

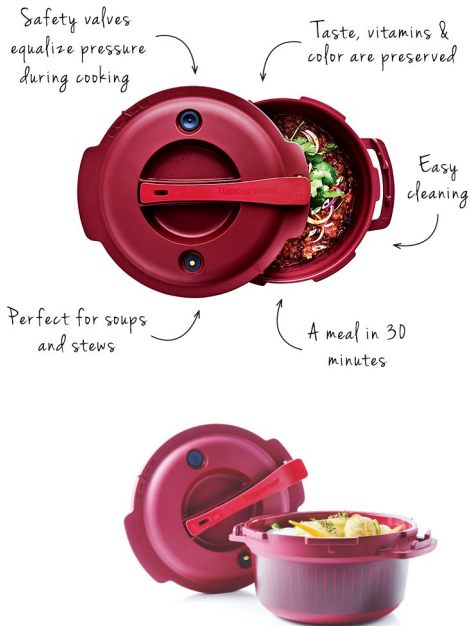


Tupperware

Microwave
**PRESSURE
COOKER**
Recipes

MICROWAVE PRESSURE COOKER BENEFITS FEATURES

- **Save time:** With faster cooking than ever, the Micro Pressure Cooker combines microwave cooking and pressure cooking to reach an inside temperature of 112°C and reduce the cooking times compared to only microwave cooking.
- **Zero cooking skills required:** Simple and easy: place all ingredients in the Fast Cooker, pour liquid, set cover, and put it in the microwave.
- **“Set & forget”:** Place ingredients in the base & cook in the microwave. No need to stir or check on anything while cooking!
- **Safer than any other pressure cooker:** thanks to the 3 integrated automatic safety system (pressure regulation valve, a pressure indicator valve that also functions as a safety valve, Silicone Gasket with over pressure release system), a bayonet locking system, and an extra safe closing handle on the cover.
- **Modern look:** Sleek lines and a rich color make it suitable for serving on the table.
- **Dimension:** W 10 x H 6.5 x L 11 inch
- **Volume:** 2 qt.
- **Max Wattage:** US 1200 /EU & AP 900 watts



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.*

**FASTER,
BETTER,
EASIER**



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

PRESSURE COOKER - BUILD YOUR OWN SOUP

ADD A PROTEIN* 1 POUND

- . Beef Chunks
- . Beans
- . Chicken
- . Shredded Meat
- . Ham
- . Shrimp or Seafood**
- . Lentils
- . Turkey
- . Tofu
- . Ground Beef
- . Ground Turkey
- . Ground Chicken
- . Ground Pork

ADD A WHOLE GRAIN 1-2 CUPS

- . Brown Rice
- . Wheat Pasta
- . Ziti
- . Mostaccioli
- . Quinoa
- . Bulgur
- . Wheat Barley
- . Ditalini

ADD 3 VEGETABLES ¾ CUP EACH

- . Carrots
- . Celery
- . Zucchini
- . Onions
- . Tomatoes
- . Spinach
- . Kale
- . Broccoli
- . Peppers
- . Potatoes
- . Mushrooms
- . Corn
- . Cauliflower
- . Peas
- . Squash

ADD SOME FLAVOR TO TASTE

- . Garlic
- . Basil
- . Lemon Juice
- . Parsley
- . Oregano
- . Rosemary
- . Sage
- . Thyme
- . Italian Seasoning
- . Cilantro
- . Pepper
- . Chives

ADD STOCK ENOUGH TO COVER INGREDIENTS

- . Beef stock
- . Chicken stock
- . Vegetable stock

MICROWAVE ON HIGH POWER FOR 20-25 MINUTES

After cooking remove from microwave.
Allow pressure to release naturally until pressure indicator fully lowers, About 10 minutes.

Pre-soak beans if using dry.

*All meats should be cut into chunks, can be raw or cooked. Crumble raw ground meats.

** Cook soup for 20 minutes, then add seafood at the end, recover and cook for 5 minutes.

TUPPERWARE MICROWAVE PRESSURE COOKER - 5 EASY MEALS

Add all ingredients in the **Microwave Pressure Cooker**, cover and lock. Microwave for 17-22 minutes.

Remove from the microwave, let stand 10 minutes or until pressure indicator fully lowers.

To make sauce thicker, make a slurry by mixing equal parts cornstarch and water or broth and whisk into cooking liquid until you reach desired consistency.

ORANGE CHICKEN

- 3-4 chicken breasts, cut into chunks
- 1 cup BBQ sauce
- 1 cup orange marmalade
- 1-2 tsp. soy sauce
- ½ cup orange juice or chicken broth



BBQ CHICKEN

- 3-4 chicken breasts, cut into chunks
- 16 oz bottle of BBQ Sauce
- ½ cup zesty Italian dressing
- ¼ cup brown sugar
- ½ cup chicken broth



SALSA CHICKEN

- 3-4 chicken breasts, cut into chunks
- 1 jar of salsa
- 1 can black beans
- 1 can corn
- ½ cup chicken broth



RANCH CHICKEN TACOS

- 3-4 chicken breasts, cut into chunks
- 1 can chicken broth
- 1 pkt. ranch mix
- 1 pkt. taco seasoning



CREAMY RANCH CHICKEN

- 3-4 chicken breasts, cut into chunks
- 1 can cream of chicken soup
- 1 pkt. ranch dressing mix
- 1 pkt. Italian seasoning
- 4 oz. pkg. of cream cheese
- ½ cup chicken broth



MICROWAVE PRESSURE COOKER COOKING CHART	Tupperware	Food	Quantity and Instructions	Cooking Time (900 Watt)	Liquid	
	Beans, Pasta & Rice	Arborio rice		1 cup; rinsed	12–20 minutes	2½ cup
		Dried beans		12–16 oz./350–455 g; soak overnight	30 minutes	max fill line
		Lentils		1½ cups; rinsed	18–25 minutes	2 cups
		Pasta, elbow or		bowtie 8 oz./225 g	10–20 minutes*	3–4 cups
		Quinoa		1 cup; rinsed	10–15 minutes	2½ cup
		White rice <small>converted, parboiled</small>		2 cups	15 minutes	3½ cups
	Beef	Beef short ribs		2 lbs./1 kg	30 minutes	3–4 cups
		Chuck roast		1½–2 lbs./680 g–1 kg	25–30 minutes	2–3 cups
		Eye round or rump		roast 3 lbs./1.3 kg; trim as necessary to fully submerge	15–30 minutes depending on size of the cut*	3 cups
Flank steak			1½–2 lbs./680 g–1 kg	30 minutes	2–3 cups	
Ground beef			1 lb./455 g	10–15 minutes	2 cups	
Fruit & Vegetables	Artichoke		1; trimmed	12–18 minutes	4–6 cups; until food fully submerged	
	Beets		2–3; peeled & thick slice	10 minutes	2–3 cups; until food fully submerged	
	Butternut squash		1 each; peeled & large chunks	15–20 minutes	4–5 cups	
	Carrots		4–5; peeled & cut into 2"/5 cm pieces	5–10 minutes	until food fully submerged	
	Corn on the cob		4 ears; shucked	8–10 minutes	1 cup; until food fully submerged	
	Pears		2; peeled & halved	10 minutes	1–2 cups	
	Red potatoes		1–2 lbs./455 g–1 kg ; unpeeled, medium, whole	15–25 minutes*	3–4 cups	
	Russet potatoes		4–5; peeled	15–25 minutes	2–3 cups	
	Sweet potatoes		3–4; peeled	15–20 minutes	3–4 cups	
	Ground pork		1 lb./455 g	10–15 minutes	2 cups	
Pork	Pork butt		2–3 lbs./1–1.3 kg; boneless, cut in half	30 minutes	2–4 cups	
	Pork loin		3–4 lbs./1.3–1.8 kg	12–18 minutes	3–4 cups	
	Pork tenderloin		2–3 lbs./1–1.3 kg	10–15 minutes	2–3 cups	
	Sausage links		4–5 links	10–15 minutes	2–3 cups	
	Poultry	Chicken breasts		2 lbs./1 kg; boneless, skinless	12–20 minutes	2–3 cups
Chicken,			whole 3–4 lbs./1.3–1.8 kg	20–30 minutes	3–4 cups; until food fully submerged	
Chicken			2 lbs./1 kg, boneless thighs	10–15 minutes	until food fully submerged	
Chicken wings			1 lb./455 g; to make crispy; broil in oven afterwards	10–15 minutes	until food fully submerged	
Ground chicken & turkey			1 lb./455 g	10–15 minutes	2 cups	
Turkey breast			3½ lbs./1.6 kg; boneless	15–20 minutes	3–4 cups	
Seafood	Salmon		2 6-oz./175 g filets	6–10 minutes	1–2 cups; until food fully submerged	

MICROWAVE PRESSURE COOKER RECIPES BY INGREDIENT

Beef

3 Packet Roast Beef
5 Ingredient Chili
Ale N Beef Stew
BBQ Beef Sandwiches
BBQ Meatballs
Beef & Broccoli
Beef Barley Soup
Beef Bourguignon
Beef Carbonnade
Beef Ragù
Beef Pasta e Fagioli
Beef Short Ribs
Beef Stew
Beef Stroganoff
Beef Vegetable Soup
Birria Tacos
Bolognese Sauce
Cabbage Beef Soup
Cheeseburger Pasta
Chili Coke Roast Beef
Chili Mac
Corned Beef, Vegetables & Gravy
Irish Beef Stew
Italian Beef Sandwich
Korean Beef Short Ribs
Lasagna
Mexican Meatball Stew
Mexican Shredded Beef & Beans
Mongolian Beef
One Pot Pasta
Pot Roast
Pot Roast Sandwich
Roast Beef with Horseradish Cream Sauce
Sancocho
Spaghetti & Meatball Soup
Spicy Pepper Steak
Swedish Meatballs

Taco Soup
Tamale Spoon Pie
Thai Beef & Peppers
Ultimate Party Meatballs

Chicken

Adobo Roasted Chicken
African Stew
Amish Chicken and Noodles
Arroz con Pollo
Asian Chicken Noodle Soup
Asian Orange Chicken
Bacon Wrapped Cheesy BBQ Chicken
BBQ Root Beer Chicken Sliders
BBQ Chicken Sliders
Blueberry BBQ Chicken
Brunswick Chicken Stew
Buffalo Ranch Chicken Sandwich
Butter Chicken
Caldo Tlalpeno
Cheesy Chicken, Broccoli & Rice Casserole
Chicken and Dumplings
Chicken and Gravy
Chicken & Pearl Couscous Soup
Chicken & Pumpkin Risotto
Chicken and Sausage Paella
Chicken and Wild Rice
Chicken, Broccoli and Rice
Chicken Cacciatore
Chicken Curry
Chicken Enchilada Soup
Chicken Lettuce Cups
Chicken Orzo Soup
Chicken Paprikash
Chicken Parmesan Meatballs
Chicken Parmesan Meatball Sandwich
Chicken Pot Pie
Chicken Pot Pie Soup

Chicken, Wild Rice & Broccoli Soup
Chicken with Creamy Bacon Sauce
Coq Au Vin Blanc
Creamy Chicken & Noodles
Creamy Chicken & Spinach Tortellini Soup
Creamy Chicken Tortilla Soup
French Chicken Stew
Hawaiian Chicken
Honey Ranch Buffalo Pulled Chicken Sliders
Honey Garlic Chicken & Vegetables
Honey Sesame Chicken
Hot and Sour Soup
Huli Huli Chicken
Hungarian Goulash
Lemon & Garlic Roast Chicken
Lemon & Rosemary Chicken Risotto
Lemon Chicken & Rice Soup
Lemony Ranch Chicken & Potatoes
Mango Jerk Chicken
Moroccan Chicken Tagine
Orange Chicken
Paella
Pulled Apple Cider Chicken
Pulled Buffalo Chicken
Pulled Chipotle Chicken Tacos
Quick Chicken Mole
Roasted Whole Chicken
Rotisserie Chicken
Shredded Chicken Nachos
Simply Salsa Chicken
Simply Salsa Chicken II
Sweet & Spicy Chicken Sesame Meatballs
Sweet Potato Chicken Curry
Sweet Potato Chicken Soup
Teriyaki Chicken
Thai Chicken Soup
Tortilla Soup
Tuscany Creamy Tortellini Soup

MICROWAVE PRESSURE COOKER RECIPES BY INGREDIENT

Vietnamese Chicken Curry
White Chicken Chili

DUCK

Sweet Potato & Duck Firepot

LAMB

Spicy Indian Lamb & Potato Curry with Raita
Lamb Tagine
Moroccan Lamb Shanks
Red Curry Lamb with Coconut Cream

PORK

Apple Chipotle Pork Tenderloin
Bacon Wrapped Dijon Pork Tenderloin with Cranberry Sauce
Balsamic Glazed Pork Chops
Carnitas Tostadas
Char Siu Pork
Chickpea & Chorizo Casserole
Chorizo Pasta
Collard Greens & Ham
Creamy Bacon & Onions Soup
Creamy Ranch Pork Chops
Easy Black Bean Soup
Ham & Beans
Irish Pork Stew
Japanese Cabbage Stew
Lima Beans & Smoked Sausage
Mustard Ale Sausage & Peppers
Onion, Chive & Bacon Creamed Corn
Paella
Penne Alla Gigi
Pernil Roasted Pork
Pork Medallions in Creamy Dijon Mushroom Sauce
Pork Tenderloin with Raisin Cream Sauce

Pork Shoulder, Braised
Pulled Pork Sandwich
Pulled Pork Street Tacos
Pulled Pork with Apple Slaw
Sausage & Peppers
Sausage & Potato Soup
Southern Green Beans & Potatoes
Spiced Pork Chops with Apple Chutney
Spicy Indian Lamb & Potatoes (Aloo Gosht)
St Louis Style BBQ Ribs
Tropical Pulled Pork
Zucchini with Chorizo and Almonds
Zuppa Toscana

SEAFOOD

Brodet Croatian Fish Stew
Barramundi Spaghetti
Paella
Tuna Noodle Casserole

TURKEY

5 Ingredient Chili
Chili Mac
Creamy Turkey & Wild Rice Soup
Spicy Turkey Chili
Turkey with Mushrooms

SOUP/STEW/CHILI

5 Ingredient Chili
Ale N Beef Stew
Asian Chicken Noodle Soup
Beef Barley Soup
Beef Pasta e Fagioli
Beef Stew
Black Bean Soup
Black Eyed Peas and Ham Hock
Brodet Croatian Fish Stew
Brunswick Chicken Stew

Cabbage Beef Soup
Carrot Ginger Soup
Cheesy Broccoli Soup
Chicken & Pearl Couscous Soup
Chicken Noodle Soup
Chicken Orzo Soup
Chicken Orzo Soup II
Chicken Pot Pie Soup
Chicken, Wild Rice & Broccoli Soup
Corn Chowder
Creamy Bacon & Onions Soup
Creamy Chicken & Spinach Tortellini Soup
Creamy Chicken Tortilla Soup
Creamy Mushroom Soup
Creamy Parmesan Tomato Soup
Creamy Potato Soup
Easy Black Bean Soup
Easy Potato Soup
Easy Tomato Soup
French Onion Soup
Frijole Charro
Harris & White Bean Stew
Hearty Corn Chowder
Hot and Sour Soup
Lemon Chicken & Rice Soup
Mexican Street Corn Soup
Pasta e Fagioli Soup
Potato Leek Soup
Roasted Garlic Soup
Sausage & Potato Soup
Spicy Turkey Chili
Split Pea Soup
Soupe De Chalet
Spaghetti & Meatball Soup
Sweet Potato Soup
Taco Soup
Thai Chicken Soup
Tomato Noodle Soup

MICROWAVE PRESSURE COOKER RECIPES BY INGREDIENT

Tortilla Soup
Tuscany Creamy Tortellini Soup
White Chicken Chili
Zuppa Toscana

VEGETARIAN

Black Bean Soup
Butternut Squash Stew
Carrot Ginger Soup
Cajun Red Beans
Cheesy Broccoli Soup
Chickpea & Cauliflower Curry
Creamy Mushroom Soup
Eggplant Curry
Harissa White Bean Stew
Lemon Parmesan Risotto
Lentil Sloppy Joes
Macaroni & Cheese
Maple Sweet Potato Casserole
Mashed Cauliflower
Mashed Potatoes
Mexican Pinto Beans
Mushroom Risotto
Mushroom, Spinach and Sundried Tomato Risotto
Roasted Garlic Soup
OJ Beet Salad
Onion, Chive & Bacon Creamed Corn
Pumpkin & Spinach Risotto
Quick Polenta or Grits
Refried Beans
Rice Pilaf
Spicy N Sweet Potato Mash
Spinach, Tomato and Mushroom Risotto
Sweet Potato Chana Marsala
Sweet Potato Soup

Tomato Noodle Soup
Zucchini Risotto

SIDES/SAUCES

Apple Sauce
Au Gratin Potatoes
Beef Ragu
Berry Jam
Bolognese Sauce
Cajun Red Beans
Cauliflower Delight
Coconut Rice Pudding with Lemongrass Sauce
Cranberry Sauce
Refried Beans
Sophisticated Mac & Cheese

BREAKFAST BRUNCH

Apple Cinnamon Oatmeal
Apple Compote
Arroz con Leche
Bread pudding
Cinnamon Apple Crisp
Coconut Rice Pudding with Lemongrass Sauce
Quick Polenta or Grits
Strawberry Cobbler
Summer Poached Pears

DESSERTS

Apple Compote
Apple Pie Filling
Arroz con Leche
Banana Cake
Black Forest Lava Cake

Blueberry Lemon Crumble
Bread Pudding
Caramel Apple Cobbler
Cherry Cobbler
Chocolate Lava Cake
Chocolate Rice Pudding
Cinnamon Apple Crisp
Peach Cobbler
Peanut Butter Cup Cake
Smores Lava Cake
Stewed Fruit
Strawberry Cobbler
Summer Poached Pears
Vanilla Cider Apples
White Chocolate & Raspberry Rice Pudding

MICROWAVE PRESSURE COOKER ALPHABETICAL RECIPES

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|--------------------------------|-------------------------------|--------------------------------|
| 14. 3 Packet Roast Beef | 37. BBQ Chicken Sliders | Sandwich |
| 15. 5 Ingredient Chili | 38. BBQ Meatballs | 62. Butter Chicken |
| 16. Adobo Roasted Chicken | 39. BBQ Root Beer Chicken | 63. Butternut Squash Stew |
| 17. African Stew | Sliders | 64. Cabbage Beef Soup |
| 18. Ale N Beef Stew | 40. Beef & Broccoli | 65. Cajun Red Beans |
| 19. Amish Chicken and Noodles | 41. Beef Barley Soup | 66. Caldo Tlalpeno |
| 20. Apple Butter | 42. Beef Bourguignon | 67. Caramel Apple Cobbler |
| 21. Apple Chipotle Pork | 43. Beef Carbonnade | 68. Carnitas Tostadas |
| Tenderloin | 44. Beef Pasta e Fagioli | 69. Carrot Ginger Soup |
| 22. Apple Cinnamon Oatmeal | 45. Beef Ragu | 70. Cauliflower Delight |
| 23. Apple Compote | 46. Beef Short Ribs | 71. Char Siu Pork |
| 24. Apple Pie Filling | 47. Beef Stew | 72. Cheeseburger Pasta |
| 25. Applesauce | 48. Beef Stroganoff | 73. Cheesy Broccoli Soup |
| 26. Arroz con Leche | 49. Beef Vegetable Soup | 74. Cheesy Chicken, Broccoli & |
| 27. Arroz con Pollo | 50. Berry Jam | Rice Casserole |
| 28. Asian Chicken Noodle Soup | 51. Birria Tacos | 75. Cherry Cobbler |
| 29. Asian Orange Chicken | 52. Black Bean Soup | 76. Chicken and Dumplings |
| 30. Au Gratin Potatoes | 53. Black Eyed Peas and Ham | 77. Chicken and Gravy |
| 31. Bacon Wrapped Cheesy BBQ | Hock | 78. Chicken & Pearl Couscous |
| Chicken | 54. Black Forest Lava Cake | Soup |
| 32. Bacon Wrapped Dijon Pork | 55. Blueberry BBQ Chicken | 79. Chicken & Pumpkin Risotto |
| Tenderloin with Cranberry | 56. Blueberry Lemon Crumble | 80. Chicken and Sausage Paella |
| Sauce | 57. Bolognese Sauce | 81. Chicken and Wild Rice |
| 33. Balsamic Glazed Pork Chops | 58. Bread Pudding | 82. Chicken Bacon Ranch Mac N |
| 34. Banana Cake | 59. Brodet Croatian Fish Stew | Cheese |
| 35. Barramundi Spaghetti | 60. Brunswick Chicken Stew | 83. Chicken, Broccoli and Rice |
| 36. BBQ Beef Sandwiches | 61. Buffalo Ranch Chicken | 84. Chicken Cacciatore |

MICROWAVE PRESSURE COOKER ALPHABETICAL RECIPES

85. Chicken Curry
86. Chicken Curry II
87. Chicken Enchilada Soup
88. Chicken Lettuce Cups
89. Chicken Noodle Soup
90. Chicken Orzo Soup
91. Chicken Orzo Soup II
92. Chicken Paprikash
93. Chicken Parmesan Meatballs
94. Chicken Parmesan Meatball Sandwich
95. Chicken Pot Pie
96. Chicken Pot Pie Soup
97. Chicken Tinga
98. Chicken, Wild Rice & Broccoli Soup
99. Chicken with Creamy Bacon Sauce
100. Chickpea & Chorizo Casserole
101. Chickpea & Cauliflower Curry
102. Chili Coke Roast Beef
103. Chili Mac
104. Chocolate Lava Cake
105. Chocolate Rice Pudding
106. Chorizo Pasta
107. Cinnamon Apple Crisp
108. Coconut Rice Pudding with Lemongrass Sauce
109. Collard Greens & Ham
110. Coq Au Vin Blanc
111. Corn and Potato Chowder
112. Corned Beef, Vegetables & Gravy
113. Cranberry Sauce
114. Creamy Bacon & Onion Soup
115. Creamy Chicken & Noodles
116. Creamy Chicken & Spinach Tortellini Soup
117. Creamy Chicken Tortilla Soup
118. Creamy Mushroom Soup
119. Creamy Parmesan Tomato Soup
120. Creamy Potato Soup
121. Creamy Ranch Pork Chops
122. Creamy Turkey & Wild Rice Soup
123. Easy Black Bean Soup
124. Easy Potato Soup
125. Easy Summer Pasta
126. Easy Tomato Soup
127. Eggplant Curry
128. French Chicken Stew
129. French Onion Soup
130. Frijoles Charros
131. Ham & Beans
132. Ham & Pineapple
133. Harrisa & White Bean Stew
134. Hawaiian Chicken
135. Hearty Corn Chowder
136. Honey Garlic Chicken & Vegetables
137. Honey Ranch Buffalo Pulled Chicken Sliders
138. Honey Sesame Chicken
139. Hot and Sour Soup
140. Huli Huli Chicken
141. Hungarian Goulash
142. Indian Summer Stew
143. Irish Beef Stew
144. Irish Pork Stew
145. Italian Beef Sandwich
146. Japanese Cabbage Stew
147. Korean Beef Short Ribs
148. Kotosoupa Soup
149. Lamb Tagine
150. Lasagna
151. Lemon & Garlic Roast Chicken
152. Lemon & Rosemary Chicken Risotto

