

# Catalog Recipes

Spring 2023



**Tupperware®**

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# GREEK YOGURT PICKLE DIP



TOTAL TIME  
20'

**Serves:** 8

**Serving size:** ¼ cup

- 1 sweet onion, peeled and quartered
- 1 tbsp. extra virgin olive oil
- ½ cup cornichons, drained
- 1½ cup plain Greek yogurt
- ⅓ cup mayonnaise
- 1 tsp. dry dill
- 2 garlic cloves, minced
- Salt and black pepper to taste

## DIRECTIONS

1. Place onion in base of SuperSonic™ Chopper Tall, replace cover, and pull cord until finely chopped.
2. Transfer to base of MicroPro® Grill, add olive oil, and cover in Grill position. Microwave on high power for 15 minutes, then let cool.
3. Add cornichons to base of SuperSonic™ Chopper Tall, replace cover, and pull cord until finely minced. Transfer to small bowl and add caramelized onion and remaining ingredients. Mix until well combined. Season to taste and serve.



# BEST EVER VEGGIE BURGER



TOTAL TIME  
30'

**Serves:** 4

**Serving size:** 1 patty

- 2 tbsp. vegetable oil
- 1 cup white mushrooms, chopped
- 1 yellow onion, peeled and chopped
- 2 garlic cloves, minced
- 2 green onions, chopped
- 1 tsp. salt
- ¼ tsp. black pepper
- 15 oz. pinto beans, drained
- ½ cup panko-style breadcrumbs
- 8 leaves of butter lettuce
- Toppings of choice

## DIRECTIONS

1. Add oil to Tupperware® Daily Universal Cookware 9½"/24 cm Nonstick Frypan and heat to medium. Add mushrooms, onion, garlic, and green onions, and cook for 5 minutes or until softened.
2. Season with salt and pepper, and remove from heat. Let cool completely.
3. Place pinto beans in base of SuperSonic™ Chopper Extra fitted with blade attachment, replace cover, and pull cord until roughly mashed.
4. Transfer mashed pinto beans to Thatsa® Medium Bowl along with mushroom mixture and breadcrumbs. Mix well to combine and divide into four portions.
5. Shape each portion into a patty using the Hamburger Press and refrigerate for 10 mins. Unmold and cook two at a time in MicroPro® Grill with cover in Grill position for 6–8 minutes or until desired doneness.
6. Add toppings and serve on butter lettuce or bun of choice.



# PEACH ALMOND CRUMBLE



TOTAL TIME  
45'

**Serves:** 8

**Serving size:** ½ cup

## Filling

- 3 peaches, sliced
- ½ cup brown sugar, packed
- 1 tbsp. orange juice

## Crumble

- 1 cup almond meal
- 1 cup old fashioned oats
- ¼ cup brown sugar, packed
- ½ tsp. salt
- ½ cup coconut oil
- Ice cream or whipped cream for serving

## DIRECTIONS

1. Preheat oven to 350° F/180° C.
2. In a medium bowl, mix peach slices with orange juice and brown sugar until fully coated. Transfer to base of UltraPro 2-Qt./2 L Casserole Pan and set aside.
3. In a small bowl, mix remaining ingredients until combined and sprinkle evenly on top of peaches. Bake for 25 minutes or until toasted on top. Serve warm with ice cream or whipped cream.



# STRAWBERRY RAINBOW CAKE



TOTAL TIME  
60'



**Serves:** 12  
**Serving size:** 1 slice

- 2 cups strawberries, sliced
- 3 tbsp. vegetable oil
- 1 tbsp. apple cider vinegar
- 1 tsp. vanilla extract
- 1 cup all-purpose flour
- ½ cup granulated sugar
- ½ tsp. baking soda
- ½ tsp. baking powder
- 1 cup frosting of choice (vanilla buttercream, cream cheese, etc.)
- ½ cup mandarin oranges
- ½ cup mango, diced
- ½ cup kiwi, sliced
- ½ cup blueberries

## DIRECTIONS

1. Preheat oven to 350° F/180° C.
2. Place 1½ cups sliced strawberries in base of SuperSonic™ Chopper Extra, replace cover, and pull cord until fully pureed. Add vegetable oil, apple cider vinegar, vanilla extract, and pull cord until well combined.
3. In a medium bowl, combine remaining dry ingredients and mix well. Pour strawberry mixture into dry ingredients and whisk just until combined.
4. Pour into Silicone Rectangular Form and bake for 15–18 minutes or until a toothpick inserted in the center comes out clean. Let cool completely, then unmold.
5. Place cake on serving platter and spread frosting in an even layer on top.
6. Arrange fruits starting with the remaining strawberries, followed by mandarin oranges, mango, kiwi, and blueberries. Refrigerate until ready to serve.



