

MICROWAVE BASICS FOR YOUR STACK COOKER!

- The oven vs. microwave ratio is 4 to 1. What takes 40 mins. in the oven takes 10 in the micro!
- The microwave is a real money saver since it is a smaller appliance and much more efficient.
- 85% of what you normally cook on your stove or in your oven can be converted to microwaving!
- All cooking in the stack cooker is on high temperature unless otherwise noted.
- Remember, all microwaves are a little different, just like stoves and ovens. You will have to experiment a little and adjust the times to your microwave. It is best to start with a shorter amount of time until you have more knowledge.

MEATS AND EGGS

- Cooking times: **Meats**- 6 mins per lb. **Fish**-3 mins per lb. **Eggs**-1 min per egg (poke eggs to prevent explosions!) You can make terrific scrambled eggs in the microwave!
- Hamburger browned in the colander has the same amount of fat as chicken.
- Brown hamburger in the colander, discard the fat and cholesterol. Add Sloppy Joe mix, taco seasoning, spaghetti sauce, chili or prepare a casserole and microwave accordingly.
- Cook a whole chicken in the stack cooker: set the chicken onto the cone, sprinkle with paprika (the chicken will be golden brown), cover and cook 6 min per lb. Yummy & quick!

BAKING

- Use regular box mixes, follow box directions to mix, in general 10-12 minutes microwave time.
 - * Use the 3-qt bowl with the cone
 - * Do not grease or flour. The casserole is nonstick.
 - * To cut out fat & calories, substitute equal amounts of applesauce for the oil.
 - * Items with leavening ingredients need to sit 5 minutes BEFORE you put in the microwave, so the ingredients can "activate".
 - * Let stand 5 minutes after cooking and removing from the pan.
 - * Cakes will pull away from the edge of the pan when done.

BAKING IDEAS

- Take any powdered cake mix plus a can of pie filling and 3 eggs. Mix together and cook 14 mins.
- Angel Foods – buy one-step box mix. Split the batter in half, cook 15 min in large bowl, repeat for the other half of batter.
- Rice Krispie Bars – put 40 marshmallows and 2 TBSP margarine in 3-qt casserole. Cook 2 min uncovered. Stir, cook 1 min. Stir, and pour over 6 cups of Rice Krispies. Stir and pat into pan.
- Almond Bark – 1½ lb pkg almond bark. Put in 1 ¾ stack cooker cover, cook 3 min, stir. Stays creamy and workable for approximately 20 minutes.

VEGETABLES, PASTA & RICE

- For pasta & noodles, put just enough water to cover. Cook covered. It usually takes 7-9 minutes for about 2 cups of pasta.
- Corn on the cob takes approximately 2 minutes per ear.
- Fresh & Frozen vegetables take very little water to cook, just rinse before cooking. Most vegetables take 7-8 minutes for 2 ½ to 3 cups. Green beans are denser and take a bit longer.
- Instead of boiling potatoes on the stove, use the stack cooker. It will only take 8-10 minutes for approximately 6 med. potatoes. Use a little water that is left and mash it into the potatoes.
- Instant Rice – 2 cups rice plus 2 cups water stir and cook approx 8 - 9 minutes.
- Long cooking rice – boil 1 cup water, add ¾ cup of rice, cook 6 - 7 minutes.

Compliments of your Tupperware Consultant:

Tupperware T.A.C.O. Night



A Fun-filled,
fabulous *fiesta*
with great eats and
treats as we

T.alk
A.bout the
C.areer
O.pportunity.



Enjoy!



Soft Tacos

Chicken

Choice of 4 boneless skinless chicken breasts OR 1 whole fryer.

If using a whole fryer, simply remove "tidbits" bag from cavity and rinse. Using Tupperwave Stack Cooker 3-qt and Cone, place chicken on cone, wings up, and rub lightly with cooking oil and some Southwest Chipotle Seasoning. Cover with the 1¾-qt

and cook in microwave 30 minutes on 80% power. Let stand, then remove skin. Pull off all meat, shred, use in your tacos!

If using chicken breasts, rinse and place in the Tupperwave Stack Cooker 3-qt with colander in place. Rub a small amount of oil and some Southwest Chipotle Seasoning on each breast. Arrange around the edges with meatier portions close to the sides. Cook in microwave approximately 6 minutes per pound. Rearrange and rotate the breasts halfway through cooking time. Let stand, shred and use in tacos.

Beef

Ground Beef

Southwest Chipotle Seasoning or a package of Taco Seasoning

1 jar of Red Taco sauce

1-2 pounds of ground beef.