MICROWAVE PRESSURE COOKER ALPHABETICAL RECIPES

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|--|---|--|
| 153. Lemon Chicken & Rice Soup | 173. OJ Beet Salad | 195. Pulled Pork Street Tacos |
| 154. Lemon Parmesan Risotto | 174. One Pot Pasta | 196. Pulled Pork with Apple Slaw |
| 155. Lemony Ranch Chicken & Potatoes | 175. Onion, Chive & Bacon Creamed Corn | 197. Pumpkin & Spinach Risotto |
| 156. Lentil Soppo Joes | 176. Orange Chicken | 198. Quick Chicken Mole |
| 157. Lima Beans & Smoked Sausage | 177. Paella | 199. Quick Polenta or Grits |
| 158. Macaroni & Cheese | 178. Pasta e Fagioli Soup | 200. Red Beans & Rice |
| 159. Mango Jerk Chicken | 179. Pasta e Fagioli Soup | 201. Red Curry Lamb in Coconut Cream |
| 160. Maple Sweet Potato Casserole | 180. Peach Cobbler | 202. Refried Beans |
| 161. Mashed Cauliflower | 181. Peanut Butter Cup Cake | 203. Rice Pilaf |
| 162. Mashed Potatoes | 182. Penne Alla Gigi | 204. Roast Beef with Horseradish Cream Sauce |
| 163. Mexican Meatball Stew | 183. Pernil Roasted Pork | 205. Roasted Garlic Soup |
| 164. Mexican Pinto Beans | 184. Pork Medallions in Creamy Dijon Mushroom Sauce | 206. Roasted Whole Chicken |
| 165. Mexican Shredded Beef & Beans | 185. Pork Salsa Verde | 207. Rotisserie Chicken |
| 166. Mexican Street Corn Soup | 186. Pork Shoulder, Braised | 208. Sancocho |
| 167. Mongolian Beef | 187. Pork Tenderloin with Raisin Cream Sauce | 209. Sausage & Peppers |
| 168. Moroccan Chicken Tagine | 188. Pot Roast | 210. Sausage & Potato Soup |
| 169. Moroccan Lamb Shanks | 189. Pot Roast Sandwich | 211. Shredded Chicken Nachos |
| 170. Mushroom Risotto | 190. Potato Leek Soup | 212. Simply Salsa Chicken |
| 171. Mushroom, Spinach & Sundried Tomato Risotto | 191. Pulled Apple Cider Chicken | 213. Simply Salsa Chicken II |
| 172. Mustard Ale Sausage & Peppers | 192. Pulled Buffalo Chicken | 214. Smores Lava Cake |
| | 193. Pulled Chipotle Chicken Tacos | 215. Sophisticated Mac & Cheese |
| | 194. Pulled Pork Sandwich | 216. Soupe de Chalet |
| | | 217. Southern Green Beans & Potatoes |

MICROWAVE PRESSURE COOKER ALPHABETICAL RECIPES

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|--|---|
| 218. Spaghetti & Meatball Soup | 240. Tamale Spoon Pie |
| 219. Spiced Pork Chops with Apple Chutney | 241. Teriyaki Chicken |
| 220. Spicy N Sweet Potato Mash | 242. Thai Beef & Peppers |
| 221. Spicy Indian Lamb & Potato Curry with Raita | 243. Thai Chicken Soup |
| 222. Spicy Pepper Steak | 244. Thai Yellow Curry |
| 223. Spicy Turkey Chili | 245. Tropical Pulled Pork |
| 224. Spinach Lasagna | 246. Tomato Noodle Soup |
| 225. Spinach, Tomato & Mushroom Risotto | 247. Tortilla Soup |
| 226. Split Pea Soup | 248. Tuna Noodle Casserole |
| 227. St. Louis Style BBQ Ribs | 249. Turkey Chili |
| 228. Stewed Fruit | 250. Turkey with Mushrooms |
| 229. Strawberry Cobbler | 251. Tuscany Creamy Tortellini Soup |
| 230. Stuffed Cabbage Soup | 252. Ultimate Party Meatballs |
| 231. Summer Poached Pears | 253. Vanilla Cider Apples |
| 232. Sweet & Spicy Chicken Sesame Meatballs | 254. Vietnamese Chicken Curry |
| 233. Sweet Potato & Duck Firepot | 255. White Chicken Chili |
| 234. Sweet Potato Chana Masala | 256. White Chocolate & Raspberry Rice Pudding |
| 235. Sweet Potato Chicken Curry | 257. Zucchini Risotto |
| 236. Sweet Potato & Chicken Soup | 258. Zucchini with Chorizo and Almonds |
| 237. Sweet Potato Soup | 259. Zuppa Toscana |
| 238. Swedish Meatballs | |
| 239. Taco Soup | |

3 Packet ROAST BEEF

INGREDIENTS

- 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)

DIRECTIONS

1. Place beef roast in the **Microwave Pressure Cooker**.
2. In a medium bowl, whisk together remaining ingredients and pour over meat.
3. Seal the **Microwave 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.



Tupperware



5 Ingredient **CHILI**

INGREDIENTS

- 1 lb. raw ground turkey or ground beef
- 1 Tbsp. southwest chipotle seasoning
- 1 small onion, chopped
- 1 (14.5-oz.) can diced tomatoes
- 1 (14.5-oz.) can chili beans

DIRECTIONS

1. Combine ingredients in the **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.



Tupperware

Adobe Roasted **CHICKEN**

INGREDIENTS

- 1 whole chicken
- 2 Tbsp. salted butter
- 2 Tbsp. Seasoned Salt Blend
- ¼ cup chicken stock

- Seasoned Salt Blend*
- 1 cup kosher salt
 - 2 Tbsp. ground black pepper
 - 3 Tbsp. ground paprika
 - 3 Tbsp. garlic powder
 - ¼ cup onion powder
 - 2 Tbsp. ground thyme

DIRECTIONS

1. Rub chicken with butter and sprinkle with seasoned salt blend.
2. Pour chicken stock in the **Microwave Pressure Cooker** then add chicken.
3. Cover and lock **Microwave Pressure Cooker**. Microwave on high power 25 minutes.
4. Remove from microwave. Allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes. Remove cover and serve chicken sliced or shredded.



Tupperware

A large bowl of African Stew is the central focus, featuring white rice, a thick orange sauce with cubed sweet potatoes, green spinach, and fresh cilantro. In the top left, a smaller bowl shows the same dish. In the top right, a small bowl contains roasted peanuts. The background is a light-colored surface.

African STEW

INGREDIENTS

- | | |
|--|----------------------------------|
| 4 small chicken breasts cut into 1" slices | 1 tsp. ground coriander |
| Salt and pepper, to taste | $\frac{1}{2}$ cup peanut butter |
| 1 lb. sweet potatoes, peeled and cubed | 3 cilantro sprigs |
| 2 garlic cloves, minced | $\frac{1}{4}$ cup salted peanuts |
| 1 Tbsp. fresh ginger, grated | |
| 1 onion, chopped | |
| 1 small hot chili pepper, chopped | |
| 1 (15 oz.) can chopped tomatoes | |

DIRECTIONS

1. Season the chicken breast with salt and pepper and place in the **Microwave Pressure Cooker**, top with sweet potatoes.
2. In a medium bowl mix together garlic, ginger, onion, chili pepper and tomatoes pour over chicken and potatoes.
3. Cover and lock **Microwave Pressure Cooker**. Microwave on high power 20-25 minutes.
4. Remove from microwave. Allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
5. Remove cover and stir in coriander, peanut butter and cilantro. Sprinkle peanuts on top.



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Ale & Beef STEW



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INGREDIENTS

- 1 to 2-lb. beef chuck roast, cut into ½" cubes
- ½" slices
- 1 onion, peeled and chopped
- ¼ cup all-purpose flour
- ¼ lb. baby red potatoes, cut in quarters
- ¼ cup butter, softened
- ¼ cup frozen peas
- 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

DIRECTIONS

1. Sprinkle salt and pepper over beef cubes. Put in the **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.

Amish CHICKEN & NOODLES



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INGREDIENTS

- 1 lb. chicken, boneless & skinless, cut into chunks
- 1 cup carrots, sliced or diced
- ½ cup frozen peas or broccoli
- 1 small onion, diced
- ¼ tsp. thyme
- Salt and pepper to taste
- ½ cup cream or milk
- 1 (10.5 oz.) can cream of chicken or mushroom soup
- 2-3 cups chicken stock
- ½ bag (6 oz) Amish extra wide homestyle noodles
- 2 Tbsp. cornstarch

DIRECTIONS

1. Place chicken and vegetable in the **Microwave Pressure Cooker**; season with thyme, salt and pepper.
2. Stir together milk, soup and chicken stock, pour over chicken and vegetables.
3. Add egg noodles and stir.
4. Place cover on the **Microwave Pressure Cooker** and secure. Microwave on high power 15-20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes, before opening.
5. Remove cover, stir in cornstarch to thicken broth.



Apple **BUTTER**

INGREDIENTS

- 1 bag gala apples peeled, cored and cut into quarters
- 1 cup apple juice
- ½ cup sugar
- ½ cup brown sugar
- 2 tsp. ground cinnamon
- 1 Tbsp. vanilla extract

DIRECTIONS

1. Place all ingredients in the **Microwave Pressure Cooker**. Secure cover on the base.
2. Microwave on high power 30 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position. Remove cover and stir.
3. Allow Apples to cool, stir in vanilla extract, then place in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until desired consistency is reached. You may have to do multiple batches.



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Apple Chipotle **PORK TENDERLOIN**

INGREDIENTS

- 1 pork tenderloin
- 1-2 Tbsp. chipotle seasoning
- 3 Tbsp. Dijon mustard
- ½ cup applesauce
- 3 Tbsp. apple cider vinegar
- 1 onion, chopped
- ½ tsp. thyme
- 1 cup beef stock

DIRECTIONS

1. Mix together chipotle seasoning and Dijon mustard in a small bowl, coat pork tenderloin with mixture and put into the **Microwave 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.



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Apple Cinnamon **OATMEAL**



INGREDIENTS

- 2 apples, cored and chopped
- 2 cups rolled oats
- 1 tsp. ground cinnamon
- ¼ cup brown sugar
- ½ tsp vanilla extract
- 2½-3 cups water
- ½ cup nuts, chopped, your choice, optional

DIRECTIONS

1. Add all ingredients into the **Microwave Pressure Cooker**.
2. Seal and microwave on high power 12-15 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.



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Apple **COMPOTE**

INGREDIENTS

- 4 large granny smith apples, cored and peeled
- $\frac{3}{4}$ cup brown sugar
- 1 cup apple cider
- $\frac{1}{4}$ cup butter, cut into $\frac{1}{4}$ -inch pieces
- 2 Tbsp. corn starch
- 1 Tbsp. ground cinnamon
- $\frac{3}{4}$ tsp. kosher salt

DIRECTIONS

1. Cut apples into $\frac{1}{4}$ -inch pieces.
2. In the **Microwave Pressure Cooker** stir together apples, sugar, cider, butter, corn starch, cinnamon, and salt. Secure cover on 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.



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Apple Pie **FILLING**

INGREDIENTS

- 6 apples peeled and diced into 1 inch cubes
- 1 Tbsp. lemon juice
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{4}$ cup sugar
- 1 tsp. ground cinnamon
- $\frac{1}{4}$ tsp. salt
- 1 cup water
- $\frac{1}{4}$ cup cornstarch

DIRECTIONS

1. Toss the peeled and diced apples together with the lemon juice. Set aside.
2. Combine the brown sugar, sugar, cinnamon, salt and water in the **Microwave Pressure Cooker**.
3. Microwave on high power 10-12 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position. Remove cover and stir.
4. Remove about $\frac{1}{2}$ cup of liquid from the pot and whisk in $\frac{1}{4}$ cup of cornstarch.
5. Pour the cornstarch slurry into the pot with the apples and stir until the sauce has thickened.



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APPLESAUCE

INGREDIENTS

- 1 bag gala apples peeled, cored and cut into quarters
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup sugar
- 2 tsp. cinnamon

DIRECTIONS

1. Place all ingredients in the **Microwave Pressure Cooker**. Secure cover on the base.
2. Microwave on high power 12-15 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position. Remove cover and stir.
3. Allow Apples to cool, then place in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until desired consistency is reached. You may have to do multiple batches.



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ARROZ Con Leche



INGREDIENTS

- 3½ cups cooked long grain rice
- 1½ cups raisins
- 1½ cups granulated sugar
- 2 cups whole milk
- 2 tsp. vanilla extract
- 1 cup heavy cream
- 1 Tbsp. ground cinnamon

DIRECTIONS

1. In 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.



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Arroz con **POLLO**



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INGREDIENTS

- 1 green bell pepper, seeded and roughly chopped
- 1 red bell pepper, seeded and roughly chopped
- 1 small yellow onion, peeled and roughly chopped
- 3 garlic cloves, minced
- 1 cup long-grain rice
- 1½ cups chicken stock
- 3 Tbsp. southwest chipotle seasoning
- 2 tsp. kosher salt
- 6 boneless, skinless chicken thighs
- Green onion, cilantro, peas for garnish

DIRECTIONS

1. In the **Microwave Pressure Cooker**, stir together peppers, onion, garlic, rice, stock, seasoning and salt. Press chicken into the rice mixture.
2. Cover and seal **Microwave Pressure Cooker**. Microwave on high power 18 minutes. Remove from microwave, let stand 10 minutes or until pressure indicator is fully lowered. Remove cover, transfer chicken to a plate or platter. Stir rice to combine with remaining liquid.
3. Return chicken to rice and garnish with green onion, cilantro and fresh peas.



Asian CHICKEN NOODLE SOUP

INGREDIENTS

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

DIRECTIONS

1. In 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.
3. Remove **Microwave Pressure Cooker** cover, add noodles, recover and microwave for 5 minutes.
3. Allow pressure to release again. Remove cover and serve



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Asian

ORANGE CHICKEN

INGREDIENTS

- 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" piece fresh gingerroot, peeled and grated
- 1 Tbsp. sesame seeds, garnish
- 2 Tbsp. green onion, chopped, garnish

DIRECTIONS

1. Add chicken, chicken broth and oranges in the **Microwave Pressure Cooker**. Secure cover on 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, reserving ¾ cup of the chicken broth.
3. In a medium bowl whisk together, ¾ cup of chicken broth, cornstarch and orange juice, add marmalade, brown sugar, soy sauce, chili garlic sauce, salt and gingerroot.
4. Add the remaining ingredients except the sesame seeds and green onions to the **Microwave Pressure Cooker**, stir.
5. Seal and 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



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Au Gratin **POTATOES**

INGREDIENTS

- 2 lbs. potatoes, peeled and sliced
- 1 cup chicken broth
- 1½ cups heavy cream
- 1 tsp. coarse kosher salt
- ½ tsp. black pepper
- 2 cloves garlic, minced
- 1½ cups grated cheese; cheddar, parmesan, or gruyere

DIRECTIONS

1. Add potatoes and chicken broth in the **Microwave Pressure Cooker**. Secure cover on the base.
2. Microwave on high power 10 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position. Drain, reserving ⅓ cup of chicken broth.
3. In a medium bowl whisk together, ⅓ cup of chicken broth, heavy cream, salt, pepper garlic and cheese, pour over the potatoes.
4. Secure cover on the base. Microwave on high power 5 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position.



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Bacon Wrapped **CHEESY BBQ CHICKEN**

INGREDIENTS

- 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

DIRECTIONS

1. Season chicken with salt and pepper and wrap 1 slice of bacon around each piece of chicken.
2. Place the peaches in the **SuperSonic Chopper Extra** with the blade attachment, cover and pull cord until pureed, add BBQ sauce and brown sugar, stir until well combined.
3. Place chicken in the **Microwave Pressure Cooker**, pour BBQ sauce over chicken and secure cover on 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.



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Bacon Wrapped
**DIJON PORK
TENDERLOIN**
with Cranberry Sauce

INGREDIENTS

- 3-4 pound pork tenderloin
- Salt and Fresh cracked black pepper
- 2 Tbsp. Dijon mustard
- 1 tablespoon honey
- 1 Tbsp. fresh thyme or $\frac{3}{4}$ tsp. dried
- 6-8 slices of bacon
- 1 package onion soup mix
- $\frac{1}{2}$ cup cranberry juice
- 1 can whole cranberry sauce (not jellied)
- 1 Tbsp. cornstarch

DIRECTIONS

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 **Microwave Pressure Cooker**.
3. Mix remaining ingredients and pour over pork tenderloin and Secure cover on 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



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Balsamic Glazed **PORK CHOPS**

INGREDIENTS

- 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

DIRECTIONS

1. Season pork chops, with rosemary, salt and pepper and place in the **Microwave Pressure Cooker**.
2. Mix garlic, water, brown sugar, balsamic vinegar and soy sauce, pour over pork chops and secure cover on 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 **Chef Series II 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.



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Banana CAKE

INGREDIENTS

- ½ cup butter, melted
- ¾ cup sugar
- 1 tsp. vanilla extract
- 2 ripe bananas
- 1½ cup self rising flour
- ¼ cup milk

DIRECTIONS

1. In a medium bowl mix ingredients, dont over mix.
2. Pour batter in the **Microwave Pressure Cooker** and microwave on high power 8-10 minutes (900 watts).
3. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position.



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Barramundi SPAGHETTI



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INGREDIENTS

¾ lb. spaghetti
1 lb. barramundi (or other white fish), cut into pieces
1 small onion, finely diced
4 cloves garlic, crushed
2 (14 oz.) cans crushed tomatoes
2 Tbsp. capers
1 tsp. chili flakes
Salt and pepper

To Serve

2 Tbsp. olive oil, extra to drizzle
Fresh basil
Parmesan

DIRECTIONS

1. Cook spaghetti as per instructions on the packet. Drain and set aside.
2. Place all remaining ingredients into the **Microwave Pressure Cooker** and mix thoroughly.
3. Securely cover and lock. Place in the microwave at 900 watts for 18 minutes.
4. Remove **Microwave Pressure Cooker** from microwave and leave unopened, until the pressure indicator drops. Unlock and remove Cover.
5. Mix sauce through spaghetti and toss together with olive oil.
6. Serve with fresh basil, parmesan and a drizzle of olive oil.

BBQ Beef SANDWICHES



INGREDIENTS

1 boneless beef chuck roast (3 lbs)
1 cups ketchup
¼ cup packed brown sugar
½ cup barbecue sauce
1 cup beef broth
2 Tbsp. Worcestershire sauce
2 Tbsp. Dijon mustard
1 tsp. liquid smoke, optional
½ tsp. salt

½ tsp. garlic powder
¼ tsp. pepper
jalapenos, optional

12 sandwich buns, split

Optional toppings

Coleslaw sliced onions, dill pickles
and pickled jalapenos, optional

DIRECTIONS

1. Cut roast into smaller pieces and add to 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 on the **Microwave Pressure Cooker** 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 or meat on each bun. Serve with desired toppings.



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BBQ
**CHICKEN
SLIDERS**

INGREDIENTS

- 2 lbs. boneless skinless chicken breasts, cut into large chunks
- ¼ cup liquid smoke
- 1½ cups hickory smoke-flavored barbecue sauce
- 16 slider buns or dinner rolls, split and warmed

DIRECTIONS

1. Place chicken breast in the **Microwave Pressure Cooker**.
2. In a bowl whisk together liquid smoke and barbeque sauce and pour over chicken.
3. Seal and microwave on high power 15-20 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
5. Put chicken in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord a few times to shred or shred with two forks. Put chicken back in the sauce, stir.
6. Cut rolls in half horizontally, top with shredded chicken, then top with desired toppings.



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BBQ MEATBALLS



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INGREDIENTS

- | | |
|--|---|
| 2½ lbs. boneless chuck roast, cut into 2" cubes* | 2-3 Tbsp. tomato paste |
| 1½ cups fresh breadcrumbs | 2 Tbsp. Dijon or yellow mustard |
| ½ cup milk | 2 (19-oz.) bottles BBQ sauce, your choice |
| 5-6 peeled garlic cloves | |
| 1 large Vidalia or other sweet onion | |
| 1½ tsp. salt | |
| 1 tsp. ground black pepper | |
| ½ tsp. liquid smoke | |

DIRECTIONS

1. Freeze beef cubes in a single layer on a baking sheet for 20 minutes.
2. Combine breadcrumbs and milk in small mixing bowl. Set aside.
3. In **SuperSonic Chopper Extra**, chop garlic then add onion and chop finely. Set aside.
4. Assemble **Fusion Master Mincer** with fine (small holes) disc. Grind beef into a large bowl and add remaining ingredients (except BBQ sauce). Mix until thoroughly combined.
5. Using a scoop form meatballs and place half of them in the Microwave Pressure Cooker. Pour BBQ sauce over, making sure meatballs are completely covered. (add water, if necessary).
6. Cover and seal **Microwave Pressure Cooker**, microwave on high power for 20 minutes.
7. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
8. Transfer cooked meatballs to a serving platter.
9. Repeat process with remaining uncooked meatballs.

*NOTE: Once meatballs are cooled, they can be frozen for later use, in a **Vent N' Serve Container**. Reheat in the microwave at 70% power.*

**You can use 2 lbs. ground beef. It will have lower yield of meatballs.*

BBQ Root Beer CHICKEN SLIDERS

INGREDIENTS

- 2 lbs. boneless skinless chicken breasts, cut into large chunks
- 1½ cups barbecue sauce
- ½ cup root beer
- ½ tsp garlic powder
- 16 slider buns *or* dinner rolls, split and warmed

DIRECTIONS

1. Place chicken breast in the **Microwave Pressure Cooker**.
2. In a bowl whisk together barbeque sauce, root beer and garlic powder and pour over chicken.
3. Seal and microwave on high power 15-20 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
5. Put chicken in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord a few times to shred or shred with two forks. Put chicken back in the sauce, stir.
6. Cut rolls in half horizontally, top with shredded chicken, then top with desired toppings.



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BEEF & BROCCOLI



INGREDIENTS

- 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

DIRECTIONS

1. Season steak with seasoning and place in the **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. Pour in the **Microwave Pressure Cooker**. Stir frozen broccoli. Seal and microwave on high power 5 minutes.
5. Serve warm and over rice, if desired.



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Beef Barley SOUP



INGREDIENTS

- 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
- ⅔ cup barley
- 2 Tbsp. corn starch
- 1 Tbsp. dried parsley flakes
- ⅜ tsp. dried basil
- Salt and pepper, to taste
- ½ cup frozen corn
- ½ cup frozen green beans
- ½ green pepper, diced

DIRECTIONS

1. Add the ingredients beef to salt and pepper in the **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 **Microwave Pressure Cooker**. Seal and microwave on high power 10 minutes.