# RED BEANS AND RICE



TOTAL TIME  
30'

**Serves:** 4

**Serving size:** 1 cup

- 15.5-oz. can red beans with liquid
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 cups vegetable stock
- 2 bay leaves
- 1½ cups long grain rice
- ½ tbsp. seasoning salt
- 1 green pepper, chopped
- 8 oz. fully cooked sausage, sliced (optional)

## DIRECTIONS

1. Place all ingredients except green pepper and sausage if using in base of Microwave Pressure Cooker. Cover, lock in place, and microwave on high power for 15 minutes. At the end of cooking time, let pressure release naturally.
2. When pressure indicator has dropped, uncover, remove bay leaves, and stir rice. Add chopped green pepper and, if using, sliced cooked sausage. Replace cover, lock in place, and microwave on high power for an additional 5 minutes.
3. At the end of cooking time, let pressure release naturally and once pressure indicator drops, then uncover, fluff rice with a fork, and serve.

# CHOCOLATE HAZELNUT COLD BREW



TOTAL TIME  
5 minutes + 8–12 hours for cold brew

**Serves:** 1  
**Serving size:** 12 oz.

- 1 cup coarse coffee grounds
- Filtered water, between 33° F/1° C–77° F/25° C

**For 1 serving:**

- 1 cup ready to drink cold brew
- 1/3 cup milk of choice
- 2 tbsp. hazelnut spread, plus extra for garnish
- Whipped cream for garnish

## DIRECTIONS

1. Insert metal filter into the Cold Brew Carafe and fill with coffee grounds.
2. Slowly pour filtered room temperature or cool water (between 33° F/1° C–77° F/25° C) into carafe. Allow the water to filter down before adding more; this will prevent the coffee grounds from overflowing. Fill to water fill line (where the metal filter meets the plastic funnel).
3. Refrigerate for 8–12 hours.
4. Remove filter and discard coffee grounds.
5. To serve, place coffee, milk, and hazelnut spread in All-In-One Shaker base. Cover and shake vigorously until well combined. Serve over ice and garnish with whipped cream and additional hazelnut spread.



# BAKED FALAFEL



TOTAL TIME  
50'



**Serves:** 7

**Serving size:** 5 falafel balls

- 18 oz. canned chickpeas, drained
- 1 scallion, finely chopped
- 3 garlic cloves, peeled
- 8–10 sprigs of fresh parsley
- Salt and black pepper to taste
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- ½ tsp. ground paprika
- ½ tsp. baking soda
- 5 tbsp. breadcrumbs (5 Small Portioning Scoops)
- 2 tbsp. extra virgin olive oil

## DIRECTIONS

1. Combine chickpeas, scallion, garlic, and parsley in a bowl.
2. Using the Fusion Master® Mincer fitted with the fine mincer disc, mince the chickpea mixture into a bowl placed under the hopper.
3. Mix in salt, pepper, coriander, cumin, paprika, baking soda, and breadcrumbs. If needed, finish kneading with hands. Let rest for 15 minutes.
4. Preheat oven to 400° F/200 °C. Place Silicone Baking Sheet with Rim on cold oven rack or a metal baking sheet and set aside.
5. Using the Small Portioning Scoop, scoop approximately 35 falafel balls, giving the scoop a water bath between each ball. Gently roll the falafel balls to make them round.
6. Add olive oil to a medium bowl, roll falafel balls in the oil, and set them on the Silicone Baking Sheet.
7. Bake for 20 minutes and let cool slightly. Serve falafel on its own as an appetizer, with a green salad, or in a sandwich.