Crumble beef and arrange in the 3-qt casserole with the colander in place. Using the 6-minutes-per-pound concept, cook at 80% power for half of the cooking time. Rearrange meat and cook until done. Lift Colander with cooked meat out, set aside and clean and rinse the 3-qt base. You can then put the cooked meat into your Power Chef and grind it into very fine texture in several batches, placing the ground cooked beef then back into the 3-qt base. Add Southwest Chipotle Seasoning, or a package of taco seasoning (made as directed), and a Jar of Taco Sauce. Blend and cook 2 more minutes.

Tortillas

Warm the flour tortillas in the Tupperwave Stack Cooker 1¾-qt casserole with the cover for a minute or two.

Walkin' Talkin' Tacos

Individual bags of Doritos | 1 lb ground beef | 1 - 2 tsp Southwest Chipotle Seasoning

Crumble beef and seasoning into the Tupperwave Stack Cooker 3-qt. Casserole with Colander, cover, and microwave on High 2 minutes. Stir with Silicone Spatula, put in for 2 minutes more or until the pink is gone.

Fill Tupperware Serving Center with your choice of the following:

- chopped onion
- shredded lettuce
- salsa
- chopped tomatoes
- grated cheese
- sour cream

Squeeze the Doritos package to break up chips. Cut chips package open on long side. Put some meat and your toppings in bags with chips and enjoy.

Green Chile Chicken Enchilada Casserole

3-4 Chicken Breasts (boneless, skinless, cut into 1-inch pieces)

1 Tbsp. Southwest Chipotle Seasoning

1 Pkg. Corn Tortillas (about 10)

1 lb. Mexican Cheese, grated

1 can Diced Ortega Green Chiles

1 yellow onion (chopped)

1 large can La Victoria Enchilada Sauce, mild

Season chicken with the Southwest Chipotle Seasoning and microwave in the Tupperwave Stack Cooker with Colander on high for 5 minutes - stir halfway through. Place the meat a little at a time into the Power Chef and shred. Open Enchilada Sauce with E Series Can Opener and pour a small amount into the Tupperwave Stack Cooker. Place the tortillas into the base and add meat, chiles, onions and cheese. Then begin to layer all the way up to the top of the container. End the casserole with sauce on the top. Place the casserole into the microwave and cook on High for 13 minutes.

Red Beef Enchilada Casserole

1-2 lb Ground Beef

1 pkg. Corn or Flour Tortillas

OPTIONAL:

2 tsp Southwest Chipotle

1 large can Enchilada Sauce

1 yellow onion

2 - 4 Cups Mixed Cheese (cheddar and white cheese)

Chopped Olives

Add Southwest Chipotle Seasoning into meat (the onions may be added now or at the end). Brown ground beef in the base of the Tupperwave Stack Cooker 3-qt. casserole with colander at 6 minutes per pound - stopping halfway through and breaking it up with a large spoon. Drain meat and rinse out casserole. Dip tortilla into the sauce and lay it in the casserole. Layer meat, cheese, onions, olives, and tortilla with sauce. Continue to make layers until complete. Cook for 15 min.

Unexpected Margaritas

1 12-oz can frozen Lime-Aid

Tequila (12 oz)

1 12-oz can 7-up

12-oz Corona Beer

Juice of 1 Lime

Crushed ice

Lime for Garnish



Empty Lime-Aid into the Ice Prisms Pitcher. Fill the empty Lime-Aid container with tequila and add it to the pitcher. Add the rest of the ingredients. Fill the rest of the pitcher with ice. Serve over ice.

To rim the glass with salt, rub lime wedge around the rim of the glass and dip into Margarita salt. Use the lime wedge for a garnish.

Corn Cakes

1/2 stick melted butter
1 can cream corn
1 can whole corn, drained
8 oz. Sour cream
2 eggs, beaten
1 Jiffy cornbread mix
½ cup of sugar

This simple recipe makes those wonderful little, round, corn cakes they serve at restaurants! Yummy!

In Thatsa Bowl, combine butter, both cans of corn, sugar, sour cream and eggs. Add cornbread mix and blend well. Pour into Large Shallow Vent 'n Serve, vent and cook on high for 10 - 12 minutes until set.

For a Spicier Bake: Eliminate sugar and add 1 can (4oz.) chopped green chiles, drained.

Tupperware Taco Salad

These amounts are approximate - you can adjust to fit your crowd size.
All ingredients are optional, add what you like, don't add what you don't like.