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Beef **BOURGUIGNON**



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INGREDIENTS

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

DIRECTIONS

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 **Microwave 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 **Microwave 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 CARBONADE



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INGREDIENTS

- | | |
|--|-------------------------|
| 1 lb. chuck or round steak, cut into cubes | 3 beef bouillon cubes |
| Salt and pepper, to taste | $\frac{3}{4}$ cup water |
| 2 Tbsp. flour | 3 Tbsp. flour |
| $\frac{1}{4}$ tsp. thyme | $\frac{1}{2}$ can beer |
| 2 cloves garlic, minced | |
| 1 onion, chopped | |
| 2 carrots chopped | |
| 2-3 potatoes, cubed | |
| 1 Tbsp. Worcestershire sauce | |
| 1 Tbsp. red wine vinegar | |
| $\frac{1}{2}$ tsp. paprika | |

DIRECTIONS

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 **Microwave Pressure Cooker**.
2. Add thyme, garlic, onion, carrots, potatoes, Worcestershire sauce, red wine vinegar, paprika and bouillon cubes to the **Microwave Pressure Cooker**.
3. Make a slurry with the flour and water and add to the **Microwave Pressure Cooker**, and pour beer over everything.
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.

Beef

PASTA E FAGIOLI



INGREDIENTS

- | | |
|---------------------------|---------------------------------|
| 1 onion | 1 cup Ditalini pasta |
| 3 garlic cloves | 2 cups beef broth |
| 2 carrots | 1 (16 oz.) can tomato sauce |
| 2 stalks celery | 1 (15 oz.) can diced tomato |
| 1 lb. lean ground beef | 1 (15 oz.) can red kidney beans |
| 1 Tbsp. Italian seasoning | 1 (15 oz.) can northern beans |
| 1 tsp. vinegar | Salt and Pepper to taste |

DIRECTIONS

1. Place onion, garlic, carrots, and celery into the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to chop.
2. Combine all ingredients in the **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.



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Beef RAGU

INGREDIENTS

- 1 red onion, finely diced
- 2 garlic cloves, crushed
- 1 stick celery, finely diced
- 1 carrot, finely diced
- ½ lb. beef brisket
- 2 Tbsp. tomato paste
- 1 (15 oz.) can diced tomatoes
- 2 sprigs thyme or rosemary
- 2 sage leaves
- 2 bay leaves
- ½ cup red wine
- 1 beef bullion cube
- Salt and pepper

To Serve

- Cooked pasta, such as casarecce or rigatoni
- Fresh basil
- Parmesan cheese
- Drizzle of olive oil

DIRECTIONS

1. Combine all ingredients in the **Microwave Pressure Cooker**. Seal and microwave on high power for 20-25 minutes.
2. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
3. Remove cover and shred cooked beef with two forks.
4. Serve ragu with cooked pasta, fresh basil, parmesan and a drizzle of olive oil.



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Beef SHORT RIBS



INGREDIENTS

- | | |
|--|--|
| 3 pounds bone-in beef short ribs | 1 bay leaf |
| ½ tsp. salt | 4 medium carrots, cut into 1-inch pieces |
| ½ tsp. pepper | |
| 2 large onions, cut into ½-inch wedges | |
| 6 garlic cloves, minced | 2 Tbsp. cornstarch |
| 1 Tbsp. tomato paste | 3 Tbsp. cold water |
| 1 cup beef broth | |
| 2-3 cups beef broth or red wine | |
| 4 fresh thyme sprigs | |

DIRECTIONS

1. Sprinkle ribs with salt and pepper and place in the **Microwave Pressure Cooker**.
2. Add remaining ingredients (except water and cornstarch), stir.
3. Seal and microwave on high power for 30 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Remove cover, in a small bowl mix corn starch and water and add to Microwave Pressure Cooker, stir to thicken.



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Beef STEW

INGREDIENTS

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

½ tsp. salt
¼ tsp. freshly ground black pepper
Fresh parsley, minced, for garnish

DIRECTIONS

1. Add beef and flour into a small bowl, mix till well coated, pour into the **Microwave 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.



Tupperware

Beef STROGANOFF

INGREDIENTS

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
½ tsp. salt

¼ tsp. freshly ground black pepper
½ tsp. dried thyme
2 Tbsp. cornstarch dissolved in ½ cup beef broth
3 oz. cream cheese, softened
½ cup sour cream
⅓ cup chopped fresh parsley

DIRECTIONS

1. Add beef, onion, garlic and mushrooms in the **Microwave 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.



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Beef Vegetable SOUP

INGREDIENTS

- 1½ lb. beef stew cubes
- Salt and pepper, to taste
- 1 Tbsp. garlic powder
- 1 Tbsp. butter
- 1 small onion, minced
- 6 beef bouillon cubes
- ½ cup hot water
- 1 (48 oz.) box beef broth, divided
- 1 (15 oz.) can tomato sauce
- 1 (16 oz.) bag frozen vegetables (your choice)
- ⅞ cup chopped fresh parsley

DIRECTIONS

1. Season beef stew meat with salt, pepper and garlic powder and sear in a **Chef Series Fry Pan** with butter, add to the **Microwave Pressure Cooker**. Add onions to the pan, and cook for a couple minutes, add half of the beef broth to chef series pan, scrape pan to loosen up any bits stuck to the pan pour over beef stew meat.
2. Mix bouillon cubes and hot water and pour over the beef mixture.
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. Add remaining ingredients to the **Microwave Pressure Cooker**, make sure to stay below the max fill line.
6. Seal and microwave on high power 20-25 minutes.



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Berry JAM

INGREDIENTS

2½-3 cups mixed berries (you can use frozen)

2 cups sugar

1 Tbsp. lemon juice

2 ½ Tbsp. cornstarch mixed with 2 Tbsp. cold water

DIRECTIONS

1. Add berries, sugar and lemon juice to the **Microwave Pressure Cooker**, stir.
2. Seal and microwave on high power 8-11 minutes at 900 watts.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Add cornstarch slurry to the **Microwave Pressure Cooker**, stir, Seal and microwave on high power 6-8 minutes at 900 watts.
5. Pour hot jam into sterilized jars. Cool.



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Birria TACOS

INGREDIENTS

- 2 dry guajillo peppers, deseeded
- 1 ancho chile, deseeded
- 1 dry chile de arbol, deseeded
- 1 tbsp. vegetable oil
- 1 onion, half sliced/ half diced
- 6 garlic cloves, peeled
- 1 tsp. ginger paste
- 3 tbsp. tomato paste
- 4 cups beef broth, divided
- ¼ tsp. ground cloves
- 2 tbsp. apple cider vinegar
- 1 lb. short rib
- 1.5 lbs. boneless chuck roast, cut in chunks
- 2 bay leaves
- Salt to taste
- 12 Corn tortillas
- 2 cups shredded pepper jack cheese or Mexican cheese blend, optional
- ½ cup cilantro, chopped
- Limes for serving
- Diced white onions and cilantro for garnish

DIRECTIONS

1. Roast guajillo, ancho and chile de arbol peppers in the **Daily Universal Frypan** on both sides, set aside.
2. Add oil to the **Daily Universal Frypan** over medium heat and sauté onion, garlic cloves until softened and lightly browned. Add ginger and tomato paste and sauté for 2-3 minutes. Deglaze pan with 2 cups beef broth and stir in ground cloves and apple cider vinegar. Remove from heat and let cool. Transfer to the **Supersonic Chopper Extra** with blade attachment and pull cord until vegetables are pureed. Set aside.
3. In the **Microwave Pressure Cooker**, add short rib, chuck roast, roasted chilies, bay leaves, pureed broth and remaining broth. Arrange the meat so it is fully submerged. Cover, lock in place and microwave at full power for 15 minutes. At the end of cooking time let pressure release naturally.
4. Shred meat in **SuperSonic Chopper Extra** and return to broth. Salt to taste.
5. To serve, dip corn tortillas in broth and toast in the **Daily Universal Frypan**. Top tortilla with cheese, some meat, diced onions and chopped cilantro. Fold and remove from heat. Repeat process with remaining ingredients. Serve tacos with broth for dipping.



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Black Bean SOUP

INGREDIENTS

- 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

DIRECTIONS

1. Rinse beans, place in a bowl or the **Microwave Pressure Cooker**, cover with water, and soak overnight.
2. Drain and rinse beans and place in the **Microwave Pressure Cooker**.
3. Place onion, garlic and pepper in the **SuperSonic Chopper Extra** 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 the **SuperSonic Chopper Extra** 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.



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BLACK EYED PEAS and Ham Hock



Tupperware

INGREDIENTS

- 1 large smoked ham hock
- 3-4 cups chicken broth
- 1 pound dried black-eyed peas
- 1 large onion, diced
- 1 clove garlic, minced
- 2 carrots, chopped
- 2 ribs celery, chopped
- 2 to 4 strips bacon, diced, cooked
- 1/8 to 1/4 tsp. cayenne pepper
- 1 to 2 tsp. kosher salt

DIRECTIONS

1. Rinse peas, place in a bowl, cover with water, and soak overnight.
2. Place ham hock in the **Microwave Pressure Cooker**, cover with chicken broth, seal and microwave on high power 15-20 minutes
3. Remove peas from refrigerator, drain and rinse and place in the **Microwave Pressure Cooker**.
4. Add remaining ingredients in the **Microwave Pressure Cooker**. Make sure chicken broth covers peas by 2".
5. Seal and microwave on high power 25-30 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.



Black Forest LAVA CAKE

INGREDIENTS

- 1 pkg. devil's food cake mix (regular size)
- 1½ cups water
- 3 large eggs
- ⅓ cup canola oil
- 2 cups cold 2% milk
- 1 (3.9 oz.) pkg. instant chocolate pudding mix
- 2 cups (12 oz.) semisweet chocolate chips
- 1 (20 oz.) can cherry pie filling

DIRECTIONS

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 **Microwave 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.



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Blueberry BBQ CHICKEN



INGREDIENTS

- ¾ cup ketchup
- ½ 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
- Prepared coleslaw
- Sandwich Rolls

DIRECTIONS

1. In the **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.



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Blueberry Lemon **CRUMBLE**

INGREDIENTS

- 2 cans blueberry pie filling
- ½ lemon, juiced
- 1 pkg. yellow cake mix
- ½ cup butter, melted
- 1 lemon, zested
- ½ tsp. cinnamon

Ice cream, optional

DIRECTIONS

1. Pour blueberry pie filling into **Microwave Pressure Cooker**, sprinkle with lemon juice, stir.
2. Mix cake mix, butter, lemon zest and cinnamon until crumbly, sprinkle over pie filling.
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.



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BOLOGNESE *Sauce*

INGREDIENTS

- 1 lb. raw ground beef, crumbled
- ½ cup onion, chopped
- ⅓ cup celery, diced
- ⅓ 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
- ⅛ tsp. pepper

DIRECTIONS

1. Place all ingredients in the **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



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BREAD Pudding



INGREDIENTS

- 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

DIRECTIONS

1. In 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.



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Brodet Croatian **FISH STEW**

INGREDIENTS

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

DIRECTIONS

1. In the **SuperSonic Chopper Extra** add onion garlic and tomatoes, place cover on and pull cord until diced. Add to the **Microwave Pressure Cooker**.
2. Add fish, white wine, canned tomatoes, salt and pepper In 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.



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Brunswick CHICKEN STEW



INGREDIENTS

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

½ cup red bell pepper, chopped

¾ cup onion, chopped

1 cup frozen corn

1 cup frozen baby lima beans

DIRECTIONS

1. Mix flour and chicken, place in the **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.

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Buffalo Ranch CHICKEN SANDWICH

INGREDIENTS

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

Rolls

Optional toppings – cheddar
cheese, blue cheese crumbles,
ranch dressing, blue cheese
dressing, lettuce

DIRECTIONS

1. Mix flour and chicken, place into the **Microwave Pressure Cooker**.
2. Add the remaining ingredients.
3. Place cover on the **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.



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Butter CHICKEN



INGREDIENTS

- | | |
|-------------------------------|----------------------------------|
| 1½ lb. chicken thighs | ¾ tsp. chili flakes |
| ⅓ cup diced onion | 2 tsp. garam marsala |
| ½ cup butter, melted | 1 cinnamon stick |
| 1 (15 oz.) can diced tomatoes | 1 star anise |
| ¾ cup tomato paste | 5 cardamom pods or 1 tsp. powder |
| 1 tsp. ginger, grated | 1 tsp. smoked paprika |
| 2 cloves garlic, crushed | |
| 2 Tbsp. apple cider vinegar | 1 cup coconut milk |
| 1 tsp. salt | 1 cup cashews |
| 1 tsp. cracked pepper | 1 bunch coriander, chopped |

DIRECTIONS

1. Add chicken, onion, butter, tomatoes, tomato paste, ginger, garlic, vinegar, salt, pepper, chili flakes, garam marsala, cinnamon, star anise, cardamom and paprika in the **Microwave Pressure Cooker**.
2. Place cover on **Microwave Pressure Cooker** and secure. Microwave on high power 20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes, before opening.
3. Remove cinnamon, cardamom and star anise.
4. Add coconut milk and stir.
5. Place nuts and coriander in **SuperSonic Chopper Compact** and chop, use to garnish butter chicken.



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Butternut Squash STEW



INGREDIENTS

- 1 cup dry yellow split peas, rinsed
- 1 ½ lb. butternut squash, peeled & cubed
- 1 tomato, diced
- ½ cup shredded coconut
- 4 cups vegetable stock
- 1 ½ tsp. salt
- 1 Tbsp. honey
- 1 lime, juiced
- ½ cup cilantro, finely chopped

DIRECTIONS

1. Place peas, butternut squash, tomato, coconut and vegetable stock in base of the **Microwave Pressure Cooker**. Cover, lock in place and microwave on high power 15 minutes.
2. At the end of the cooking time, allow pressure to release naturally.
3. Stir in remaining ingredients and serve.



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CABBAGE BEEF

Soup

INGREDIENTS

- 1 lb. ground beef
- ¼ head cabbage, chopped
- 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)

DIRECTIONS

1. Crumble raw ground beef in the **Microwave 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.



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Cajun RED BEANS

INGREDIENTS

- 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

DIRECTIONS

1. Rinse beans, place in a bowl or in the **Microwave Pressure Cooker**, cover with water, and soak overnight.
2. Drain and rinse beans and place in the **Microwave Pressure Cooker**.
3. Combine onion, garlic, pepper and celery in the **SuperSonic Chopper Extra** 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 the **SuperSonic Chopper Extra**, 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



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Caldo TLALPENO

INGREDIENTS

- 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
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper

DIRECTIONS

1. Place chicken and water in the **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 the **SuperSonic Chopper Extra** 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 **Microwave Pressure Cooker** from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
5. Remove chicken from **Microwave Pressure Cooker** and add remaining ingredients to the broth. Seal and microwave on high power 5 minutes.
6. Remove chicken meat from bones, discarding skin. Shred using two forks. Remove **Microwave 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.



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Caramel Apple **COBBLER**

INGREDIENTS

- 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

DIRECTIONS

1. Mix cake mix, butter and cinnamon until crumbly, set aside.
2. Pour apple pie filling in the **Microwave Pressure Cooker** 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.



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Carnitas TOSTADAS

INGREDIENTS

- 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

DIRECTIONS

1. Season cut pork with oregano and cumin. Place in the **Microwave Pressure Cooker**.
2. Add onion, lime juice and garlic cloves.
3. Squeeze juice from orange in the **Microwave 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



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Carrot Ginger SOUP

INGREDIENTS

- 4 cups chicken or vegetable stock
- 2 Tbsp all-purpose flour
- 1 onion, diced
- 1 tsp. butter
- 1½ pounds carrots, diced
- 1 Tbsp. fresh ginger, finely minced
- salt and pepper, to taste
- ¼ cup heavy cream

DIRECTIONS

1. Mix stock with flour and add the **Microwave Pressure Cooker**.
2. Add onion, butter, carrots, ginger, salt and pepper
3. Seal and microwave on high power 20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 5–10 minutes, before opening.
4. Remove the **Microwave Pressure Cooker** lid, let the soup cool and then purée with a blender or an immersion blender. Stir in cream, season to taste and serve.



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CAULIFLOWER Delight



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INGREDIENTS

- ½ onion
- 1 clove of garlic
- 1 cup minute rice
- 1 lb. ground beef
- 1 (10 oz.) can crushed tomatoes
- Salt and pepper
- 3 cups cauliflower florets
- 1½ cups water
- 2 sprigs of parsley
- ¼ cup grated Parmesan cheese

DIRECTIONS

1. Place the onion and garlic, in the **SuperSonic Chopper Compact**, cover and pull cord until minced.
2. Rinse the rice and drain well.
3. In the **Microwave Pressure Cooker**, mix chopped garlic and onion with ground meat, tomato pulp, rice, salt and pepper.
4. Cut the cauliflower into very small pieces and place them in the **Microwave Pressure Cooker**.
5. Pour water over cauliflower. Do not mix.
6. Close and cook about 20 minutes. Let stand about 15 minutes, for the cooking to finish and the pressure down.
7. Chop the leafy parsley in the clean **SuperSonic Chopper Compact**, add the parmesan cheese, bread crumbs, salt and finish chopping.
8. Serve each portion sprinkled with the parsley mix.

Char Sui **PORK**



INGREDIENTS

- 2 lb. pork fillets, cut into 2" pieces
- 2 Tbsp. light soy sauce
- 2 Tbsp. dry sherry
- 1 cup char siu sauce
- 4 Tbsp. honey

To Serve

- Steamed rice
- Steamed Asian greens

DIRECTIONS

1. Preheat oven to 350°F/180°C .
2. Place all ingredients into the **Microwave Pressure Cooker**. mix together to combine.
3. Securely cover and lock the **Microwave Pressure Cooker**. microwave at 900 watts for 20 minutes. Remove from microwave and leave the **Microwave Pressure Cooker** to rest until the pressure indicator drops. Unlock and remove cover.
4. Using a slotted spoon drain excess juices from pork and place onto baking tray. Discard excess juices.
5. Bake for 10 minutes, before removing and slicing pork in ¼" pieces. Serve immediately with rice and steamed greens.

Cheeseburger **PASTA**



INGREDIENTS

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

DIRECTIONS

1. Combine ingredients, except for cheese, in the **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.



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Cheesy Broccoli SOUP



INGREDIENTS

- 2 Tbsp. butter or margarine
- $\frac{1}{3}$ cup chopped onion
- 2 Tbsp. all purpose flour
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper
- 2 $\frac{1}{2}$ cups milk
- $\frac{3}{4}$ lb. Velveeta, cut up
- 1 (10 oz.) pkg. frozen chopped broccoli, thawed, drained

DIRECTIONS

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 **Microwave Pressure Cooker**.
2. Add remaining ingredients in the **Microwave Pressure Cooker**.
3. Seal and microwave on high power 12-15 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.



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Cheesy Chicken Broccoli & Rice **CASSEROLE**

INGREDIENTS

- 1 cup rice
- 3 chicken breast, boneless, skinless, cut in chunks
- ½ 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, chopper
- 1 cup cheddar cheese

DIRECTIONS

1. Combine ingredients, except for cheese, in the **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.



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Cherry COBBLER

INGREDIENTS

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

DIRECTIONS

1. Mix cake mix and butter until crumbly, set aside.
2. Pour cherry pie filling into **Microwave Pressure Cooker** 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.



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Chicken & **DUMPLINGS**

INGREDIENTS

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

DIRECTIONS

1. Add all ingredients to 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.



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CHICKEN & Gravy



INGREDIENTS

- 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. pkg. dry Italian or Ranch salad dressing mix
 - Salt & black pepper to taste
 - ½ cup sour cream
 - Green onions, diced, optional
- Serve over rice or mashed potatoes.*

DIRECTIONS

1. Place chicken in the **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 20-25 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.



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CHICKEN & Pearl Couscous Soup



INGREDIENTS

- 1 lb. chicken, cubed (breast or thigh)
- 1 cup pearl couscous
- 1 onion, finely diced
- 2-3 cloves garlic, crushed
- 1 carrot, diced
- 1 zucchini, chopped
- 2 sticks celery, finely diced
- 3-4 cups chicken stock
- 2 bay leaves
- 4 sprigs thyme

Salt and pepper

To serve, optional

Lemon

Fresh parsley or dill

Chili flakes

DIRECTIONS

1. Place all ingredients, except “to serve” items in the **Microwave Pressure Cooker**.
2. Seal and microwave on high power 18-20 minutes. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered.
3. Garnish with lemon, parsley and chili flakes if desired.

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CHICKEN & PUMPKIN Risotto



INGREDIENTS

- 1½ cups Arborio rice
- 1 medium onion, finely chopped
- ¾ lb. skinless chicken breast, cut into 1" cubes
- 1 corn cob, kernels removed or 1 cup frozen corn
- 1 cup peeled diced pumpkin (1" cubes)
- 3½ cups chicken stock
- 1½ Tbsp. white miso
- 2 cups baby spinach

DIRECTIONS

1. Combine all ingredients, except spinach, in the **Microwave Pressure Cooker**.
2. Seal and microwave on high power 18-20 minutes.
3. At the end of the cooking time, allow pressure to release naturally.
4. When pressure indicator has fully lowered, remove cover and stir in spinach and some pepper.



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CHICKEN & SAUSAGE

Paella

INGREDIENTS

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

DIRECTIONS

1. Place the onion, garlic and peppers in the **SuperSonic Chopper Extra** with the blade attachment. Cover and pull cord several times to chop.
2. Place in the **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.
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.



Tupperware

CHICKEN & Wild Rice

INGREDIENTS

- 2-3 chicken breast
- 1 can cream of mushroom soup
- 1 tsp. garlic powder
- 2 cups water or beef broth
- 1 box Rice A Roni, long grain and wild rice
- 1 small can sliced mushrooms, optional

DIRECTIONS

1. Add all ingredients in the **Microwave Pressure Cooker**, stir.
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.



Tupperware

Chicken Bacon Ranch **MAC & CHEESE**

INGREDIENTS

- 1½ lb. chicken breast cubed
- 2 cups chicken broth
- 2½ cups elbow macaroni
- 1 cup half & half
- 4 oz. mozzarella, shredded (1 cup)
- 4 oz. Monterrey Jack, shredded (1 cup)
- 4 oz. Colby Jack, shredded (1 cup)
- 1 cup milk
- 1 oz. dry ranch dressing powder
- 3 oz. packet real bacon pieces/bits

DIRECTIONS

1. Place chicken, broth, macaroni and half & half in the **Microwave Pressure Cooker**, stir to combine.
2. Seal and microwave on high power 20 minutes.
3. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered.
4. Open Pressure Cooker, stir to loosen noodles and add the remaining ingredients. Stir to combine.

Note: you can use less cheese, if desired.



Tupperware

CHICKEN Broccoli & Rice

INGREDIENTS

- 2 chicken breast, cut into chunks
- 2 cups white rice
- 1 can cream of mushroom soup
- 1 can cheddar cheese soup
- 1 bag frozen broccoli
- 2 cups chicken broth
- ½ tsp. onion powder
- ½ tsp. garlic powder
- salt and pepper, to taste
- ½ cup shredded cheddar cheese

DIRECTIONS

1. Add all ingredients except shredded cheese in the **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. Stir in shredded cheddar cheese. Serve.



