bowl and pour over chicken and vegetables.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Stir in lime juice and serve with cilantro and white rice.



Tortilla Soup

- 2 tsp. onion powder
- 2 tsp. garlic powder
- 1 tsp. cumin
- 1 Tbsp. coarse kosher salt
- 1 Tbsp. dried cilantro
- ½ tsp. black pepper
- 3-lb. whole chicken, skin removed or 2 lb. chicken breast
- 3 cups water
- 6 plum tomatoes, quartered, seeds removed
- 2 limes, juiced



1. In a small bowl, stir together onion powder, garlic powder, cumin, salt, cilantro, and black pepper; rub all over chicken.
2. In the base of the Microwave Pressure Cooker, place chicken, breast side up. Add water to the max fill line, about 3 cups.
3. Place cover on Microwave Pressure Cooker, lock in place. Microwave on high power 20 minutes. Remove from microwave; let stand until pressure gauge is in the down position, about 15 minutes. Remove cover from Microwave Pressure Cooker. Insert an instant-read thermometer into the thickest part of the chicken; temperature should register 165° F/75° C and juices should run clear.
4. Meanwhile in the base of the Power Chef System, add tomatoes; cover and pull cord until tomatoes are roughly chopped.
5. Transfer chicken to a cutting board; shred meat from bones and return meat to Microwave Pressure Cooker. Stir in tomatoes and lime juice.
6. Ladle soup into serving bowls and garnish with avocado, fresh cilantro and tortilla chips.



Ultimate Party Meatballs

- 1 lb. ground pork or beef
- 2 garlic cloves, minced
- 1 small onion, chopped
- ¼ cup breadcrumbs
- 1 egg, lightly beaten
- 1 tsp. coarse kosher salt
- 1 cup grape jelly
- 1½ cups BBQ sauce
- ½ cup grape juice



1. In a medium bowl mix together ingredients for meatballs until thoroughly combined.
2. Form meat mixture into appetizer sized meatballs, using a ¼ cup measuring cup as a guide.
3. Place meatballs into base of Microwave Pressure Cooker, piling them up as necessary.
4. In a medium bowl whisk together ingredients for the sauce.
5. Once combined, pour over meatballs in pressure cooker making sure they are fully covered. Readjust meatballs or add a little additional juice if any meatballs are sticking up over the sauce.
6. Seal pressure cooker and microwave at high for 15 minutes. Allow pressure to release naturally and let sit uncovered for approximately 5 minutes as sauce will thicken slightly as it cools. Serve warm.



Tuscany Creamy Tortellini Soup

- 1 Tbsp. butter
- 1 small white onion, diced
- 1 cloves garlic, minced
- 2 cups chicken broth
- 1 (14 oz.) can diced tomatoes
- 1 (15 oz.) can white beans, drained and rinsed
- ¼ cup heavy cream
- ¼ cup grated parmesan cheese
- 1 tsp. italian seasoning
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cups cooked and shredded chicken (I used rotisserie)
- 6 oz. refrigerated tortellini
- 1 cups spinach



1. Add all ingredients to the base of the Pressure cooker.
2. Seal and microwave on high power 20-25 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.



White Chicken Chili

Recipe by consultant Kevin Farrell

- 2 chicken breast, boneless
- 4 poblano peppers, seeded and cut into ½" pieces
- 2 garlic gloves, crushed
- 1 small onion, chopped
- 1 (15.8 oz.) can white beans drained and rinsed
- 2 Tbsp. chipotle seasoning
- 1 (24 oz.) jar salsa verde

Sour cream, jalapeno, shredded cheese, green onion for garnish, optional.



1. Place chicken, peppers, garlic, onion, white beans and chipotle seasoning into base of Microwave Pressure Cooker.
2. Pour salsa verde over all the ingredients in the pressure cooker, stir.
3. Seal pressure cooker and microwave at high for 15 minutes.
4. Allow pressure to release naturally and let sit uncovered for approximately 5 minutes as sauce will thicken slightly as it cools. Serve warm.

White Chocolate & Raspberry Pudding

1 cup Arborio rice
1½ cup water
1 cup skim milk
Pinch salt
1 tsp. vanilla extract
¼ cup castor or granulated sugar
1 egg yolk
¼ cup white chocolate chopped
¼ cup heavy cream

2 cups raspberries
1 tsp. lemon juice
1 tbsp. castor or granulated sugar



1. Rinse rice until water runs clear.
2. Place rice in the base of the Microwave Pressure Cooker, stir in water, milk, salt and vanilla.
3. Seal pressure cooker and microwave at 50% power for 15-18 minutes.
4. Allow pressure to release naturally until pressure indicator valve drops.
5. Remove cover, stir in sugar, egg yolk, white chocolate and heavy cream.
6. Divide rice between four serving dishes, and chill in the refrigerator until set.
7. In the base of the Power Chef System with blade attachment add raspberries, lemon juice and sugar, pull cord until desired consistency is reached.
8. Remove rice pudding from the refrigerator and spoon 1-2 tablespoons raspberry compote on top.

Zuppa Toscana

1 lb. ground Hot Italian sausage, casings removed, crumbled
1 onion, diced
4 russet potatoes, peeled and cubed
2 cloves large garlic minced
½ bunch kale, de-stemmed and torn into bite sized
Salt and pepper to taste
Pinch of red pepper flakes, optional
3 cups chicken stock
3 Tbsp. flour
¼ cup heavy cream
¼ cup parmesan cheese
4 slices bacon, cooked and crumbled, optional



1. Add the ingredients Italian sausage up to red pepper flakes in base of Microwave Pressure Cooker.
2. Whisk together flour and chicken broth, pour into the Pressure cover.
3. Seal and microwave on high power 25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Stir in heavy cream and parmesan cheese, stir.
6. Sprinkle bacon over if desired.