# STEAMED DUMPLINGS



TOTAL TIME  
60'

**Serves:** 5

**Serving size:** 4 dumplings

- 2 cups all-purpose flour
- $\frac{2}{3}$  cup warm water
- $\frac{1}{2}$  tsp. salt
- 2 green onions
- 2 tsp. grated ginger
- 1 large carrot, peeled and cut in chunks
- 1 cup napa cabbage, chopped and packed
- 12 oz. firm tofu, drained and broken up
- 2 tsp. rice vinegar
- 2 tbsp. soy sauce, plus extra for dipping
- Water for sealing dumplings

## DIRECTIONS

1. In medium bowl, mix flour, water, and salt until dough forms. When dough is cool enough to handle, knead with hands until smooth. Let rest for 2 minutes.
2. Place green onions, ginger, carrot, and cabbage in base of SuperSonic™ Chopper Extra fitted with blade attachment, replace cover, and pull cord until finely chopped. Transfer mixture to large bowl, and add tofu, rice vinegar, and soy sauce. Mix well to combine.
3. Divide dough in 20 equal portions and roll each into a thin 4-inch disc. Use Small Portioning Scoop to add filling in the middle of each disc, moisten the dough rim with water, fold the dumpling, and pinch the edges to seal, then pinch the ends together.
4. Pour  $1\frac{3}{4}$  cups water in base/water reservoir of Tupperware® Smart Multi-Cooker. Arrange 6 dumplings in a single layer in the shielded colander, cover, and cook on high power for 8 minutes. Let rest before removing and repeat with remaining dumplings. Serve with soy sauce.



# STUFFED APPLES, BROCCOLI CHICKEN, AND CORN STUFFING



TOTAL TIME  
25'



**Serves:** 4

**Serving size:** quarter portion of each

## Stuffed Apples

- 1 cup walnuts, chopped
- 6 dates, chopped
- 1½ tbsp. unsalted butter, softened
- 1 tbsp. brown sugar, packed
- 1 tsp. ground cinnamon
- 2 apples, quartered and deseeded

## Broccoli Chicken

- 1 lb. chicken breasts, halved
- 1 tsp. salt
- ¼ tsp. black pepper
- 1 cup broccoli, shredded

- ¾ cup cheddar cheese, shredded
- 1 tsp. garlic powder
- 2 tbsp. unsalted butter, softened

## Corn Stuffing

- 2 chorizo sausages, sliced
- ½ small onion, chopped
- 4 tbsp. unsalted butter
- 15.25-oz. can whole kernel corn, drained
- 2 cups herb-seasoned classic stuffing mix
- ⅔ cup chicken broth
- ½ tsp. salt

## DIRECTIONS

1. To prep the Stuffed Apples, place all ingredients except the apples in a small bowl and mix until well combined. Stuff the mixture into the hollow of each apple quarter and transfer to the ¾-Qt./750 mL Casserole Cover of the TupperWave® Stack Cooker. Set aside.

2. To prep the Broccoli Chicken, cut slits lengthwise over the surface of each chicken breast and season with salt and pepper. In a small bowl, mix the remaining ingredients and stuff the mixture inside each chicken piece. Place chicken breasts in the Colander, then place the Colander into the 1¾-Qt./1.75 L Casserole. Set aside.

3. Place chorizo, onion, and butter in the 3-Qt./3 L Casserole and microwave on high power for 2 minutes. Mix well and incorporate remaining ingredients.

4. Stack components together by placing the 1¾-Qt./1.75 L Casserole on top of the 3-Qt./3 L Casserole and topping with the inverted ¾-Qt./750 mL Casserole Cover. Place the TupperWave® Stack Cooker in the microwave and cook on high power 15–20 minutes or until all 3 dishes are fully cooked. Let cool slightly and serve immediately.



# ZOODLE NESTS WITH POACHED EGGS



TOTAL TIME  
10'

**Serves: 2**

**Serving size: 1 nest**

- 1 small zucchini
- 2 tsp. water
- 2 large eggs
- Pinch salt and black pepper
- 2 tsp. extra virgin olive oil for serving (optional)

## DIRECTIONS

1. Use the Handy Spiralizer to spiralize zucchini into spaghetti.
2. Make a round nest with the zucchini noodles on each side of the base of the Microwave Breakfast Maker. Pour 1 tsp. water on each nest, cover, and microwave at 50% power for 90 seconds.
3. Crack an egg into each nest and prick the egg yolk with a toothpick. Cover the Microwave Breakfast Maker and microwave at 50% power for 2–3 minutes depending on the desired doneness of the egg yolk. Allow to rest, covered, for 2 minutes.
4. Gently transfer the nests onto serving plates, season to taste, and drizzle with olive oil if desired. Serve warm.



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