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CHICKEN *Cacciatore*



INGREDIENTS

- 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

DIRECTIONS

1. In 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.



Tupperware

CHICKEN Curry



INGREDIENTS

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

DIRECTIONS

1. Combine ingredients, except snap peas, in the **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 the **Microwave Pressure Cooker** and seal. Allow these to steam while chopping chicken or shredding chicken using 2 forks. Add chicken back to the **Microwave Pressure Cooker**.
4. Serve warm, over rice if desired.



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CHICKEN Curry II



INGREDIENTS

- 2 lbs. boneless skinless chicken breast
- 1 cup chicken broth
- 2 Tbsp. red curry paste
- 1 red bell pepper, chopped
- 1 small onion, roughly chopped
- 1 (5 oz.) can water chestnuts, drained
- 1 tsp. salt
- 8 oz. snap peas
- 1 (14 oz.) can coconut milk

DIRECTIONS

1. Combine all ingredients, except the snap peas and coconut milk, to the **Microwave Pressure Cooker**, making sure the chicken is submerged in chicken broth. Cover and lock in place.
2. Microwave on high power for 20 minutes. At the end of the cooking time, let the pressure release naturally.
3. Remove chicken and set aside. Stir in the snap peas and coconut milk to the **Microwave Pressure Cooker** and cover for 5 minutes.
4. Shred the chicken using two forks and then return it to the **Microwave Pressure Cooker**. Serve warm, over rice if desired



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CHICKEN Enchilada Soup



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INGREDIENTS

2 skinless chicken breast, cubed
½ cup onion, chopped
3 cloves garlic, minced
1 (8 oz.) can tomato sauce
1½ tsp. chipotle chili in adobo sauce
¼ cup cilantro, chopped
1 (15 oz.) can black beans, rinsed and drained
1 (14.5 oz.) can diced tomatoes
2 cups frozen corn

1 tsp. cumin
½ tsp. dried oregano
2-3 cups chicken broth*

Optional Toppings

¾ cup shredded cheddar cheese
¼ cup chopped scallions
¼ cup chopped cilantro
1 small avocado, diced
6 Tbsp. sour cream

DIRECTIONS

1. Combine all soup ingredients in the **Microwave Pressure Cooker**, making sure chicken is submerged. Make sure not to go over the max fill line.*
2. Seal and microwave on high power 20-25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
3. Serve in bowls and top with cheese, avocado, scallions and cilantro. Also great with sour cream or crushed tortilla chips

CHICKEN Lettuce Cups



INGREDIENTS

- ½" piece ginger
- 2 cloves garlic
- 1 lb. ground chicken*
- 2 cups (4 oz.) Portobello mushrooms, sliced
- 1 cup (2 oz.) shiitake mushrooms, sliced
- ½ red pepper, finely chopped
- 4 spring onions, finely chopped
- 2 Tbsp. hoisin sauce
- 2 Tbsp. soy sauce or tamari
- 2 Tbsp. sriracha
- 2 Tbsp. sweet chili sauce
- 1 Tbsp. rice vinegar

To Serve

- 400g vermicelli noodles (cooked according to the packet)
- Lettuce cups
- Red chili, finely sliced
- Fresh coriander
- Sesame oil

DIRECTIONS

1. Finely chop ginger and garlic using **SuperSonic Chopper Compact**. Add to **Microwave Pressure Cooker** with remaining ingredients and thoroughly mix together.
2. Microwave at 900 watts for 16 minutes. Remove from the microwave and allow to rest until the pressure indicator drops.
3. Prepare the vermicelli noodles according to instructions on the packet.
4. Serve chicken in lettuce cups with noodles topped with red chili, fresh coriander and a drizzle of sesame oil.

*For a vegetarian version, simply substitute chicken mince with 1 lb. diced soft tofu.

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CHICKEN Noodle Soup



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INGREDIENTS

- 1½ lb. chicken breast, cubed
- ¾ tsp. pepper
- ¼ tsp. salt
- 1 onion, chopped
- 1 garlic clove, minced
- 3-4 cups chicken broth
- 2 celery ribs, chopped
- 2 medium carrots, chopped
- 1 bay leaves
- ¼ tsp. dried thyme
- ¾ tsp. poultry seasoning

- 1½ cups uncooked kluski or other egg noodles (about 4 oz.)
- 1 tsp. chopped fresh parsley
- 1 tsp. lemon juice

DIRECTIONS

1. Combine all ingredients, except parsley and lemon juice, in the **Microwave Pressure Cooker**, making sure chicken is submerged.
2. Seal and microwave on high power 20-25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
3. Add parsley and lemon juice, stir to combine.

CHICKEN Orzo Soup



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INGREDIENTS

- 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

DIRECTIONS

1. Place chicken, breast side up in the **Microwave Pressure Cooker**, add 3 cups water. Make sure chicken should be submerged and not above the max fill line.
2. Seal and microwave on high power 20-25 minutes.
3. Add carrots, celery, onion and garlic to the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until roughly chopped.
4. Allow **Microwave Pressure Cooker** pressure to release naturally until pressure indicator fully lowers, about 10 minutes. Check to ensure internal temperature of chicken has reached 165° F.
5. Remove chicken from **Microwave Pressure Cooker**. Remove from bones, discarding skin. Shred larger pieces using 2 forks. once cooled.
6. Add remaining cup of water, chopped vegetables and remaining ingredients to **Microwave Pressure Cooker**. Seal and microwave on high power 10 minutes.
7. Remove Pressure Cooker from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2 minutes.
8. Stir shredded chicken into soup and serve.

CHICKEN Orzo Soup II



INGREDIENTS

- 2 cups chicken stock
- 2 carrots, peeled & quartered
- 2 celery stalks, rinsed & quartered
- 2 cups water
- 1 cup dry orzo pasta
- 2 cups cooked chicken, shredded
- 1½ tsp. salt
- ½ tsp. black pepper

DIRECTIONS

1. Place carrots and celery in **SuperSonic Chopper Extra** with blade attachment. Replace cover and pull cord until roughly chopped. Transfer mixture to the **Microwave Pressure Cooker**.
2. Add water and orzo. Cover, lock in place and microwave on high power 10 minutes.
3. At the end of cooking time, remove **Microwave Pressure Cooker** from microwave and allow pressure to release naturally until pressure indicator fully lowers.
4. Stir shredded chicken into soup and serve.



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CHICKEN Paprikash

INGREDIENTS

- 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

DIRECTIONS

1. Combine ingredients, add to the **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.



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Chicken Parmesan **MEATBALLS**

INGREDIENTS

- 1 lb. boneless skinless chicken breast, cut into 1" cubes
- 2 garlic cloves, peeled
- ½ medium onion, peeled quartered
- ¾ cup Italian breadcrumbs
- ¼ tsp. red pepper flakes
- 1 tsp. Italian herb seasoning
- 1 egg, beaten
- 3 cups marinara sauce
- ½ cup Parmesan cheese
- ½ cup shredded provolone cheese

DIRECTIONS

1. Assemble **Fusion Master Mincer** with coarse mincer disc and place medium bowl underneath hopper. Place chicken into hopper and turn the handle to grind meat. Once there is room in the hopper, add garlic and onion, followed by more chicken. Repeat with remaining chicken, garlic and onion until all is ground.
3. Add breadcrumbs, seasoning, egg and parmesan to chicken mixture and stir to combine.
4. Once combined, use **Ice Cream Scoop** or **Portioning Scoop** to help form mixture into meatballs.
5. Place meatballs in the **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° C. Serve warm, topped with both cheeses.



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Chicken Parmesan **MEATBALLS SANDWICH**



Tupperware

INGREDIENTS

- 1 lb. boneless skinless chicken breast, cut into 1" cubes
- 2 garlic cloves, peeled
- ½ medium onion, peeled quartered
- ¾ cup breadcrumbs
- 1 tsp. Italian herb seasoning
- 1 egg, beaten
- 3 cups marinara sauce
- ½ cup parmesan cheese
- Crusty sub rolls

DIRECTIONS

1. Assemble **Fusion Master Mincer** 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 the 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**

INGREDIENTS

- 1 refrigerated pie crusts, room temperature as directed on box
- $\frac{1}{3}$ cup butter or margarine
- $\frac{1}{3}$ cup chopped onion
- $\frac{1}{3}$ cup all-purpose flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 1 $\frac{3}{4}$ cups chicken broth
- 1 tsp. poultry seasoning
- $\frac{1}{2}$ cup milk
- 2 $\frac{1}{2}$ cups shredded cooked chicken or turkey
- 2 cups frozen mixed vegetables, thawed

DIRECTIONS

1. Heat oven to 425°F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch pie pan.
2. Melt butter in **Chef Series II 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 **Microwave Pressure Cooker**.
3. Add remaining ingredients in the 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.
7. 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.



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Chicken **POT PIE SOUP**



INGREDIENTS

- 1 refrigerated pie crusts, room temperature
- $\frac{1}{3}$ cup chopped onion
- $\frac{1}{2}$ stalk celery, chopped
- $\frac{1}{3}$ cup all-purpose flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 2-3 cups chicken broth
- 1 tsp. poultry seasoning
- 1 lb. chicken, diced $\frac{1}{2}$ " pieces
- 2 cups frozen mixed vegetables, thawed
- $\frac{1}{2}$ cup heavy cream

DIRECTIONS

1. Preheat the oven to 425° F. Unroll the pie dough onto the **Silicone Baking Sheet with Rim** and sprinkle with pepper and a pinch of poultry seasoning; cut into 6 pieces with plastic spatula. 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 **Microwave Pressure Cooker**.
3. Add remaining ingredients, except heavy cream in the **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 Tinga



INGREDIENTS

- 1 Lb. chicken breasts
- 1 tsp. oregano
- ½ white onion, quartered
- 3 garlic cloves
- 1 cup chicken broth
- 3 Roma tomatoes, quartered
- ½ white onion, thinly sliced
- 2 chipotle peppers In adobe sauce
- salt to taste

DIRECTIONS

1. Place chicken in the **Microwave Pressure Cooker** and season with salt and oregano. Add onion quarters, garlic, chicken broth, cover and lock in place.
2. Microwave on full power for 15 minutes. At the end of cooking time, Let pressure release naturally.
3. Add tomatoes, chipotle peppers, cooked onion and cooked garlic to the **SuperSonic Chopper Extra**. Cover and pull cord until pureed.
4. Shred chicken with two forks and return to **Microwave Pressure Cooker** along with sauce and add thinly sliced onion. If needed, add salt to taste.
5. Cover **Microwave Pressure Cooker** and Lock in place. Return to microwave and cook at high power for 5 minutes.
6. Serve chicken on tortillas or tostadas with your choice of toppings.



Tupperware

Chicken, Wild Rice & Broccoli SOUP



INGREDIENTS

- | | |
|---|---|
| 1 box Rice A Roni, long grain & wild rice | ½ tsp. cumin |
| 3 cups chicken broth | ½ tsp. salt |
| 1 lb. chicken breasts | ¼ tsp. pepper |
| 2 cups broccoli florets chopped | ¼ tsp. dried thyme |
| 1 small onion, chopped | 3 Tbsp. cornstarch |
| 2 garlic cloves, minced | 1 cup heavy cream |
| ¼ tsp. red pepper flakes | 1 (14.5 oz.) jar alfredo sauce |
| 1 tsp. dried parsley | 2 cups sharp cheddar cheese, freshly grated |
| ½ tsp. dried oregano | |

DIRECTIONS

1. Place ingredients wild rice up to cornstarch in the **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.



Tupperware

CHICKEN with Creamy Bacon Sauce

INGREDIENTS

- 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

DIRECTIONS

1. Season chicken with salt, pepper and thyme and place in 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.



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Chickpea & Chorizo **CASSEROLE**

INGREDIENTS

- 1lb. raw chorizo sausages, skin off and sliced
- 2 (15 oz.) cans chickpeas, drained and rinsed
- 1 red onion, diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 2 tsp. hot paprika
- 2 (14 oz.) cans diced tomatoes
- 1/3 cup white wine

To serve
Fresh parsley
Crusty bread

DIRECTIONS

1. Place all ingredients in the **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. Serve with a sprinkle of parsley and crusty bread.



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Chickpea & Cauliflower **CURRY**

INGREDIENTS

2 cups cauliflower florets, separated, sliced
½" thick

2 cups potatoes, diced ½" cubes

1 (14 oz.) can chickpea, drained & rinsed

1 cup vegetable stock

1 (14 oz.) can diced tomatoes

½ medium onion, thinly sliced

2 Tbsp. medium hot Indian curry paste

½ cup coconut cream

To Serve

Cooked Rice

DIRECTIONS

1. Place all ingredients except coconut cream in the **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. Stir in coconut cream.
4. Serve over cooked rice.

Tupperware

Chili Coke ROAST

INGREDIENTS

- 3 lb. beef chuck roast, cut into 1-2" slabs
- 1 can cola soda
- 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

DIRECTIONS

1. Place beef roast in the **Microwave Pressure Cooker**.
2. In a medium bowl, whisk together remaining ingredients and pour over meat.
3. Seal the **Microwave 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.



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Chili MAC



INGREDIENTS

- 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

DIRECTIONS

1. Add crumbled ground meat to the **Microwave 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.



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Chocolate Lava **CAKE**

INGREDIENTS

- 1 pkg. devil's food cake mix (regular size)
- 1½ cups water
- 3 large eggs
- ⅓ cup canola oil
- 2 cups cold 2% milk
- 1 pkg. (3.9 oz.) instant chocolate pudding mix
- 2 cups (12 oz.) semisweet chocolate chips

DIRECTIONS

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 **Microwave 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



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Chocolate RICE PUDDING



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INGREDIENTS

- 1 cup Arborio rice, washed
- 1¾ cups coconut milk
- 1½ cups water
- ⅓ cup maple syrup
- 2 Tbsp. cocoa powder
- Optional topping, toasted almonds or fresh berries

DIRECTIONS

1. In the **Microwave Pressure Cooker** add all ingredients, stir to combine.
2. Seal and microwave on 50% power 16-18 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Served with toasted sliced almonds, or fresh berries.

Chorizo PASTA

INGREDIENTS

- | | |
|---------------------------------------|----------------------------------|
| 8 oz. spaghetti | 5 cups vegetable broth |
| 1 Tbsp. tomato paste | 2 Tbsp. olive oil |
| 1 large handful of fresh basil leaves | 1 tsp. of dried chili flakes |
| 1 onion, peeled and minced | 1 tsp. salt |
| 2 cloves of garlic, finely pressed | Freshly ground pepper |
| 15-20 cherry tomatoes, cut in half | <i>For serving</i> |
| ½ squash, grated | Fresh parmesan for serving |
| 1 tsp. ground oregano | 1 handful of fresh basil leaves, |
| ¼ cup minced chorizo sausage | chiffonade |

DIRECTIONS

1. In the **Microwave Pressure Cooker** add all ingredients, stir to combine.
2. Seal and microwave for 20-25 minutes at 900 watts.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Serve with grated parmesan, fresh basil leaves.



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Cinnamon Apple **CRISP**



INGREDIENTS

- 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

DIRECTIONS

1. In 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.



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COCONUT RICE PUDDING

with Lemongrass Sauce

INGREDIENTS

8 oz. Arborio rice, rinsed
1½ cup coconut cream
1¼ cup water
¼ cup raw honey
1 lime, zest only
For the lemongrass sauce
1½ cup water
1 stalk lemongrass, bruised*
⅓ cup coconut sugar or caster sugar
Toasted coconut flakes

To serve
Fresh mango slices
Fresh mint leaves

DIRECTIONS

1. Place rice in the **Microwave Pressure Cooker**. Stir in coconut cream, water, honey and lime zest.
2. Securely cover and microwave at 600 watts for 16 minutes.
3. Remove from microwave and Let stand 10 minutes or until pressure indicator valve is in the down position.
4. Place the water and lemongrass in a **Chef Series saucepan** and bring to the boil. Lower the heat and allow to simmer for 5 minutes or until liquid has reduced by half. Remove lemongrass and add in sugar. Bring to the boil, stirring until sugar dissolves. Lower the heat and allow to simmer until liquid thickens into a syrup. Allow to cool.
5. Serve rice pudding warm with syrup, fresh mango slices, mint leaves and toasted coconut. Alternatively, divide rice between four glasses and chill in the fridge until set. Top with mango slices, mint leaves and toasted coconut flakes just before serving.



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COLLARD GREENS and Ham

INGREDIENTS

- 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

DIRECTIONS

1. Place ham in 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.



Tupperware

COQ AU VIN

Blanc



INGREDIENTS

- 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
- ½ tsp. kosher salt
- 8 skinless, boneless chicken thighs
- 2 Tbsp. cornstarch
- ½ cup fresh parsley leaves, loosely packed

DIRECTIONS

1. In the **Microwave 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 **Microwave Pressure Cooker**, set aside.
5. Transfer cornstarch mixture to pressure cooker; stir into vegetables and liquid. Stir in remaining wine and parsley. Return chicken to pressure cooker, coat with sauce. Serve warm.

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Corn & Potato CHOWDER

INGREDIENTS

1 medium yellow onion, diced
2 cloves garlic, minced
3 cups chicken broth
6 ears yellow sweet corn (husks, silks removed and kernels cut off)
1 lb. yukon gold or baby red potatoes , sliced into ½" pieces
¼ tsp. dried thyme
¼ tsp. smoked paprika
salt and black pepper, to taste

1 cup half and half or heavy cream
2 Tbsp corn starch
handful of chopped fresh chives
5 slices bacon, diced and cooked

DIRECTIONS

1. Place onion, garlic, chicken broth, corn, potatoes, thyme, paprika, salt and pepper In the **Microwave Pressure Cooker**.
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. in a small bowl whisk together cream and corn starch, add to chowder. Seal and microwave on high power 3-5 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers.
4. Sprinkle with chives and bacon.



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CORNEB BEEF

with Vegetables & Gravy



Tupperware

INGREDIENTS

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

DIRECTIONS

1. Cut the brisket in half crosswise and place one half into the **Microwave Pressure Cooker**. *Freeze other half for later use.*
2. Arrange carrot and potatoes around the brisket. Scatter the garlic cloves around and over brisket.
3. Add 3 cups of beef broth, corned beef spice packet and dried dill, stir. Make sure liquids cover everything but don't exceed the MAX fill line.
4. Seal **Microwave Pressure Cooker** and microwave on high for 30 minutes. Cool for ten minutes, microwave again for another 30 minutes. Allow natural depressurization until the pressure indicator has dropped.
5. Transfer brisket to a cutting board. Transfer vegetables to serving dish.
6. Strain cooking liquid to remove solids then return liquid to **Microwave Pressure Cooker**. Add remaining 1 cup of beef broth and stir to combine. Place uncovered in microwave and heat on high power for 5 minutes.
7. Combine rice or tapioca flour and water in **All-in-One Shaker**, shake until well-combined.
8. Remove **Microwave Pressure Cooker** from microwave and 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.
9. Slice brisket across the grain into ½" thick Serve immediately with vegetables and gravy.

CRANBERRY

Sauce



INGREDIENTS

- 2 (12 oz.) bags fresh cranberries
- 3 cups sugar
- 1 orange, zested and juiced
- ½ cup water

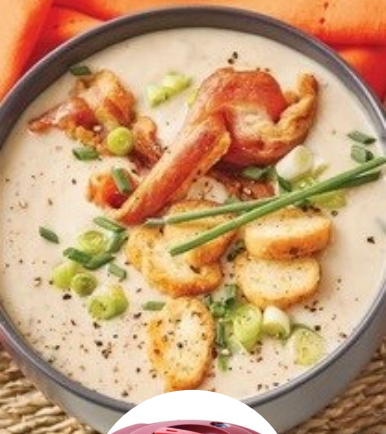
DIRECTIONS

1. In the **Microwave Pressure Cooker**, combine all ingredients.
2. Seal and microwave on high power 10-12 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers.



Tupperware

Creamy Bacon & Onion SOUP



Tupperware®

INGREDIENTS

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

DIRECTIONS

1. In the **Microwave 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 Baking Sheet with Rim**, 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 &
NOODLES**

INGREDIENTS

Salt and pepper to taste
½ tsp. thyme
1 tsp. garlic powder
1 lb. chicken breast, cut into chunks
1 (10.5 oz.) can cream of chicken soup
1 (10.5 oz.) can cream of mushroom soup
2 cups pasta, any type

¼ cup onion, diced
¼ cup celery, diced
1 (12 oz.) pkg. peas and carrots, frozen
2 cups chicken broth

DIRECTIONS

1. Season chicken chunks with salt, pepper, thyme and garlic powder and place in the **Microwave Pressure Cooker**.
2. Add remaining ingredients and stir.
3. Seal and microwave on high power 20-25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers.



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Creamy
CHICKEN & SPINACH
Tortellini Soup

INGREDIENTS

- 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
- ½ cup heavy cream

DIRECTIONS

1. Place all ingredients except heavy cream in the **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.



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Creamy CHICKEN Tortilla Soup

INGREDIENTS

- 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 (add after cooking)
- Optional toppings*
- Fresh cilantro
 - Grated cheddar cheese
 - Fried corn tortillas

DIRECTIONS

1. Place all ingredients except heavy cream in the **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.



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Creamy MUSHROOM SOUP



Tupperware®

INGREDIENTS

- ¼ cup butter
 - 2 (8-oz.) packages cremini mushrooms, sliced
 - ⅓ cup sliced shitake mushrooms
 - 1 shallot, minced
 - 2 garlic cloves, minced
 - 1 tsp. dried thyme
 - 3-4 cups vegetable stock
 - ⅓ cup heavy cream
 - kosher salt
- Freshly ground black pepper

DIRECTIONS

1. In a **Chef Series Frypan** melt butter. Add mushrooms and sauté 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 sauté until fragrant, 1 minute.
3. Pour mixture in the **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.
7. Return soup to **Microwave Pressure Cooker** and stir in cream and reserved mushrooms. Serve..



Creamy
**PARMESAN
TOMATO SOUP**

INGREDIENTS

½ 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

½ cup freshly grated Parmesan

3 cups spinach, packed

⅓ cup cream

2 Tbsp. basil, thinly sliced for garnish

DIRECTIONS

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



Tupperware

Creamy POTATO SOUP



INGREDIENTS

- 3–4 russet potatoes (about 4 cups), peeled and chopped
- 1 (10¾-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

DIRECTIONS

1. Place chopped potatoes, cream of celery, water, salt and pepper in the **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**

INGREDIENTS

- 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
- $\frac{3}{4}$ cup water or chicken broth

DIRECTIONS

1. Place all ingredients in the **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.



Tupperware



Creamy
**TURKEY & WILD
RICE SOUP**

INGREDIENTS

2 cups sliced mushrooms, (4 oz.)
 $\frac{3}{4}$ cup chopped celery
 $\frac{3}{4}$ cup chopped carrots
 $\frac{1}{4}$ cup chopped shallots
 $\frac{1}{4}$ cup all-purpose flour
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. 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 oz.)
2 Tbsp. chopped fresh parsley
 $\frac{1}{2}$ cup reduced-fat sour cream

DIRECTIONS

1. Add vegetables to the **Microwave Pressure Cooker**, add flour and stir.
2. Add remaining ingredients, except sour cream in the 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.



Tupperware

Easy

BLACK BEAN SOUP



INGREDIENTS

- 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

DIRECTIONS

1. Place bacon in a **Chef Series II 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 **Microwave Pressure Cooker**.
2. Add remaining ingredients in the **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 the **SuperSonic Chopper Extra** 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.



Tupperware

Easy POTATO SOUP



INGREDIENTS

- 1 (30 oz.) bag of frozen southern style hash-brown potatoes
- ½ cup chopped onion
- ¼ tsp. ground black pepper
- 2 (14.5 oz.) cans of chicken or vegetable broth
- 1 (14.5 oz.) can cream of chicken or cream of celery soup
- 1 package cream cheese softened, cut into chunks

- Optional toppings*
- Sour cream
 - Bacon, crumbled
 - Shredded cheese
 - Green onion, chopped

DIRECTIONS

1. Add hash browns, onion, pepper, broth and soup in the **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. Remove cover and add cream cheese, stir, cover and let sit for 5 minutes to melt cream cheese.



Tupperware



Easy SUMMER PASTA

INGREDIENTS

- 2 cups risoni or Orzo pasta
- 2½ cups boiling water
- 3 cloves garlic, crushed
- 2 cups cherry tomatoes, mixed colors
- 1 medium zucchini, finely shredded
- 2 cups packed rocket or baby spinach
- 3½ oz. marinated feta in oil

salt and pepper, to season
Basil leaves, to garnish

DIRECTIONS

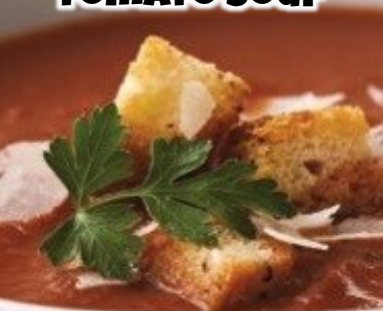
1. Combine pasta, water, garlic, tomatoes, pinch of salt and pepper in the **Microwave Pressure Cooker**.
2. Seal and microwave on high power 8-10 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Remove cover and Stir in zucchini, spinach and feta with a little oil and scatter with basil.

Tupper Tip: add some lemon zest, finely chopped broccolini, chilli flakes, olives or toasted nuts for extra flavor and texture.



Tupperware

Easy TOMATO SOUP



INGREDIENTS

- 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

DIRECTIONS

1. Combine all ingredients, except for heavy cream in the **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.



Tupperware®

Eggplant **CURRY**



Tupperware

INGREDIENTS

- | | |
|---|-------------------------------|
| 1 onion, cut into quarters | 2 tsp. garam masala |
| 2 cloves garlic | 1 tsp. curry powder |
| 1 jalapeno, deseeded and roughly chopped | 1 tsp. ground coriander seeds |
| 2 medium eggplants, dice into $\frac{3}{4}$ " cubes | 1 tsp. chili flakes |
| 1 can diced tomatoes | 1 cup frozen peas |
| 1 Tbsp. ginger paste | Salt & pepper |
| 1 Tbsp. cumin powder | |
| $\frac{1}{2}$ tsp. turmeric | |

To serve

- Fresh coriander
- Cooked basmati rice
- Natural yogurt

DIRECTIONS

1. In the **SuperSonic Chopper Extra** 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 in the **Microwave Pressure Cooker**.
2. Add all remaining ingredients in the **Microwave Pressure Cooker**; mix until well-combined. Cover and lock. Place into the microwave on high for 20 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Sprinkle curry with fresh coriander. Serve with basmati rice and a dollop of yogurt.

French CHICKEN STEW



INGREDIENTS

4 cups sliced button or shiitake mushrooms
1 (14.5 oz.) can diced tomatoes, undrained
2 carrots, thinly diagonally sliced
1 medium onion, chopped
1 medium red potato, cut 1" pieces
½ cup fresh green beans, cut 1" pieces
½ cup pitted ripe olives, halved
1 cup reduced-sodium chicken broth
¼ cup dry white wine or chicken broth
2 Tbsp. quick-cooking tapioca

1 tsp. herbes de Provence or dried Italian seasoning, crushed
¼ tsp. dried thyme, crushed
¼ tsp. coarsely ground black pepper
8 skinless, boneless chicken thighs
½ tsp. seasoned salt
1 (14 oz.) jar tomato pasta sauce

For Serving

French bread

DIRECTIONS

1. Combine all remaining ingredients in the **Microwave Pressure Cooker**; mix until well-combined. Cover and lock Microwave Pressure Cooker. Place into the microwave on high for 20-25 minutes.
3. Remove from microwave. Leave the Cover on and let the **Microwave Pressure Cooker** stand until the pressure indicator drops. Unlock and remove Cover.
4. Serve with French Bread.



Tupperware

French Onion SOUP

INGREDIENTS

- 2 large sweet onions, peeled, thinly sliced
- 2 Tbsp. butter
- 1½ cup beef stock or broth
- ½ 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

DIRECTIONS

1. In the **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.



Tupperware®

FRIJOLAS

Charros



INGREDIENTS

- | | |
|--|--|
| 16-oz. pkg. dry pinto beans | ½ tsp. oregano |
| ¼ lb. bacon, cut into ½" pieces | ½ tsp. paprika |
| 3 beef franks, cut into cubes | 1 clove garlic, minced |
| 1 cup ham, cut into cubes | 1 tsp. coarse kosher salt |
| ½ lb. Mexican chorizo | ½ tsp. black pepper |
| 1 medium onion, peeled and quartered | Optional: |
| 1 (10 oz.) can tomatoes with diced chili peppers | ½ bunch of cilantro, chopped |
| ½ tsp. cumin | jalapeño or chipotle pepper in adobe sauce, if desired |

DIRECTIONS

1. Rinse beans, place in the **Microwave Pressure Cooker**, cover with water, and soak overnight.
2. Drain and rinse beans and place back in the **Microwave Pressure Cooker**. Add remaining ingredients.
3. Seal and microwave on high power 30 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes
5. Place 1 cups beans in the **SuperSonic Chopper Extra**, with blade attachment. Cover, pull cord several times to process and stir back into beans to thicken mixture.



Tupperware

HAM & BEANS

INGREDIENTS

- 16 oz. dried great northern beans
- 1 sweet onion, chopped coarsely
- 2 garlic cloves, peeled and sliced
- 1 small carrot, cut into 2" pieces
- ½ tsp. kosher salt ¼ tsp. black pepper
- 1 Tbsp. parsley, chopped
- 1 cup smoked ham chunks
- 2-3 cups chicken broth

DIRECTIONS

1. Rinse beans in the **Microwave Pressure Cooker**, cover with water, and soak overnight.
2. Drain and rinse beans and place back in the **Microwave Pressure Cooker**.
3. Combine onion, carrot and garlic in **SuperSonic Chopper Extra** with blade attachment. Cover, pull cord several times to chop and add to **Microwave 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 **SuperSonic Chopper Extra**, with blade attachment. Cover, pull cord several times to process and stir back into beans to thicken mixture.



Tupperware

HAM & PINEAPPLE

INGREDIENTS

- 2-3 lb. ham, sliced
- 1 (20 oz.) can pineapple rings

DIRECTIONS

1. Place ham in the **Microwave Pressure Cooker**.
2. Place pineapple rings over and ham and pour juice over ham.
3. Seal and microwave on high power 15 minutes.
4. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.



Tupperware

Harissa & WHITE BEAN STEW



INGREDIENTS

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

Optional Toppings

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

DIRECTIONS

1. In the **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.



Tupperware®

Hawaiian CHICKEN



INGREDIENTS

- 4-6 boneless, skinless chicken breasts, cut into chunks
- 1 (8 oz.) can crushed pineapple
- 1 red bell pepper, cut into cubes
- 1 (16 oz.) bottle barbeque sauce
- ½ cup chicken broth

DIRECTIONS

1. Add chicken breasts to the **Microwave 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.



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Hearty CORN CHOWDER



Tupperware

INGREDIENTS

1 lb. baby red potatoes, halved or quartered
¼ cup all-purpose flour
kosher salt
Freshly ground black pepper
3 cups low-sodium chicken broth
2½ cups canned corn
2 sprigs thyme
1 tsp. dried basil
1 tsp. onion powder

3 cups shredded chicken
1½ cups shredded cheddar cheese
¼ cup whole milk
2 Tbsp. heavy cream
6 slices bacon, cooked and crumbled
2 Tbsp. chives, for garnish

DIRECTIONS

1. Toss potatoes with flour and add the **Microwave 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**

INGREDIENTS

- | | |
|--------------------------------------|----------------------------------|
| 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 | |
| ⅓ cup reduced sodium soy sauce | |
| ⅓ cup honey | |
| ⅓ cup ketchup | |

DIRECTIONS

1. Place all ingredients in the **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.



Tupperware

Honey Ranch Buffalo

CHICKEN SLIDERS



INGREDIENTS

- 2 large chicken breast (1.5 lb.), cut in half
- 8 oz. cream cheese
- 1 pkt. dry ranch dressing
- 1 (12 oz.) jar buffalo sauce
- 1 tsp. honey

Blue cheese dressing
Hawaiian or any type rolls

DIRECTIONS

1. Place chicken breast in the **Microwave Pressure Cooker**.
2. In a bowl whisk together cream cheese, ranch dressing, buffalo sauce and honey and pour over chicken.
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 minutes.
5. Put chicken in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord a few times to shred or shred with two forks. Put chicken back in the sauce, stir.
6. Cut rolls in half horizontally, top with shredded chicken, then top with blue cheese dressing if desired.

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Honey Sesame CHICKEN

INGREDIENTS

4 chicken breast, diced
Salt & pepper, to taste
½ cup onion, diced
2 cloves garlic
½ cup soy sauce
¼ cup tomato sauce
2 tsp. sesame oil
½ cup honey
¼ tsp. red chili flakes

2 Tbsp. corn starch
3 Tbsp. cold water

To serve

Toasted sesame seeds
Chopped spring onion
Cooked Rice

DIRECTIONS

1. Place all ingredients except corn starch and water in the **Microwave 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. Mix corn starch and cold water together, add to chicken, stir until sauce thickens.
5. Serve with rice, sprinkle toasted sesame seeds over chicken with chopped spring onions.



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Hot & Sour SOUP

INGREDIENTS

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

DIRECTIONS

1. Place ingredients chicken up to white pepper in the **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



Tupperware

Huli Huli CHICKEN



INGREDIENTS

- 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
- ½ cup chicken stock
- 4 garlic cloves, minced
- 3 Tbsp. freshly grated ginger
- 1 tsp. crushed red pepper flakes
- 1 tsp. coarse kosher salt

DIRECTIONS

1. Place pineapple slices in the **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 the **Microwave 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 Microwave Pressure Cooker.

Tupperware

Hungarian GOULASH

INGREDIENTS

- 1 medium onions, chopped
- 1 tsp. caraway seeds
- 2 Tbsp. paprika
- 1½ lb. stewing beef *trimmed and cut into 1" cubes*
- 2 cups beef broth
- 1 cup diced tomatoes *canned*
- 1 tsp. salt
- ¼ tsp. pepper
- ¾ cup carrots, chopped
- 2 cups potatoes, chopped

DIRECTIONS

1. Place onions, caraway seeds, paprika, beef, beef broth, tomatoes, salt and pepper in the **Microwave Pressure Cooker**, stir to combine.
2. Place cover on the **Microwave Pressure Cooker**, lock. Microwave on high power 25 minutes. Remove from microwave. Let stand until pressure is naturally released and pressure indicator is fully lowered, about 10 minutes.
3. Add potatoes and carrots, Place cover on, lock. Microwave on high power 20-25 minutes. Remove from microwave. Let stand until pressure is naturally released and pressure indicator is fully lowered, about 10 minutes.



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Indian SUMMER STEW



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INGREDIENTS

1 cup yellow split pigeon peas
(toor dal)
1 pound butternut squash, peeled,
cut into ½" cubes (about 2½ cups)
1 Roma tomato, diced
½ cup fresh, frozen, or dried
shredded coconut
½ tsp. turmeric
½ tsp. ground cumin
4 cups vegetable stock

Tempering:
2 Tbsp. canola oil
1 tsp. brown or black mustard
seeds
½ tsp. crushed red pepper flakes
1 clove garlic, minced
1½ tsp. kosher salt
1 Tbsp. honey
1 lime, juiced
½ cup minced fresh cilantro leaves

DIRECTIONS

1. Place peas, squash, tomato, coconut, turmeric, cumin and vegetable stock in the **Microwave Pressure Cooker**, stir to combine.
2. Place cover on **Microwave Pressure Cooker**, lock. Microwave on high power 15-18 minutes. Remove from microwave. Let stand until pressure is naturally released and pressure indicator is fully lowered, about 10 minutes.
3. To temper: In a **Chef Series II Frypan**, warm the canola oil until shimmering. Add the mustard seeds and when they stop popping, add the red pepper flakes, garlic, and salt. Swirl the skillet so the contents cook evenly, and cook another 10 seconds. Then pour the contents of the skillet into the soup, along with the salt. Spoon a ladleful of soup back into the skillet (it will sizzle, be careful!), and pour back into the soup pot. Finish with the honey, lime juice, and cilantro.
4. Adjust the seasonings, to taste.

Irish BEEF STEW

INGREDIENTS

- | | |
|--|------------------------------------|
| 1 medium onion, chopped | 1 ½ cups beef broth |
| 2 cloves garlic, minced | 1 (11 oz.) bottle of Guinness beer |
| 4 fresh thyme sprigs, leaves removed | 1 Tbsp. tomato paste |
| 2 carrots, peeled and cut into large chunks | ¼ cup flour |
| 2 parsnips, peeled and cut into large chunks | 1 cup peas |
| 5 small red potatoes, quartered | Salt and pepper to taste |
| 2 lb. boneless chuck roast, cubed | |

DIRECTIONS

1. Place onion, garlic and thyme in the **SuperSonic Chopper Compact**. Replace cover and pull cord until finely chopped.
2. Place in **Microwave Pressure Cooker** with carrots, parsnip and potatoes.
3. Add beef, salt and pepper and toss together.
4. Place beer, beef broth, tomato paste in **Micro Pitcher**. Microwave until warm, about 90 seconds and whisk in flour until smooth and pour over beef and vegetables.
5. Cover and lock in place; microwave on high power 30 minutes.
6. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has dropped, uncover, add peas, stir and serve. If meat isn't fully cooked, return to microwave for additional 10 minutes.



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Irish PORK STEW

INGREDIENTS

- 2 lb. Pork, cubed
- ¼ cup all purpose flour
- 1 tsp. kosher salt divided
- ½ tsp. ground black pepper divided
- 1 medium yellow onion, chopped
- ¼ lb. brown mushrooms quartered
- 1 tsp. caraway seeds
- 1½ cups Irish Stout beer
- ¾ cup water
- 1 bay leaves
- 2 carrots peeled, sliced about ¼" thick
- ½ lb. baby Yukon Gold or small red potatoes quartered
- ¼ cup Italian flat leaf parsley, chopped

DIRECTIONS

1. Place all ingredients In the **Microwave Pressure Cooker**, stir to combine.
2. Place cover on the **Microwave Pressure Cooker**, lock. Microwave on high power 20-25 minutes.
3. Remove from microwave. Let stand until pressure is naturally released and pressure indicator is fully lowered, about 10 minutes.



Tupperware

Italian Beef **SANDWICH**

INGREDIENTS

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

DIRECTIONS

1. Place all ingredients in the **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.



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Japanese **CABBAGE STEW**



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INGREDIENTS

- | | |
|--|-------------------------------------|
| 6 cups shredded coleslaw mix | 2 Tbsp. red miso (bean paste) |
| 1¼ pounds lean ground pork | 4 cups reduced-sodium chicken broth |
| 1 cup chopped bok choy leaves or fresh spinach | ¼ cup soy sauce |
| 1 cup chopped red sweet peppers | 3 Tbsp. tomato paste |
| ½ cup finely chopped onion | 2 Tbsp. sake or cream sherry |
| ½ cup finely chopped celery | 1 Tbsp. rice vinegar |
| ¼ cup finely chopped green onions | 1 tsp. dried thyme, crushed |
| ½ tsp. salt | |
| ¼ tsp. ground black pepper | |

DIRECTIONS

1. Combine all ingredients in the **Microwave Pressure Cooker**.
2. Seal and microwave on high power 20–25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 8–10 minutes.

Korean BEEF SHORT RIBS



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INGREDIENTS

1½ - 2 lbs. sliced boneless beef short ribs

1 cup packed fresh cilantro leaves

¾ cup Hoisin sauce

⅓ cup unseasoned rice vinegar

⅓ cup soy sauce

2 Tbsp. toasted sesame oil

3 Tbsp. honey

1 tsp. ground white pepper

1 tsp. salt

1-2 Tbsp. sriracha or other hot sauce (optional)

Marinade

6 garlic cloves, peeled

2" piece fresh ginger, peeled

1 medium white onion, peeled and quartered

3 scallions, cut into pieces (green and white parts)

DIRECTIONS

1. Add garlic and ginger to **SuperSonic Chopper Extra** with blade attachment, pull cord to chop finely.
2. Add onions, green onions and cilantro to the **SuperSonic Chopper Extra** and pull cord to chop.
3. Add remaining marinade ingredients to the **SuperSonic Chopper Extra** and pull cord (slowly at first) until thoroughly combined.
4. Place short ribs in the **Microwave Pressure Cooker**.
5. Pour all of marinade over short ribs.
6. Use a **Silicone Spatula** to gently move short ribs around to cover completely with marinade.
7. Seal **Microwave Pressure Cooker** and place in microwave.
8. Cook on High power for 30 minutes. Allow natural depressurization.
9. Serve over basmati rice and garnish with additional chopped cilantro, if desired.

KOTOSOUPA

Soup



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INGREDIENTS

- 1 (2 lb.) chicken ± 1.2 kg (ready to cook)
- 2 eggs
- ½ lemon
- ⅓ cup lemon juice
- Salt and pepper
- 1 onion
- 1 chicken bouillon cube
- 3-4 cups boiling water
- 4-5 carrots
- 4-5 potatoes
- ¼ cup white rice

DIRECTIONS

1. Place the chicken stuffed with ½ lemon, salt, pepper, add the whole peeled onion, the crumbled broth cube and pour the boiling water in the **Microwave Pressure Cooker**.
2. Cover and lock the **Microwave Pressure Cooker**, microwave on high for 20 minutes at 900 watts. Let stand for 10 minutes so that the pressure drops.
3. Remove the chicken to a plate to cool.
4. Peel the vegetables and cut into cubes, add them and the rinsed rice in the **Microwave Pressure Cooker**, close and cook for 10 minutes at 900 watts. Let stand for 10 minutes.
5. Remove the skin from the chicken and coarsely shred the chicken. Add it to the **Microwave Pressure Cooker**.
6. Strongly whisk the eggs with the lemon juice so that the mixture is very frothy, pour ½ cup of hot broth, whipping vigorously.
7. Pour into hot soup, stirring and serve.

LAMB Tagine

INGREDIENTS

- | | |
|---|-----------------------------------|
| 2 cloves garlic, crushed | 2 tsp. cinnamon |
| 1 red onion, diced | 1 tsp. ground ginger |
| 1 yellow bell pepper, diced | ½ tsp. turmeric |
| 1 red bell pepper, diced | Salt and pepper |
| 1 (14 oz.) can diced tomatoes | 2 Frenched lamb shanks |
| 1 (14 oz.) can chickpeas, drained
and rinsed | Optional Toppings |
| 1 cup prunes | Fresh coriander |
| 2 tsp. paprika | Pomegranate seeds |
| 2 tsp. cumin | Slivered almonds, pistachios etc. |
| 2 tsp. ground ginger | Couscous |

DIRECTIONS

1. Combine all ingredients, except lamb in the **Microwave Pressure Cooker** and stir well. Add lamb shanks, stirring to coat, then nestle into mixture.
2. Cover and lock the **Microwave Pressure Cooker**, microwave on high for 20-25 minutes. Rest for 10 minutes until pressure indicator drops, then unlock and remove Cover.
3. Sprinkle with coriander, pomegranate and nuts. Serve with couscous.



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LASAGNA



INGREDIENTS

- 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
- 2 cups shredded Mozzarella

DIRECTIONS

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 **Microwave Pressure Cooker**. Top with 4 pieces of noodle, ⅓ 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.



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Lemon & Garlic ROAST CHICKEN



INGREDIENTS

½-1 cup chicken stock
3 lb. whole chicken
2 lemons, zested, 1 sliced, 1 quartered
1 medium onion, sliced

Butter Mixture
Zest from the 2 lemons
2 Tbsp. butter, melted
2 Tbsp honey
½ tsp. rosemary
½ tsp. thyme
1 tsp. paprika
3 garlic cloves, minced
Salt & pepper, to taste

DIRECTIONS

1. Pour chicken stock in the **Microwave Pressure Cooker**.
2. Place the sliced lemons and half of the onions in the **Microwave Pressure Cooker**. Place chicken on top of sliced lemons and onions, stuff lemon quarters and remaining onions inside the chicken. Pat chicken skin dry with paper towels.
3. In a small bowl combine lemon zest, butter, honey, rosemary, thyme, paprika, garlic, salt and pepper, pour butter mixture over chicken.
4. Seal and microwave on high power 20-25 minutes.
5. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.

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Lemon & Rosemary **CHICKEN RISOTTO**



INGREDIENTS

- 2½ cups arborio rice, rinsed
- 1½ lbs. diced chicken
- 1 brown onion, diced
- 2 lemons, zested and juiced
- 2 Tbsp. fresh rosemary, finely chopped
- 1¼ cups chicken stock
- ¾ cup white wine
- Salt & pepper
- ⅓ cup butter
- ⅓ cup Parmesan cheese, grated

DIRECTIONS

1. Add rice, chicken, onion, lemon zest, lemon juice, rosemary, chicken stock, wine salt and pepper In the **Microwave Pressure Cooker**.
2. Seal and microwave on high power 20-25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
3. Open pressure cooker, stir in butter and Parmesan. Serve with a sprinkle of lemon rind.



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Lemon
**CHICKEN &
RICE SOUP**

INGREDIENTS

- 1 lb. chicken, cut into ½" cubes
- Salt and pepper, to taste
- 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

DIRECTIONS

1. Add ingredients chicken to chicken stock to 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.



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Lemon Parmesan **RISOTTO**



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INGREDIENTS

- 1 medium onion
- 2-3 cloves peeled garlic
- 2 cups Arborio rice, rinsed
- 1 large lemon, zested, divided
- Juice of half the lemon
- 1 qt. chicken or vegetable broth
- ½ tsp. salt
- ¼ tsp. pepper
- 1 cup shredded Parmesan cheese
- ¼ cup chopped fresh Italian parsley

DIRECTIONS

1. In the **Supersonic Chopper Extra** with the blade attachment, add garlic, place cover on, pull cord to chop, add onion, re-cover and pull cord until finely diced; add to the **Microwave Pressure Cooker**.
2. Add the Arborio rice, ⅓ of the lemon zest, juice of half a half a lemon, chicken or vegetable broth, salt and pepper to the **Microwave Pressure Cooker**; stir to combine then seal and lock.
3. Microwave at full power for 16 minutes.
4. Chop parsley in **SuperSonic Chopper Compact**; set aside.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 8–10 minutes, open and stir gently.
6. Add parmesan cheese and the remaining lemon zest; stir to combine. Serve immediately.
7. Top with chopped parsley.

Lemony Ranch **CHICKEN & POTATOES**

INGREDIENTS

- 8 new red or white potatoes, cut into ½" pieces
- 1 lemon, zested and cut into quarters
- 1 Tbsp. corn starch
- ¼ cup chicken broth
- 3 Tbsp. Ranch Seasoning Blend*
- 2 tsp. kosher salt
- 4 (4-oz./115 g) skinless, boneless chicken breasts
- 4 green onions, sliced thin

DIRECTIONS

1. In the **Microwave Pressure Cooker**, combine potatoes and zest. Squeeze lemon pieces over potatoes and add to **Microwave Pressure Cooker**. In a small bowl, stir together corn starch and chicken stock, pour over potatoes and lemons.
2. Sprinkle salt on both sides of each chicken breast. Dredge chicken in ranch seasoning blend. Place chicken on top of potatoes. Cover and seal **Microwave Pressure Cooker**. Microwave on high power 18 minutes.
3. Remove from microwave and let stand 10 minutes or until pressure indicator fully lowers. Remove cover and transfer chicken to a plate or platter.
4. Stir green onion into potato mixture and serve with chicken.

Note: For a thicker sauce, transfer to the **2-cup Micro Pitcher**. Stir in 1 tsp. cornstarch and microwave 30 seconds. Pour over chicken and potatoes.



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Lentil **SLOPPY JOES**



INGREDIENTS

- 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

DIRECTIONS

1. Rinse lentils and place in the **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.



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Lima Beans & **SMOKED SAUSAGE**

INGREDIENTS

- 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

DIRECTIONS

1. Rinse beans, place in the **Microwave Pressure Cooker**, cover with water, and soak overnight.
2. Drain and rinse beans and place back in the **Microwave Pressure Cooker**.
3. Combine onion, celery, bell pepper and garlic in the **SuperSonic Chopper Extra** with blade attachment. Cover, pull cord several times to chop and add to the **Microwave 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 **SuperSonic Chopper Extra**, with blade attachment. Cover, pull cord several times to process and stir back into beans to thicken mixture.



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MACARONI & CHEESE



INGREDIENTS

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

DIRECTIONS

1. Place macaroni, chicken broth, heavy cream, salt, and pepper, in the **Microwave 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.



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Mango
JERK CHICKEN

INGREDIENTS

- 4 chicken breasts (about 1½ lb.), cut into chunks
- 2 tsp. Jamaican jerk seasoning*
- 1 cup red onion, diced
- 1 red bell pepper, cut into strips
- 1 mango, cut into small chunks
- 1-1½ cup chicken broth
- ¼ cup cilantro, diced
- 1 Tbsp. cornstarch
- ¼ cup cold water
- Cooked rice

DIRECTIONS

1. Season chicken with jerk seasoning and place in the **Microwave Pressure Cooker**.
2. Add red onion, bell pepper, mango, chicken broth and cilantro to the **Microwave Pressure Cooker**.
3. Microwave at 100% power for 20-25 minutes.
4. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
5. Stir together corn starch and water and to chicken mixture, cover and microwave for 2-3 minutes. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
6. Serve over cooked rice.

*ask your favorite consultant for this recipe or use store bought.

Maple SWEET POTATO CASSEROLE

INGREDIENTS

- 2 lbs. sweet potatoes, peeled and quartered
- 2½ cups water
- 6 cloves
- ¼ tsp. salt
- ½ cup pure maple syrup
- ¾ cup pecans, chopped
- ½ tsp. cinnamon, optional

DIRECTIONS

1. In the **Microwave Pressure Cooker** place sweet potatoes, water and cloves. Cover and lock in place.
2. Microwave on full power for 10 minutes. At the end of cooking time, Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
3. Strain sweet potatoes, remove cloves and return to the **Microwave Pressure Cooker**.
4. Add salt, maple syrup and toss to coat. Top with pecans and/or cinnamon, if desired. Serve immediately.



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Mashed **CAULIFLOWER**

INGREDIENTS

- 1 large head cauliflower cut into florets
- 2 cups water
- ¼ cup skim milk
- ¼ cup plain nonfat Greek yogurt (or sour cream)
- 2-3 Tbsp. unsalted butter
- ½ tsp. kosher salt
- ¼ tsp. black pepper

Optional Add ins

- Roasted garlic
- Parmesan cheese

DIRECTIONS

1. In the **Microwave Pressure Cooker** place potatoes, water and cloves. Cover and lock in place.
2. Microwave on full power for 10-15 minutes. At the end of cooking time, Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
3. Drain potatoes and return to the **Microwave Pressure Cooker**, add milk, yogurt, butter, salt and pepper and mash with Tupperware Masher.



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Mashed **POTATOES**

INGREDIENTS

- 2 lbs. potatoes, peeled and quartered
- 2½ cups water
- 3 Tbsp. butter
- ½ cup milk
- Salt and pepper to taste

DIRECTIONS

1. In the **Microwave Pressure Cooker** place potatoes and water. Cover and lock in place.
1. Microwave on full power for 12-15 minutes. At the end of cooking time, Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
3. Drain potatoes and return to the **Microwave Pressure Cooker**.
4. Add butter, milk, salt and pepper and mash with **Kitchen Tools Masher**.



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Mexican MEATBALL STEW

INGREDIENTS

- 2 (14.5 oz.) cans Mexican-style stewed tomatoes, undrained
- 2 (12 oz.) pkg. frozen cooked Italian-style turkey meatballs, thawed (24 total)
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (14 oz.) can seasoned chicken broth with roasted garlic
- 1 (10 oz.) package frozen whole kernel corn, thawed
- Fresh oregano

DIRECTIONS

1. In the **Microwave Pressure Cooker** add all ingredients. Cover and lock in place.
2. Microwave on full power for 20-25 minutes. At the end of cooking time, Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.



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Mexican
PINTO BEANS

INGREDIENTS

- 16-oz. pkg. dry pinto beans
- 2-3 cups chicken stock
- 1 (10 oz.) can tomatoes with diced chili 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

DIRECTIONS

1. Rinse beans, place in the **Microwave Pressure Cooker**, cover with water, and soak overnight.
2. Drain and rinse beans and place back in the **Microwave Pressure Cooker**. Add remaining ingredients.
3. Seal and microwave on high power 30 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes
5. Place 1 cups beans in **SuperSonic Chopper Extra**, with blade attachment. Cover, pull cord several times to process and stir back into beans to thicken mixture.



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Mexican **SHREDDED BEEF** and Beans



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INGREDIENTS

- 1 lb. chuck steak cubed
- $\frac{3}{4}$ cup tomato sauce
- 1 (15 oz.) can black beans, drained and rinsed
- 2 tsp. brown sugar
- 1 tsp. ground cumin
- $\frac{1}{2}$ tsp. ground allspice or cinnamon
- $\frac{3}{4}$ cup beef stock
- Spice mix
- 2 Tbsp. Chilis in adobo sauce
- 3 garlic cloves, crushed
- Salt and pepper, to taste
- Cooked rice, optional

DIRECTIONS

1. Combine all ingredients and the **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. Shred beef with two forks, add salt and pepper to taste.
5. Serve over cooked rice if desired.

Mexican STREET CORN SOUP



INGREDIENTS

- | | |
|--------------------------------|---|
| 4 Tbsp. butter, melted | 3 cups chicken stock |
| 1 small white onion, diced | 1½ Tbsp. cornstarch |
| 1 jalapeño*, deseeded & minced | 1½ cups heavy cream, half and half, or milk |
| 5 cloves garlic, crushed | 1 cup freshly chopped cilantro |
| 2 tsp. ground cumin | |
| 1 tsp. chili powder | <i>Toppings</i> |
| 5 cups frozen corn kernels | ½ lb. bacon, cooked and crumbled |
| 1 Tbsp. sugar | ½ cup crumbled cotija cheese |
| 1½ tsp. salt | 1 jalapeño, sliced |

DIRECTIONS

1. In the **Microwave Pressure Cooker** add butter, onions, jalapeño, garlic, cumin, chili powder, corn sugar and salt.
2. Combine cornstarch and broth and pour into the **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. Add heavy cream and cilantro, stir to combine.
6. Serve topped with crumbled bacon, cotija, and jalapeño slices .

*Add jalapeño seed for more spicy soup



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Mongolian BEEF

INGREDIENTS

- 2 lb. flank steak, cut into ¼" strips
- 1 Tbsp. vegetable oil
- 4 cloves garlic, minced or pressed
- ½ cup soy sauce
- ½ cup water
- ⅔ cup dark brown sugar
- ½ tsp. minced fresh ginger
- 2 Tbsp. cornstarch
- 3 Tbsp. water
- 3 green onions, sliced into 1" pieces

DIRECTIONS

1. Combine all ingredients except the green onions in the **Microwave 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.



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A close-up photograph of a Moroccan chicken tagine. The dish features several chicken drumsticks and thighs in a white ceramic tagine pot. The chicken is surrounded by sliced lemons, green olives, and dark prunes. The sauce is a rich, golden-brown color. The text "Moroccan CHICKEN TAGINE" is overlaid on the top left of the image.

Moroccan CHICKEN TAGINE

INGREDIENTS

- | | |
|---|--|
| Juice from 1 lemon | 10 prunes, chopped |
| 1 lemon, cut into 8 wedges | 2 cups low-salt chicken broth |
| 1 Tbsp. olive oil | 3 lb. chicken quarters, cut in half,
skin removed |
| 1 large onion, halved, thinly
sliced | ½ cup green olives |
| 3 garlic cloves, pressed | 10 whole almonds, toasted and
slivered |
| 1 Tbsp. chopped fresh ginger | 3 Tbsp. Extra virgin olive oil |
| 1 Tbsp. paprika | |
| 2 tsp. ground cumin | |
| 1 tsp. ground cinnamon | Cooked white rice |

DIRECTIONS

1. Add ingredients in the **Microwave Pressure Cooker**, stir.
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. Serve over rice



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Moroccan **LAMB SHANKS**



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INGREDIENTS

Homemade Spice Mix

- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1½ tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 tsp. paprika
- ½ tsp. ground turmeric

Lamb Shanks

- Olive oil
- 2 trimmed lamb shanks (1kg)
- 1 onion, finely chopped
- 1 carrot, thickly sliced
- 2 cloves garlic, crushed
- ½ red bell pepper, chopped
- 3-4 cups tomato purée
- Coriander leaves, cooked couscous or flatbread, to serve

DIRECTIONS

1. Heat oil in **Chef Series II Frypan** until hot. Season shanks with salt and pepper and brown on all sides.
2. Meanwhile, place onion, carrot, garlic, capsicum, spice mix and purée into a **Microwave Pressure Cooker**. Place lamb shanks on top, arranging bones away from sides of pressure cooker. Lock in cover and cook in microwave on high for 30 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Shred meat from shanks. Discard bones. Serve with coriander and couscous or flatbread.

Mushroom **RISOTTO**

INGREDIENTS

- 1 cup Arborio rice
- 2¼ 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
- ½ cup Parmesan cheese

DIRECTIONS

1. Rinse Arborio rice in strainer until water runs clear, about 30–60 seconds.
2. Pour rice in the **Microwave Pressure Cooker** 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.



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Mushroom, Spinach & Sundried Tomato **RISOTTO**



INGREDIENTS

- 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
- ½ cup baby spinach
- Salt and pepper
- ¼ cup *Parmesan cheese, grated for serving*

DIRECTIONS

1. Rinse Arborio rice in strainer until water runs clear, about 30–60 seconds.
2. Pour rice in the **Microwave Pressure Cooker** 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.

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Mustard Ale **SAUSAGE & PEPPERS**



INGREDIENTS

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

DIRECTIONS

1. In 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.



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Of BEET SALAD



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INGREDIENTS

- 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

DIRECTIONS

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 the **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**



INGREDIENTS

- 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

DIRECTIONS

1. Add onion and garlic to the **SuperSonic Chopper Compact**. Cover and pull cord to finely chop.
2. Add all ingredients into the **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.



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Onion, Chive & Bacon CREAMED CORN



INGREDIENTS

- 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 tsp. sugar
- ½ tsp. salt
- ⅛ tsp. pepper
- 1 (8 oz.) container reduced-fat chive and onion cream cheese
- ¼ cup butter or margarine, melted

DIRECTIONS

1. Add corn, bell pepper, milk, butter, sugar, salt, pepper and half of the bacon into the **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



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Orange CHICKEN

INGREDIENTS

2 lbs. chicken breast or thighs cut into 1-2 inch pieces

¼ cup granulated sugar

¼ cup brown sugar

¼ cup lite soy sauce

1 Tbsp. Sriracha

1 orange, zested

Sauce

1 cup orange juice

1 Tbsp. ginger grated

6 cloves garlic, minced

1 Tbsp. rice wine or dry white wine

½ cup tomato sauce optional

Cornstarch Slurry

2 Tbsp. cornstarch

2 Tbsp. orange juice

DIRECTIONS

1. Add chicken into the **Microwave Pressure Cooker**.
2. In a small bowl combine sauce ingredients and pour over chicken.
3. Seal and microwave on high power 20-25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2-4 minutes, before opening.
4. Mix together slurry ingredients, stir into chicken, recover and microwave for 5 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2-4 minutes, before opening, serve with cooked rice.



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PAELLA

INGREDIENTS

- | | |
|---------------------------------------|---|
| 1 small onion, diced | 1 tsp. salt |
| 1 clove of garlic, minced | ¼ tsp. pepper |
| 1 cup tomatoes, diced | 1 cup broth of your choice |
| 1 red pepper, diced | ¾ cup long-grain rice |
| ½ lb. chicken breast, cut into chunks | ¾ cup green peas, frozen |
| 2 tsp. poultry seasoning | ¾ cup shrimp |
| ½ lb. smoked garlic sausage, sliced | 12 fresh mussels (you can also use frozen ones, but then you have to cook 3 minutes longer) |
| 1 tsp. saffron threads | |

DIRECTIONS

1. Add onion, garlic, tomatoes, red pepper, chicken, poultry seasoning, smoked sausage, saffron, salt, pepper, broth and rice in the **Microwave Pressure Cooker**.
2. Seal and microwave on high power 15 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2–4 minutes, before opening.
3. Stir in peas, shrimp and mussels, 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 serve.



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Pasta E Fagioli SOUP

INGREDIENTS

- | | |
|----------------------------------|---------------------------|
| 1 lb. lean ground beef | 1 Tbsp. Italian Seasoning |
| 1 onion, diced | 1 tsp. vinegar |
| 3 garlic cloves, minced | Salt and pepper to taste |
| 2 carrots, diced | 1-2 cups beef broth |
| 2 stalks celery, diced | |
| 1 cup Ditalini pasta or macaroni | Topping |
| 1 (16 oz.) can tomato sauce | Parsley, chopped |
| 1 (15 oz.) can diced tomatoes | Parmesan cheese, grated |
| 1 (15 oz.) can red kidney beans | |
| 1 (15 oz.) can northern beans | *DO NOT DRAIN CANS |

DIRECTIONS

1. Crumble raw ground beef in the **Microwave Pressure Cooker**.
2. Add remaining ingredients over ground beef without going over the max line.
3. Seal and microwave on high power 25-30 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 2-4 minutes, before opening.
4. Top with fresh parsley and parmesan cheese.



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Pasta E Fagioli SOUP II

INGREDIENTS

- 1 large carrot, peeled & chopped
- 1 shallot, chopped
- 1 celery stalk, chopped
- 1 (15 oz.) can red kidney beans
- ½ cup bacon bits
- 1 cup medium pasta shells
- 1 (28 oz.) can diced fire roasted tomatoes
- 1 cup water
- Parmesan rind, optional
- 1 zucchini, diced small

DIRECTIONS

1. In the **Microwave Pressure Cooker**, add all ingredients including Parmesan rind (if using) except zucchini. Cover and lock in place.
2. Microwave on high power for 15 minutes. At the end of cooking time let pressure release naturally.
3. Add in zucchini and stir to combine. Serve warm.

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Peach **COBLER**

INGREDIENTS

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

DIRECTIONS

1. Mix cake mix, butter and cinnamon until crumbly, set aside.
2. Pour peach pie filling in **the Microwave Pressure Cooker** 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.



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Peanut Butter Cup CAKE

INGREDIENTS

- | | |
|---|-----------------------|
| 1 pkg. yellow cake mix | 3 Tbsp. peanut butter |
| 3 eggs | 3 Tbsp. milk |
| 1 cup water | 1 cup powdered sugar |
| ½ cup peanut butter | |
| ⅓ cup butter, softened | |
| ½ cup Hershey's chocolate syrup,
divided + 3 Tbsp. | |
| 2 (8 oz.) bags Reese's mini peanut
butter cups | |
- Frosting*

DIRECTIONS

1. Mix, cake mix, eggs, water, peanut butter and butter in a medium **Thatsa Bowl**, set aside ⅓ of batter. Pour half of the remaining cake batter in the **Microwave 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 ¼ 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.



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Penne Alla Gigi

INGREDIENTS

- 2 cups uncooked penne pasta
- 1 cup water
- 1 (15 oz.) can crushed tomatoes
- 1 Tbsp. of Italian seasoning
- 1 shallot, chopped
- 1 cup ham, chopped
- 1 (8 oz.) can mushrooms or 4 oz fresh mushrooms, sliced
- ⅓ cup heavy cream
- Parmesan cheese, to taste

DIRECTIONS

1. In the **Microwave Pressure Cooker** add penne, water, tomatoes, seasoning, shallot, ham and mushrooms.
2. Seal and microwave on high power 20-25 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes, before opening.
3. Add cream and parmesan cheese, stir to combine.
4. Top with arugula if desired.



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PERNIL

Roasted Pork



INGREDIENTS

- 2.5 lb. boneless pork Boston butt roast
- 1 tsp. salt
- ½ tsp. ground cumin
- ½ tsp. garlic powder
- ½ tsp. ground coriander
- ½ tsp. annatto
- 1 cup pineapple juice

DIRECTIONS

1. Cut pork in chunks and place in the **Microwave Pressure Cooker**.
2. Mix all seasonings together and sprinkle over meat making sure it is evenly covered. Add pineapple juice, cover and lock in place.
3. Cook in microwave on high power for 20 minutes. At the end of cooking time let pressure release naturally.
4. Remove pork from liquid and shred, return to liquid and mix well.
5. Serve immediately or store in fridge up to 3 days.



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PORK MEDALLIONS

*in Creamy Dijon
Mustard Sauce*

INGREDIENTS

2 pork tenderloins (2-2½ pounds total), trimmed of fat and silver-skin and cut into medallions

Kosher salt

Cracked black pepper

4 Tbsp. Dijon mustard

8 oz. cremini mushrooms, thinly sliced

2 cup beef broth

¼ cup dry white wine

½ tablespoon Worcestershire sauce

2 Tbsp. corn starch

½ cup heavy whipping cream

4 oz. cream cheese, softened

DIRECTIONS

1. Season pork with salt and pepper, baste pork with mustard and place into the **Microwave Pressure Cooker**, top with mushrooms. Pour beef broth wine and Worcestershire sauce on top of pork.
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, before opening.
3. In a small bowl whisk together corn starch, heavy cream and cream cheese, add to beef broth and stir to combine.
4. Seal and microwave on high power for 3-5 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes, before opening.



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PORK

Salsa Verde

INGREDIENTS

- | | |
|---|----------------------|
| 3-4 lbs. boneless pork shoulder, cubed | ½ Tbsp. cumin |
| 1 Tbsp. olive oil | 1 tsp. dried oregano |
| 1 (28 oz.) can tomatillos | 1 tsp. salt |
| ½ cup onion chopped | ½ cup water |
| 2 garlic cloves, minced | 2 Tbsp. cornstarch |
| 1 (14 oz.) jar or can green enchilada sauce | <i>To serve</i> |
| 1 (16 oz.) Jar salsa verde | Flour tortillas |
| 4 oz. diced green chilies | Hot cooked rice |
| | Lime wedges |

DIRECTIONS

1. In a **Chef Series II Frypan**, add olive oil and heat over medium high heat. Brown the sides of the pork and add them to the **Microwave Pressure Cooker**.
2. In a **SuperSonic Chopper Extra** with blade attachment add the tomatillos and blend until smooth. Add it to the **Microwave Pressure Cooker**. Add chopped onion, garlic, green enchilada sauce, salsa verde, green chilies, cumin, dried oregano, and salt. Be careful to keep below the max fill line.
3. Microwave on high for 20-25 minutes. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
4. Take ¼ cup water and whisk it with the cornstarch. Add it Microwave Pressure Cooker, cover and allow to thicken for 5-10 minutes.



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PORK SHOULDER

Braised



INGREDIENTS

- | | |
|---|--------------------------------|
| 1 lb. boneless pork shoulder | 1 lime, juiced |
| Kosher salt and freshly ground black pepper | 1 cup low-sodium chicken broth |
| 1 Tbsp. ground cumin | 2 bay leaves |
| 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 | |

DIRECTIONS

1. Season pork shoulder with salt, pepper, cumin, oregano and chili flakes. Place in the **Microwave Pressure Cooker**.
2. Add remaining ingredients to **Microwave 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.

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PORK TENDERLOIN

with Raisin
Cream Sauce

INGREDIENTS

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

DIRECTIONS

1. Season tenderloin with salt and pepper. Place in the **Microwave Pressure Cooker**.
2. Add raisins and apple cider to **Microwave 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 **Microwave 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 the **Microwave Pressure Cooker**. Seal and microwave on high power 1–2 minutes.
6. Slice pork tenderloin and serve with warm raisin cream sauce.



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POT ROAST

INGREDIENTS

- 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

DIRECTIONS

1. Cut chuck roast along fat seam and sprinkle with seasoning. Place in the **Microwave Pressure Cooker**.
2. In a small bowl, whisk flour into stock and pour over beef.
3. Add remaining ingredients to the **Microwave Pressure Cooker** and seal.
4. 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.
5. Remove beef and place on cutting board. Let beef rest 5 minutes before slicing.
6. Serve with the vegetables and potatoes.



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POT ROAST Sandwich



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INGREDIENTS

- 2 lb. chuck roast
- 1 tsp. garlic powder
- 1 tsp. paprika
- $\frac{1}{3}$ 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

DIRECTIONS

1. Rub roast with garlic powder, paprika, brown sugar and salt. Place in the **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.

POTATO LEEK

Soup



INGREDIENTS

4-5 russet potatoes (about 4½ cups), peeled and chopped
1-2 leeks (whites only), thoroughly washed and sliced
3 strips raw bacon, chopped, optional
1 clove garlic, minced
¼ tsp. dried thyme
3 cups chicken broth or water
1 bay leaf

1 tsp. coarse kosher salt
½ tsp. black pepper
¾ cup heavy cream
½ cup shredded cheddar cheese
Chives, chopped, optional

DIRECTIONS

1. Place chopped potatoes, leeks, bacon, garlic, thyme, chicken broth, bay leaf and salt and pepper in the **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 add heavy cream. Sprinkle cheese and chives on top, serve.



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Pulled Apple Cider **CHICKEN**



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INGREDIENTS

- 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

DIRECTIONS

1. Season chicken with salt and place in the **Microwave Pressure Cooker**.
2. Place apple and onion in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until finely chopped. Add to **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 Buffalo CHICKEN

INGREDIENTS

- 2 lbs. chicken breast
- 2 Tbsp. mayonnaise
- 2 Tbsp. olive oil
- 2 tsp. dried parsley
- 2 tsp. dried chives
- 1 tsp. onion powder
- 1 tsp. dried onion flakes
- 1 tsp. garlic powder
- 3 cups chicken broth
- 2 cups buffalo hot sauce

DIRECTIONS

1. Place chicken in the **Season Serve Container**. Set aside.
2. In a small bowl, combine remaining ingredients except for broth and hot sauce. Pour marinade on chicken, seal then shake to combine. Let marinate at least 1 hour.
3. Place marinated chicken in the **Microwave Pressure Cooker** and add broth.
4. Cover, lock in place and microwave on high power for 30 minutes. At the end of cooking time let pressure release naturally.
5. Remove chicken from broth and transfer to bowl. Shred using two forks and stir in Buffalo sauce.
6. Discard broth or save for later use. Serve chicken over rice, pasta or as desired.



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Pulled Chipotle **CHICKEN TACOS**



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INGREDIENTS

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

⅔ red cabbage, finely sliced

½ red onion, finely sliced or diced

½ avocado, sliced

Fresh coriander

2 limes, cut into wedges

DIRECTIONS

1. Combine hot sauce, paprika, cumin, cocoa powder and cayenne pepper in a bowl. Rub mixture into chicken thighs and place in the **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



INGREDIENTS

- 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

DIRECTIONS

1. Place pork in the **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.



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Pulled Pork STREET TACOS

INGREDIENTS

4-lb. boneless pork, cut into quarters

1 Tbsp. dried oregano

2 tsp ground cumin

1 Tbsp. olive oil

2½ tsp. salt

1 tsp. black pepper

1 onion, quartered

1 jalapeño, deseeded

4 cloves garlic, peeled

½ each red and green bell pepper

¾ cup orange juice

1 tsp. mesquite sauce or liquid smoke

Tortillas

Desired toppings

DIRECTIONS

1. Place pork in **Season Serve Container** and rub with oregano, cumin and olive oil, refrigerate for 3-4 hours.
2. Place pork in the **Microwave Pressure Cooker** and season with salt and pepper.
3. In the **SuperSonic Chopper Extra** with blade attachment, add onion, jalapeño, garlic and peppers cover and pull cord until pureed. Pour over pork.
4. Add orange juice and mesquite os liquid smoke.
5. Seal and microwave on high power 25-30 minutes.
6. Remove from microwave and allow pressure to release naturally until pressure indicator is fully lowered, about 10-15 minutes.
6. Check to ensure internal temperature of pork has reached 145° F/63°C.
7. If desired sear pork in a **Chef Series Frypan**, to get a crust, then remove to a cutting board and shred using 2 forks.
7. Serve warm on tortillas with desired condiments.



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PULLED PORK

With Apple Slaw

INGREDIENTS

¼ cup apple cider vinegar
½ cup orange juice
¼ cup minced red onion
4 garlic cloves, minced
1 Tbsp. dried oregano
2 Tbsp. achiote paste* (optional)
1 tsp. kosher salt
1 (3 lb.) boneless pork butt
2 Tbsp. apple cider vinegar
¼ cup extra-virgin olive oil

1 Tbsp. honey
½ 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

DIRECTIONS

1. In the **Microwave 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 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. 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 the **Microwave Pressure Cooker** and stir into juices. Serve pulled pork with slaw.



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Pumpkin & Spinach **RISOTTO**



INGREDIENTS

- 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
- ½ cup white wine
- 1½ cup water
- ¾ cup baby spinach
- ½ cup parmesan cheese
- 2 Tbsp. butter

DIRECTIONS

1. Rinse rice until water runs clear.
2. In the **SuperSonic Chopper Extra** with bade attachment add onion and garlic. Place cover on and pull cord until finely chopped. Add to the **Microwave Pressure Cooker**.
3. In the **Microwave 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.



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Quick CHICKEN MOLE



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INGREDIENTS

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

DIRECTIONS

1. In the **Microwave Pressure Cooker**, combine chicken and raisins, set aside.
2. In the **SuperSonic Chopper Extra**, with blade attachment, combine tomatoes, chipotle peppers, ancho chillies, 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**

INGREDIENTS

- 3½ cups chicken or vegetable stock
- ¾ cup uncooked polenta or grits
- ¼ tsp. kosher salt
- 1 cup cheddar cheese, shredded
- 3 Tbsp. unsalted butter

DIRECTIONS

1. In 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.

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RED BEANS & Rice

INGREDIENTS

- 1 (15.5-oz.) can red beans with liquid
- 1 medium onion, chopped
- 3 garlic cloves, mince
- 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 in the **Microwave Pressure Cooker**.
2. Cover, lock in place, and microwave on high power for 15 minutes. At the end of cooking time, let pressure release naturally.
3. When pressure indicator has dropped, uncover the **Microwave Pressure Cooker**, remove bay leaves, and stir rice. Add chopped green pepper and sliced cooked sausage.
4. Replace cover, lock in place, and microwave on high power for an additional 5 minutes.
5. At the end of cooking time, let pressure release naturally and once pressure indicator drops, then uncover the **Microwave Pressure Cooker**, fluff rice with a fork, and serve.



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RED CURRY LAMB

in Coconut Cream

INGREDIENTS

- | | |
|---|----------------------|
| 1 cup cabbage cut into strips | Spring onions sliced |
| 1 bunch Bok choy cabbage, cut into strips | 1 tsp. black pepper |
| 1 Tomato, cut into wedges | 1 tsp. salt |
| 2 lamb forequarter chops | 1 Tbsp. chili flakes |
| 2 cups chicken stock | 1 cup coconut cream |
| 2 Tbsp. red curry paste | 1 Tbsp. peanut paste |
| 2 Tbsp. ginger crushed | Lemon juice |
| 1 Tbsp. garlic powder | Lemon zest |
| Green beans sliced | |

DIRECTIONS

1. In the **Microwave Pressure Cooker** place cabbages and tomato, lay lamb on top of cabbage.
2. Mix together stock, curry paste, ginger, garlic powder, green beans, spring onions, black pepper, salt and chili flakes, pour over lamb.
3. Cover and Microwave on high power 20-25 minutes. Let stand 10 minutes or until pressure has released and valve indicator is in the down position.
4. Transfer the cabbage and lamb into a wok and heat so that the accompanying reduces and intensifies the flavors. Add the coconut cream and bring to a simmer. Add the peanut paste and stir in to help thicken the coconut cream. Be careful not to split the coconut cream, add the lemon zest and lemon juice.



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Refried BEANS

INGREDIENTS

- 1 (16 oz.) Pkg. Pinto beans, dry
- 2 garlic cloves
- 1 onion, white, peeled and quartered
- 2 tsp. chili powder
- ½ tsp. cumin
- 4 slices bacon, diced
- 1 Tbsp. lard or oil
- Salt and pepper, to taste

Shredded cheese, if desired

DIRECTIONS

1. Rinse beans, place in the **Microwave Pressure Cooker**, cover with water, and soak overnight. Drain and rinse beans and place back in the **Microwave Pressure Cooker**.
2. Add remaining ingredients to the **Microwave Pressure Cooker**.
3. 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.
4. Add more water; as needed to be at least an inch over beans. Cover and microwave for 30 more minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Place 1 cup of beans at a time in the **SuperSonic Chopper Extra**, with blade attachment. Cover, pull cord several times to process. Pour into bowl. Repeat until finished.
6. Sprinkle with cheese if desired.



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Rice
PILAF

INGREDIENTS

- 1½ cups basmati rice
- 2½ cups chicken stock
- 3 slices bacon, chopped into ½-inch pieces
- 1 small onion, chopped
- ½ carrot, diced
- ½ rib celery, chopped
- ¼ cup frozen peas
- ½ tsp. ground turmeric
- ¼ tsp. ground cumin

- ⅛ tsp. ground paprika
- salt and pepper, to taste
- 2 Tbsp. chopped fresh parsley
- 2 oz. pine nuts, toasted

DIRECTIONS

1. In the **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.



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ROAST BEEF

with Horseradish
Cream Sauce



INGREDIENTS

- 3-lb. beef eye round or rump roast
- 1 Tbsp. steak & chop seasoning
- 3 cups beef stock

- Horseradish Cream Sauce*
- $\frac{3}{4}$ cup sour cream
 - 1 Tbsp. horseradish
 - $\frac{1}{4}$ tsp. coarse kosher salt
 - $\frac{1}{4}$ tsp. black pepper
 - 1 Tbsp. mayonnaise
 - 3 green onions, chopped

DIRECTIONS

1. Coat roast with seasoning and place in the **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.



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Roasted Garlic SOUP



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INGREDIENTS

- 2 heads of garlic, cloves separated
- 1 Tbsp. olive oil
- Salt and pepper
- ¼ cup water
- 5 Tbsp. butter
- 1 yellow onion, diced
- 1 tsp. dry thyme
- 4 Tbsp. sherry vinegar
- 1½ cup water
- 1 cup chicken stock
- 3 Tbsp. crème fraiche or heavy cream
- 3 Tbsp. fresh parsley, minced

DIRECTIONS

1. Add garlic with peels on, olive oil, salt and pepper to the **MicroPro Grill** and mix to combine. Move the garlic to the center of the **MicroPro Grill** and add water carefully towards the side so it settles around the edges.
2. Cover in **CASSEROLE** position and microwave on high power for 10 minutes. Allow garlic to cool slightly, then peel and set aside.
3. In the **2 Cup Micro Pitcher**, add butter, onion, thyme and cover with **1 Cup Micro Pitcher**. Microwave on high power for 30 seconds at a time until translucent, about 2 minutes.
4. Transfer onion mixture to the **Microwave Pressure Cooker**. Add roasted garlic, vinegar, water, chicken stock and stir to combine.
5. Cover, lock in place and microwave on high power for 15 minutes. At the end of cooking time let pressure release naturally.
6. Let cool and puree until desired smoothness. Serve with crème fraiche and parsley.

Roasted Whole CHICKEN



INGREDIENTS

- 2 cups mixed vegetables of your choice, optional. (diced onion, peppers, carrots, celery, etc.)
- 2 cups chicken broth
- 2 cloves garlic, minced
- 3-4 lb. whole chicken
- Seasoning of your choice

DIRECTIONS

1. Place vegetables in the **Microwave Pressure Cooker**, add broth and garlic over vegetables.
2. Coat chicken with seasoning and place in the **Microwave Pressure Cooker**.
3. Seal and microwave on high for 20 minutes for a medium rare center, 25-30 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.
5. Save any leftover broth for other dishes.



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Rotisserie CHICKEN

INGREDIENTS

- 1 (4.25 lb.) whole chicken
- 4 garlic cloves, minced
- 1 Tbsp. salt
- ½ Tbsp. pepper
- 1 tsp. paprika
- 3 Tbsp. vinegar
- 4 Tbsp. olive oil
- 2 cups water or low sodium chicken broth

DIRECTIONS

1. In a small bowl place garlic, salt, pepper, paprika, vinegar and oil. Mix until well combined.
2. Place chicken on cutting board breast side up and using **Kitchen Shears**, cut the center connective tissue under the skin to separate it from the breast.
3. Rub spice blend under the skin and continue massaging the seasoning all around the chicken until it is fully covered in seasoning. Add remaining seasoning inside the cavity.
4. Place chicken breast side down in the **Microwave Pressure Cooker**. Add water, replace cover, lock and microwave on high power for 25 minutes.
5. Check the internal temperature of the chicken has reached 165° F/75° C. Remove chicken from Microwave Pressure Cooker and place on cutting board. Remove chicken meat from bones. Save the broth to use as chicken stock.



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SANCOCHO



INGREDIENTS

- 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

DIRECTIONS

1. In a small bowl, dissolve bouillon in water.
2. Cut beef or chicken into 1" chunks. Add to the **Microwave Pressure Cooker**.
3. Add remaining ingredients to the **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 the **SuperSonic Chopper Extra** 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.



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SAUSAGE and Peppers



INGREDIENTS

- 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

DIRECTIONS

1. Place sausage links in the **Microwave Pressure Cooker**.
2. Add all remaining ingredients to the **Microwave 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.



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Sausage & Potato SOUP



INGREDIENTS

- 1 smoked kielbasa, sliced 1" thick
- 2 Tbsp. flour
- ½ can fire roasted corn
- Green onion, diced, optional garnish
- 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

DIRECTIONS

1. Place sausage, corn, potatoes onion and cheese in the **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.



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Shredded CHICKEN NACHOS

INGREDIENTS

- 1 lb. boneless skinless chicken breast
- 1 (10-oz.) jar enchilada sauce
- ½ onion, peeled and quartered
- ½ 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

DIRECTIONS

1. Place chicken breasts in the **Microwave Pressure Cooker**. Pour enchilada sauce over chicken. Chicken should be submerged in sauce.
2. Seal and microwave on high power 15 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicatory is fully lowered, about 5–10 minutes.
4. Remove chicken to cutting board and shred using 2 forks. Return shredded chicken to **Microwave Pressure Cooker** 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 the **SuperSonic Chopper Extra**, with blade attachment. Cover and pull cord to roughly chop. Spoon over chicken and tortillas.
7. Add remaining toppings and serve.



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Simply Salsa CHICKEN

INGREDIENTS

- 1 medium onion, peeled and cut in half
- 2 cloves garlic, peeled and smashed
- ½ lime, juiced
- 1 (15 oz.) can diced tomatoes
- 1 Tbsp. southwest chipotle seasoning
- salt to taste
- 2-3 Tbsp. fresh cilantro
- 2 lb. chicken breast

DIRECTIONS

1. Place the onion, garlic, lime juice, tomatoes and seasonings in **SuperSonic Chopper Extra** with the blade attachment. Cover and pull cord several times to chop.
2. Place chicken breast in the **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 the **Microwave Pressure Cooker** and combine again with salsa.
5. Serve warm on lettuce, sandwich or tortilla with desired condiments.



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Simply Salsa CHICKEN II

INGREDIENTS

- 1 medium onion, peeled and cut in half
- 2 cloves garlic, peeled and smashed
- ½ cup cilantro
- 1 Jalapeno, seeded
- ½ lime, juiced
- 1 (15 oz.) can diced tomatoes
- 1 Tbsp. southwest chipotle seasoning
- salt to taste
- 2 lb. chicken breast

DIRECTIONS

1. Place the onion, garlic, cilantro, jalapeno, lime juice, tomatoes and seasonings in **the SuperSonic Chopper Extra** with the blade attachment. Cover and pull cord several times to chop.
2. Place chicken breast in the **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.

Tupperware

S'mores LAVA CAKE

INGREDIENTS

- 1 pkg. devil's food cake mix (regular size)
- 1 $\frac{3}{4}$ cups water
- 3 large eggs
- $\frac{1}{3}$ 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 $\frac{1}{2}$ cups marshmallows, mini or 1 cup marshmallow cream (jar)
- 2 graham cracker sheets broke into pieces

DIRECTIONS

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 **Microwave 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



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Sophisticated MAC & CHEESE

INGREDIENTS

- 2½ cups macaroni
- 2 cups boiling water
- ½–1 tsp. salt
- 1 Tbsp. butter
- 1 cup thickened cream
- ¾ cup ricotta cheese
- ½ cup cheddar cheese, shredded
- 2 Tbsp. mascarpone cheese
- Salt and pepper

DIRECTIONS

1. Place macaroni, water and salt in the Microwave Pressure Cooker,
2. Place in the microwave at 900 watts for 8 minutes.
3. Remove from the microwave and allow to rest until the pressure indicator drops.
4. Mix through butter, cream and cheeses. Season with salt and pepper and serve immediately



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SOUPE de Chalet

INGREDIENTS

- 1 onion, minced
- 2 large carrots, finely diced
- 1 large leek, trimmed, rinsed well, and finely chopped
- 2 small white potatoes, peeled and grated
- 3 oz. tightly packed cup thawed frozen spinach, squeezed of excess water and finely chopped
- 2-3 cups vegetable stock
- 2 cups grated gruyere cheese
- 1 cup heavy cream
- Salt and Freshly ground black pepper

DIRECTIONS

1. Add vegetables and enough vegetable stock to cover vegetables to the **Microwave Pressure Cooker**.
2. Seal and microwave on high power 12-16 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10-15 minutes.
4. Stir in cheese, cream salt and pepper to taste.



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Southern

GREEN BEANS & POTATOES



INGREDIENTS

- 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

DIRECTIONS

1. Add all ingredients to the **Microwave 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.



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Spaghetti & Meatball SOUP



INGREDIENTS

- 1 lb. fully cooked frozen mini or regular meatballs, thawed
- 2 cups beef or chicken broth
- 1 (24 oz.) jar spaghetti sauce
- 1 tsp. Italian seasoning
- $\frac{1}{4}$ tsp. onion powder
- $\frac{1}{2}$ tsp. garlic powder
- 1 bay leaf
- 8 oz. spaghetti, broken into 2-3 inch pieces
- $\frac{1}{4}$ cup freshly grated parmesan cheese
- Basil leaves, chiffonade and additional parmesan cheese

DIRECTIONS

1. Add all ingredients to the **Microwave Pressure Cooker**. Stir to combine.
2. Seal and microwave on high for 20-25 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
4. Remove bay leaf and add more broth if desired.
5. Sprinkle with basil leaves and more parmesan cheese, if desired.



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SPICED PORK CHOPS

with Apple Chutney



INGREDIENTS

- 2-4 pork loin chops
- ½ 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

DIRECTIONS

1. Season pork chops with salt and pepper, place in the **Microwave 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 N Sweet **POTATO MASH**

INGREDIENTS

- 2 lbs. sweet potatoes, peeled and quartered
- 2 cups water
- 2 cups vegetable stock
- ¼ cup plain yogurt
- ½ cup heavy cream
- 3 Tbsp. unsalted butter
- 1 tsp. salt
- ½ tsp. cayenne pepper

DIRECTIONS

1. In the **Microwave Pressure Cooker** place sweet potatoes, water and vegetable stock. Cover and lock in position.
2. Microwave on full power for 15 minutes. At the end of cooking time, carefully remove from microwave and Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
3. Strain sweet potatoes and return to the **Microwave Pressure Cooker**. Gently mash and add remaining ingredients one at a time. Top with additional cayenne pepper if desired.



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Spicy Indian **LAMB & POTATO CURRY** with Raita



Tupperware

INGREDIENTS

1½ lbs. bone-in lamb shank or blade chops, cut into pieces
1½" piece fresh ginger, peeled
6-8 garlic cloves, peeled
3 Tbsp. ground coriander
2 Tbsp. ground cumin
1 Tbsp. smoked paprika
1 Tbsp. cayenne pepper
1 Tbsp. curry powder
2 tsp salt, divided
2 (15 oz) cans fire-roasted diced tomatoes
1 cup French's fried onions
1 bunch cilantro, washed and dried
2 potatoes, peeled, cut into chunks

1 jalapeño pepper, garnish
Basmati Rice, cooked

Raita

1-2 garlic cloves, peeled
1 cup mint leaves, washed and dried
½ cup cilantro leaves, washed and dried
3 Persian or 1 English cucumber, peeled, seeded and cut into large chunks
2 cups plain, whole-milk Greek yogurt
2 scallions, sliced
1 Tbsp. ground cumin
½ tsp. cayenne pepper

DIRECTIONS

1. Place lamb pieces in the **Microwave Pressure Cooker**. Sprinkle spices over meat and mix to coat.
2. Finely chop garlic and ginger in **SuperSonic Chopper Compact**. Sprinkle over meat.
3. Add tomatoes (and their juice) and cilantro. Add 1 tsp. salt. Stir together to mix.
4. Cover and seal the **Microwave Pressure Cooker** and microwave for 25 minutes. Allow to depressurize naturally. Remove cover and add potatoes, fried onions and remaining 1 tsp. salt. Stir to combine. Re-cover, seal and microwave for 20 minutes. Allow to depressurize naturally.
5. Cut end off of jalapeño pepper then cut in half, crosswise. Place halves into **Speedy Mando** and add plunger. Slice into a bowl then refrigerate until needed.
6. In the **SuperSonic Chopper Extra** with blade attachment add garlic, mint and cilantro, cover and mince herbs; add cucumbers, cover until finely diced; add yogurt, scallions, cumin and cayenne pepper, cover and pull cord until well blended. Refrigerate until serving.
7. Serve Lamb and potatoes over rice and top with jalapeño slices, add a couple Tbsp. of Raita on the side.

Spicy PEPPER STEAK

INGREDIENTS

- 1 lb. Flank steak, thinly sliced
- 1 onion
- 2 bell peppers, in strips
- 1 jalapeño pepper , deseeded
- 3 habanero pepper, deseeded
- 3 garlic cloves
- 1 pkt. McCormick beef and herbs
gravy
- $\frac{3}{4}$ cup of flour
- 2 cups beef broth
- $\frac{1}{2}$ tsp. seasoning salt

$\frac{1}{4}$ tsp. pepper

$\frac{1}{2}$ tsp. garlic powder

DIRECTIONS

1. Slice onions and peppers into strips.
2. Add jalapeño pepper, habanero pepper and garlic in the **SuperSonic Chopper Extra** with blade attachment, secure cover, pull cord until diced.
3. Add meat and vegetables to the **Microwave 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.



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Spicy TURKEY CHILI

INGREDIENTS

- 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

DIRECTIONS

1. Add all ingredients in the **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.

Optional Toppings

- Green onions, for garnish
- ½ cup shredded Cheddar



Tupperware

Spinach **LASAGNA**



INGREDIENTS

- 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

DIRECTIONS

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 **Microwave Pressure Cooker**. Top with 4 pieces of noodle, ⅓ 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.



Tupperware

Spinach, Sundried Tomato & Mushroom **RISOTTO**

INGREDIENTS

- 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

DIRECTIONS

1. Rinse arborio rice in strainer until water runs clear, about 30–60 seconds.
2. Pour rice in the **Microwave Pressure Cooker** 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.



Tupperware

A large bowl of split pea soup is the central focus, garnished with ham chunks, carrots, and fresh herbs. The soup is a vibrant yellowish-green color. In the background, another bowl of the same soup is visible, along with some fresh green herbs and a piece of bread. The text 'Split Pea SOUP' is overlaid on the top left of the image.

Split Pea SOUP

INGREDIENTS

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

DIRECTIONS

1. Place peas and chicken broth in the **Microwave Pressure Cooker**, place in refrigerator to soak over night.
2. Cut carrot and celery in about 2-3" pieces and place in the **SuperSonic Chopper Extra** with blade attachment, secure cover, pull cord until diced.
3. Add all the ingredients to the **Microwave 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.



Tupperware

St. Louis Style **BBQ RIBS**



INGREDIENTS

- 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

DIRECTIONS

1. Place ribs in the **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.



Tupperware

Stewed FRUIT



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INGREDIENTS

3 cups ripe peaches, cut into wedges
¼ cup dried cranberries
½ cup dried apricots
1 vanilla bean, sliced, seeds
scraped and skin reserved
1 star anise
3 cardamom pods, crushed
¼ cup water
¼ cup white sugar (add additional for
taste)

1 cinnamon stick
1 Tbsp. orange zest

To Serve

½ cup mascarpone
1 tsp. sugar
1 Tbsp. orange juice

DIRECTIONS

1. Place all the ingredients in **Microwave Pressure Cooker** and gently combine.
2. Microwave at 900 watts for 10 minutes.
3. Remove from the microwave and rest until the pressure indicator drops.
4. Combine mascarpone, sugar and juice in a small bowl.
5. Serve fruit warm with mascarpone.



Strawberry **COBLER**

INGREDIENTS

- 2 cans strawberry pie filling
- 1 pkg. yellow cake mix
- ½ cup butter, melted

DIRECTIONS

1. Mix cake mix and butter until crumbly, set aside.
2. Pour strawberry pie filling in the **Microwave Pressure Cooker** 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.



Tupperware



Stuffed Cabbage SOUP

INGREDIENTS

- 1 lb. raw ground beef
- ½ tsp. Kosher salt
- ¼ tsp. coarse ground black pepper
- 1 Tbsp. Italian seasoning
- ¾ cup rice
- 1 yellow onion, chopped
- ½ head cabbage cut into 8 wedges
- 1 (8 oz.) can chopped tomatoes, not drained
- 1 (28 oz.) can crushed tomatoes
- 2-3 cups beef broth

DIRECTIONS

1. Crumble ground beef in the **Microwave Pressure Cooker**, sprinkle with salt and pepper.
2. Add remaining ingredients, making sure not to go over max fill line.
3. Seal the **Microwave Pressure Cooker** and microwave on high power 25-30 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers.



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Summer Poached **PEARS**

INGREDIENTS

- 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

DIRECTIONS

1. Place pears in the **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.



Tupperware

Sweet & Spicy **CHICKEN SESAME MEATBALLS**



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INGREDIENTS

Meatballs

- 1½ lbs. ground Chicken
- 4 shiitake mushrooms, stems removed
- 4 garlic cloves
- 1" piece ginger, peeled
- ½ cup cilantro
- 4 scallions, white part chunked, green part thinly sliced
- ½ Tbsp. sesame oil

Garnish

- 1 head butter lettuce, leaves separated
- ¼ cup cilantro, finely minced
- Toasted sesame seeds

Sauce

- 10 oz. bottle sweet chili sauce
- 3-4 garlic cloves
- 1" piece ginger, peeled
- 1 Tbsp. chili garlic sauce (optional)
- 2 Tbsp. honey
- 3 Tbsp. sesame oil
- ¼ cup rice vinegar
- ¼ cup hoisin sauce
- ¼ cup soy sauce
- 2 Tbsp. cornstarch
- 3 Tbsp. water
- 3 Tbsp. toasted Sesame Seeds

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the blade attachment add mushrooms garlic, ginger, cilantro and white part of scallions, cover, pull cord until diced. Transfer to bowl and add green scallions and sesame oil.
2. Add ground chicken and mix. Form meatballs by heaping Tbsp.. (approx. 16) and place in a single layer in the **Microwave Pressure Cooker**.
3. In the **SuperSonic Chopper Extra** with the blade attachment add garlic and ginger, cover and pull cord until finely diced. Add remaining ingredients, except cornstarch, water and sesame seeds. Pull cord until combined. Pour over meatballs.
4. Cover and seal the **Microwave Pressure Cooker** and cook for 16 minutes on high power. Allow to depressurize naturally.
5. Open cover and transfer meatballs to a bowl with a slotted spoon, leaving liquid in base. Mix cornstarch and water in **All-in-One Shaker**. Add to liquid in the Microwave Pressure Cooker and stir to combine. Place Pressure Cooker base, uncovered, into microwave and cook on High power for 2 minutes. Remove from microwave, add 3 Tbsp sesame seeds, stir to combine. Return meatballs to thickened sauce and stir to coat.
6. Serve meatballs on bamboo picks on top of lettuce leaves. Sprinkle with sesame seeds.

Sweet Potato & **DUCK FIREPOT**



INGREDIENTS

- 2 carrots
- 1 sweet potato
- 1 turnip
- 4 duck legs
- 1 pod star anise
- 1 whole clove
- 1 clove of peeled garlic
- 1 chicken broth cube
- 2 cups of water
- 4 sprigs of parsley, chopped

DIRECTIONS

1. Wash the vegetables, peel them and cut them into large cubes, put in the **Microwave Pressure Cooker**.
2. Remove the skin from the duck legs. Cut the duck legs in half at the joint and place them in the **Microwave Pressure Cooker**.
3. Peel the onion, insert the clove and the star anise into the onion.
4. Chop the garlic and the crumbled broth cube and put them in the **Microwave Pressure Cooker**.
5. Add the onion, pour the water, mix, close, cook for 30 minutes at 900 watts.
6. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 15 minutes.
7. Sprinkle the chopped parsley, serve hot.



Tupperware

Sweet Potato CHANA MASALA



Tupperware

INGREDIENTS

- | | |
|--|---------------------------|
| 1 lb. sweet potato, peeled and diced into 1" cubes | and rinsed |
| 1 onion, diced | 1 (15 oz.) diced tomatoes |
| 1" piece ginger, minced | 1 cup vegetable stock |
| 2 cloves garlic, minced | 1 Tbsp. butter |
| 1 tsp. ground cumin | 3 Tbsp. natural yogurt |
| 1 tsp. ground coriander | |
| 2 tsp. garam masala spice | <i>To serve</i> |
| ½ tsp. ground cardamom | Salt and pepper, to taste |
| 1 green chili, thinly sliced | Basmati rice |
| 1 (15 oz.) can chickpeas, drained | Fresh coriander |

DIRECTIONS

1. Place all ingredients in the **Microwave Pressure Cooker**, except butter and yogurt, Stir.
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. Season curry with salt and pepper. Add butter and yogurt and mix through.
5. Serve with cooked basmati rice and fresh coriander.

Sweet Potato **CHICKEN CURRY**



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INGREDIENTS

- 2-3 cups chicken broth
- 4 boneless skinless chicken thighs, cut into chunks
- 3 Tbsp. curry powder
- 1 Tbsp. garlic powder
- 2 tsp. chili powder
- 2 sweet potatoes, peeled and cubed
- 1 large shallot, peeled and chopped
- 2 bay leaves
- 14 oz. can coconut milk

DIRECTIONS

1. Place all ingredients, except coconut milk in the **Microwave Pressure Cooker**, Stir.
2. Seal and microwave on high power 15-18 minutes.
3. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 15 minutes.
4. Remove bay leaves and add coconut milk and stir through.
5. Season with salt and pepper, to taste.



Sweet Potato & **CHICKEN SOUP**

INGREDIENTS

- 1 lb. boneless skinless chicken thighs, cut into chunks
- ½ tsp. salt
- 2 sweet potatoes, peeled and diced
- 2 carrots, peeled and cut into chunks
- 3 cups chicken bone broth
- 1 cup mild salsa verde

- 1 cup packed spinach
- 1 Tbsp. lime juice
- 2 Tbsp. cilantro, chopped, optional

DIRECTIONS

1. Cut chicken thighs into chunks and season with salt.
2. Place chicken, sweet potatoes, carrots, broth and salsa verde in the **Microwave Pressure Cooker**, Stir to combine.
3. Seal and microwave on high power for 15 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 15 minutes.
5. Stir in spinach and lime juice.
6. Top soup with cilantro if desired.



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Sweet Potato SOUP

INGREDIENTS

- 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

DIRECTIONS

1. Place all ingredients in the **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 the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord to process until smooth. Repeat step for remaining soup.



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Swedish MEATBALLS

INGREDIENTS

- 1½ lbs. homestyle frozen meatballs
- 2 cups beef broth
- 3 tbsp. all-purpose flour
- 1 tsp. granulated sugar
- ½ Tbsp. Worcestershire sauce
- ½ cup heavy cream
- ½ tsp. salt
- ¼ tsp. black pepper

DIRECTIONS

1. Add meatballs and 1 cup beef broth to the **Microwave Pressure Cooker**.
2. Whisk together flour, sugar, Worcestershire to remaining beef broth, pour over meatballs, mix to combine.
3. Cover the **Microwave Pressure Cooker**, lock in place and microwave on high power for 15 minutes. At the end of cooking time let pressure release naturally.
4. Add heavy cream, salt, pepper and mix.



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Taco SOUP



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INGREDIENTS

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)

DIRECTIONS

1. Break up ground beef and place in the **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



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INGREDIENTS

Filling

- ½ green bell pepper, seeded, roughly chopped
- ½ 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 Tbsp. Taco Seasoning blend
- 2 Tbsp. instant masa or finely ground instant cornmeal

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, add bell pepper, poblano, onion and garlic. Cover and pull cord until minced.
2. Transfer to the **Microwave Pressure Cooker**, add tomato paste, ground beef, taco seasoning, and salt. Mix until well combined.
3. In the same **SuperSonic Chopper Extra** 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 **Microwave Pressure Cooker**. Microwave on high power 20 minutes.
5. 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.

½ tsp. kosher salt

Dough

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

Teriyaki CHICKEN



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INGREDIENTS

- 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

DIRECTIONS

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 the **Microwave 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

INGREDIENTS

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

DIRECTIONS

1. In the **Quick Shake Container**, mix the soy sauce, sherry, cornstarch, brown sugar, ginger, chili paste, garlic and the juice of half the lime juice. Pour ½ of the marinade in the **Season Serve Container** with the sliced beef and toss to coat. Reserve the rest of the marinade for later. Marinate for at least one- two hours.
2. Place steak and onions into the **Microwave 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 the **Microwave 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



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Thai CHICKEN SOUP



INGREDIENTS

- 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

DIRECTIONS

1. Add Place the chicken breast, red bell pepper, onion, ginger and peas in the **Microwave 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.

Thai **YELLOW CURRY**



INGREDIENTS

Curry Paste

- 2 Tbsp. lemongrass paste
- 1–2 tsp kaffir lime leaves
- 2 cloves garlic, peeled
- 5 cm piece ginger, peeled and halved
- 2 shallots, peeled and halved
- 2 Tbsp. chopped coriander
- 1 tsp ground coriander seeds
- 1 Tbsp. curry powder
- 1 Tbsp. turmeric
- Salt and pepper
- 2 red birds eye chilies
(seeds removed), halved

DIRECTIONS

1. Place all curry paste ingredients in the **SuperSonic Chopper Extra** with Blade Attachment, process until ingredients form a paste.
2. Place the green beans, eggplant, bok choy, stock, shallots, curry paste, fish sauce, sugar, zest and half the lime juice in the **Microwave Pressure Cooker**. Mix to combine and top with pumpkin slices. Lock the **Microwave Pressure Cooker** and microwave at 900 watts for 18 minutes.
3. Remove from microwave and allow pressure indicator to drop. Add remaining lime juice, coconut milk and cream, stir gently to combine.
4. Serve with cooked rice and roti. Garnish with fresh coriander, chili and fried shallots.

Curry

- 1 cup green beans, trimmed & halved
- ½ medium eggplant, cubed
- 1 bunch baby bok choy, chopped
- ½ cup Campbell's Thai Real Soup Base*
- 2 shallots, finely chopped
- Curry paste
- 1 tsp. fish sauce
- ½ Tbsp. brown sugar
- 2 limes, zest and juice
- ¼ Kent pumpkin, cut into thin wedges
- 1 cup coconut cream
- 1 cup coconut milk



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Tomato Noodle SOUP



INGREDIENTS

- 14 oz. tomato sauce
- 3 cups vegetable stock
- 1 cup water
- 1 Tbsp. garlic, minced
- 2 tsp. ground cumin
- 1 small onion, chopped
- 5 oz. vermicelli or thin spaghetti
- 1 tsp. salt
- 1 tsp. lime juice

Optional Toppings

- Queso fresco
- Goat cheese crumbles
- Cilantro
- Lime
- Avocado slices

DIRECTIONS

1. In the **Microwave Pressure Cooker**, add tomato sauce, vegetable stock, water, garlic, cumin, onion and mix well to combine.
2. Add noodles, cover and lock in place.
3. Cook on high power for 15 minutes. At the end of cooking time let pressure release naturally.
4. Add salt, lime juice and mix to combine. Add optional toppings and serve.



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Tortilla SOUP

INGREDIENTS

- 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

DIRECTIONS

1. In a small bowl, stir together onion powder, garlic powder, cumin, salt, cilantro, and black pepper; rub all over chicken.
2. Place chicken, breast side up in the **Microwave Pressure Cooker**, add water to the max fill line, about 3 cups.
3. Cover and lock the Microwave Pressure Cooker. Microwave on high power 20 minutes. Remove from microwave; let stand until pressure gauge is in the down position, about 15 minutes. The chicken temperature should register 165° F/75° C and juices should run clear.
4. In the **SuperSonic Chopper Extra**, 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.



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Tropical **PULLED PORK**

INGREDIENTS

- 2–2. lbs. pork tenderloin
- 1 cup fresh pineapple chunks
- 1 cup diced mango, fresh or frozen
- 1. cup barbecue sauce
- 1 cup pineapple juice
- 1 tsp. salt
- ½ tsp. pepper

Buns

Your favorite prepared coleslaw

DIRECTIONS

1. Cut pork into large chunks about 3–4" pieces, and place in the **Microwave Pressure Cooker**.
2. Place pineapple in **SuperSonic Chopper Extra** with blade attachment, cover, and pull cord to finely chop. Add to **Microwave Pressure Cooker**.
3. Stir in remaining ingredients, cover and lock the **Microwave Pressure Cooker**. Microwave on high power 30 minutes.
4. Let pressure release naturally, for approximately 15 minutes. Shred and serve on desired buns.



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Tuna Noodle CASSEROLE



INGREDIENTS

2 (10.5 oz.) can cream of mushroom soup
1 can of milk, or more if needed to cover the noodles
salt and pepper to taste
1 (5 oz.) can tuna in water
3 cups egg noodles (½ bag)
¾ cup peas
¾ cup carrots

½ cup onion, diced, optional

DIRECTIONS

1. In a small bowl, mix cream of mushroom soup, milk, salt and pepper.
2. Add the remaining ingredients in the **Microwave Pressure Cooker**.
3. Pour soup mixture over noodles, stir, making sure the noodles are covered in the liquid.
4. Seal and microwave on high for 20-25 minutes.



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Turkey CHILI



INGREDIENTS

- | | |
|--|---------------------|
| 3 garlic cloves, chopped | ½ tsp. ground cumin |
| 1 small onion, chopped | ½ tsp. salt |
| 1 poblano, deseeded and chopped | 3 Tbsp. cornstarch |
| 2 carrots, chopped | 3 Tbsp. cold water |
| 1 (15 oz.) can whole kernel corn,
drained | |
| 15 oz. black beans | |
| 1 (15 oz.) can fire roasted
tomatoes | |
| 2 cups cooked turkey, diced | |
| 1½ cups vegetable stock | |
| ½ cup tomato sauce | |

DIRECTIONS

1. Add all ingredients in the **Microwave Pressure Cooker** except for cornstarch and water. Mix to combine, cover and lock in place.
2. Microwave on high power for 20 minutes. At the end of cooking time let pressure release naturally.
3. In small bowl mix cornstarch and cold water until cornstarch is fully dissolved. Uncover the **Microwave Pressure Cooker** and add in cornstarch mixture. Cover and lock in place; return to microwave for an additional 5 minutes. Serve with toppings of choice and serve warm



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TURKEY

with Mushrooms

INGREDIENTS

- 1 lb. turkey cutlets
- 2 Tbsp. cornstarch
- 2 shallots, sliced
- 1 cup button mushrooms, sliced
- 1 cube chicken bouillon
- 2 cloves garlic
- Salt and pepper, to taste
- $\frac{1}{3}$ cup white wine
- $\frac{3}{4}$ cup water
- $\frac{3}{4}$ cup light cream
- 2 sprigs parsley, chopped

DIRECTIONS

1. Cut the turkey cutlets into strips, place them in the **Microwave Pressure Cooker**, sprinkle the cornstarch and mix.
2. Add mushrooms and shallots to the **Microwave Pressure Cooker**.
3. Add chicken bouillon, peeled garlic cloves, salt, pepper, white wine, water and stir gently.
4. Seal and microwave for 12-15 minutes.
5. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
6. Open the **Microwave Pressure Cooker** and add the cream, mix, then seal and microwave for 2-3 minutes. Let stand 5 minutes.
7. Sprinkle with chopped parsley and serve with wild rice.



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Tuscany Creamy **TORTELLINI SOUP**

INGREDIENTS

- 1 Tbsp. butter
- 1 small white onion, diced
- 1 clove garlic, minced
- 2 cups chicken broth
- 1 (14 oz.) can diced tomatoes
- 1 (15 oz.) can white beans, drained and rinsed
- ½ cup heavy cream
- ¼ cup grated parmesan cheese
- 1 tsp. Italian seasoning
- ½ tsp. salt
- ⅛ tsp. pepper
- 1 cups cooked and shredded chicken (I used rotisserie)
- 6 oz. refrigerated tortellini
- 1 cups spinach

DIRECTIONS

1. Add all ingredients to the **Microwave 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.



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Ultimate Party **MEATBALLS**



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INGREDIENTS

Meatballs

- 1 lb. ground pork or beef
- 2 garlic cloves, chopped
- 1 small onion, chopped
- $\frac{3}{4}$ cup breadcrumbs
- 1 egg, lightly beaten
- 1 tsp. coarse kosher salt

Sauce

- 1 cup grape jelly
- $1\frac{1}{2}$ cups BBQ sauce
- $\frac{1}{2}$ cup grape juice

DIRECTIONS

1. In a medium bowl mix together ingredients for meatballs until thoroughly combined.
2. Form meat mixture into appetizer sized meatballs, using a $\frac{1}{4}$ cup measuring cup as a guide.
3. Place meatballs in the **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 the **Microwave 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.

Vanilla Cider APPLES

INGREDIENTS

- 6 small golden apples, peeled and cored
- 1½ cups apple cider
- 1 vanilla pod, split and scraped
- 3 egg yolks
- ⅓ cup sugar
- 3 Tbsp. cornstarch

DIRECTIONS

1. Place apples in the **Microwave Pressure Cooker**. Add apple cider and vanilla bean
2. Seal pressure cooker and microwave at high for 15 minutes at 50% power.
3. Allow pressure to release naturally and let sit uncovered for approximately 5 minutes as sauce will thicken slightly as it cools. Serve warm.
4. In the **1 qt. Micro Pitcher** or Beat egg yolks and sugar, add cornstarch and whip again.
5. Place apples on a serving plate.
6. Add apple cider to whipped eggs, microwave for 1-2 minutes, stirring every 30 seconds.
7. Serve sauce with apples.



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Vietnamese CHICKEN CURRY



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INGREDIENTS

- | | |
|--|--------------------------|
| 1 small eggplant, peeled and diced | 1 tsp. curry powder |
| 1 tsp. salt | 1 star anise |
| 2 lb. chicken breast or thighs, chunks | 2 small diced tomatoes |
| 2 carrots, peeled and sliced | 2 Tbsp. fish sauce |
| 1 medium potato, peeled and sliced | 1 Tbsp. corn starch |
| 1 medium onion, diced | 1 Tbsp. cold water |
| 3 tsp. minced garlic | 1 Tbsp. peanut oil |
| 1 green chili, chopped | To serve |
| 1 Tbsp. fresh ginger, grated | 3 spring onions, diced |
| | ½ cup coriander, chopped |
| | Steamed rice |

DIRECTIONS

1. Salt the eggplant and rest for 10 minutes. Rinse eggplant thoroughly, strain and place in the **Microwave Pressure Cooker**.
2. Add remaining ingredients (except corn starch, water and oil) to the **Microwave Pressure Cooker**, thoroughly mixing together.
3. Combine corn starch and water, pour over chicken and lightly stir.
4. Microwave at 900 watts for 25 minutes. Remove from microwave and leave the **Microwave Pressure Cooker** to rest until the pressure indicator drops.
5. Stir through oil, top with spring onions and coriander. Serve immediately with steamed rice

White CHICKEN CHILI



INGREDIENTS

- 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.

DIRECTIONS

1. Place chicken, peppers, garlic, onion, white beans and chipotle seasoning in the **Microwave Pressure Cooker**.
2. Pour salsa verde over all the ingredients in the **Microwave 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.



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White Chocolate & Raspberry **RICE PUDDING**

INGREDIENTS

- 1 cup Arborio rice
- 1¼ cup water
- 1 cup skim milk
- Pinch salt
- 1 tsp. vanilla extract
- ¼ cup castor or granulated sugar
- 1 egg yolk
- ½ cup white chocolate chopped
- ¼ cup heavy cream
- 2 cups raspberries
- 1 tsp. lemon juice
- 1 Tbsp. castor or granulated sugar

DIRECTIONS

1. Rinse rice until water runs clear.
2. Place rice in the **Microwave Pressure Cooker**, stir in water, milk, salt and vanilla.
3. Seal cover 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 **SuperSonic Chopper Extra** 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 Tbsp. raspberry compote on top.



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Zucchini RISOTTO

INGREDIENTS

- 1¼ cup arborio rice, rinsed until water runs clear
- 2 cups water
- ⅓ cup Riesling wine
- 1 small onion, chopped
- 1 cube vegetable stock
- 2 Tbsp. unsalted butter
- ¾ cup parmesan cheese, shaved
- 1 zucchini, diced
- Salt & pepper, to taste

DIRECTIONS

1. Place rice, water, wine and onion in the **Microwave Pressure Cooker**. Crumble vegetable stock on top; mix to combine.
2. Cover, lock in place and cook on 70% power for 13 minutes. At the end of cooking time, let pressure release naturally.
3. Stir in butter, parmesan cheese and fold in zucchini. Add salt, pepper and serve warm.



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ZUCCHINI

with Chorizo & Almonds



INGREDIENTS

- 2 lbs. zucchini
- 1 garlic clove
- 1 lb. chorizo
- $\frac{3}{4}$ cup whole almonds
- 1-2 tsp. curry powder
- Salt and pepper
- $\frac{3}{4}$ cup of water
- 1 tsp. Olive oil

DIRECTIONS

1. Wash, dry and dice the zucchini. Peel and chop the garlic. Cut the skinless chorizo into small dice.
2. Put all the ingredients, except the olive oil, in the **Microwave Pressure Cooker**.
3. Seal pressure cooker and microwave at for 10 minutes at 900 watts.
4. Allow pressure to release naturally until pressure indicator valve drops.
5. add olive oil, mix and taste.



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Zuppa TOSCANA



INGREDIENTS

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

DIRECTIONS

1. Add the ingredients Italian sausage up to red pepper flakes in the **Microwave Pressure Cooker**.
2. Whisk together flour and chicken broth, pour in the **Microwave Pressure Cooker**.
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.



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