1 head lettuce, chopped
1 can sliced black olives, drained
1 cup shredded cheese
medium bottle of Catalina Salad Dressing

1 can kidney beans, drained
1 lb. ground beef or chicken
1 bag tortilla chips

Brown hamburger in Tupperware Stack Cooker casserole with colander. Season with Southwest Chipotle Seasoning. In Thatsa Bowl, combine all ingredients except dressing and mix well. Add dressing until coated but not soupy. Serve promptly.

Always a hit with a big crowd! Great with refried beans, Spanish rice and chips and salsa but filling enough to serve alone.

White Salsa

1 cup real mayonnaise
3 cloves of garlic
1 cup light sour cream
Juice of one lime

2 bunches of green onion
Black pepper
4 oz. black olives
1 tsp. Tabasco

Using Power Chef Pro with blade attachment, chop onion, garlic & black olives. Using Power Chef Pro funnel, add lime juice & Tabasco. Add all other ingredients & use the quick paddle whisk to mix. Serve with yellow corn chips.

Guacamole

4 avocados, ripe
2 garlic cloves
1/4 yellow onion, chopped
1 jalapeno pepper, chopped

1 lime
1 oz. olive oil, optional
14.5 oz-can fire roasted tomatoes, drained
1-2 Tbsp. Southwest Chipotle Seasoning

Pit and peel the avocados. In the Power Chef, blend the garlic, onions, jalapeno pepper, lime juice, olive oil, and Southwest Chipotle Seasoning until all ingredients are well chopped. Add the avocados and tomatoes and mix until ingredients are well incorporated. Season with additional Southwest Chipotle Seasoning if desired.

Orchard Salsa

3 small apples, cored and quartered
½ red pepper, quartered
¼ red onion
1 jalapeno pepper, seeded
½ Tbsp. Southwest Chipotle Seasoning
⅓ cup lime juice
1 Tbsp. honey
salt and pepper, to taste

Squeeze the lime using the Lemon Lime Press. Place all ingredients in base of Power Chef with blade attachment. Turn handle to process until coarsely chopped. Season to taste with salt and pepper.

Simply Salsa

1 medium onion
2 cloves garlic
Juice of 1/2 lime
1 (15 oz.) can diced tomatoes
1 Tbsp. Southwest Chipotle Seasoning
Optional: 2-3 Tbsp. fresh cilantro

Peel and slice onion into 4 pieces; place in Power Chef with blade, cover and turn handle until onion is roughly chopped. Peel and smash two garlic cloves and add to Power Chef. Add remaining ingredients; cover and turn handle until desired consistency. Serve with chips or as a topping for tacos!

Southwest Chipotle Dip

16 oz. container non-fat sour cream
3 tbsp. Southwest Chipotle Seasoning

Using Power Chef with paddle attachment, stir together ingredients.

Serve with a variety of Chips.

Classic Red Sangria

25-oz. bottle red wine
2 cups club soda
1 cup orange juice
1 cup pineapple juice
1 lime
1 lemon
1/2 orange
1/2 red or green apple, cored

Combine wine, club soda, orange juice and pineapple juice in desired serving pitcher.

Set Mandoline round knob to #2 the straight v-shaped blade insert.

Attach lime to food guider, place at the top of the mMandoline and push down to slice into discs. Repeat with remaining fruit.

If desired, using a knife, cut apple slices in half.

Add fruit to wine mixture and serve over ice.

For non-alcoholic beverage - substitute grape juice for wine.

Virgin White Sangria

48 oz. white grape juice
4 cups club soda
1 cup blueberries
2 mint sprigs
1/2 cucumber
1 lemon

Combine grape juice, club soda, blueberries and mint in desired serving pitcher.

Set Mandoline round knob to #2 the straight v-shaped blade insert.

Attach cucumber to food guider, place at the top of Mandoline and push down to slice into discs. Repeat with lemon.

Combine cucumber and lemon with grape juice mixture and serve over ice.

You can also substitute a sweet white wine for the grape juice.

Cinco de Mayo Dip

1 block cream cheese
2 cans (14 Oz.) canned corn drained - yellow or white
1 can (14 Oz.) diced tomatoes with green chili (diced tomatoes are good, too)
1 tbsp chipotle seasoning
chili flakes or chili powder (optional) to taste

Dump all ingredients in the 1 3/4 qt Tupperwave. Cook on high 5 min, then stir. Cook again 3 more minutes or until hot (depending on wattage)

Fiesta Gazpacho

4 large ripe tomatoes, roughly chopped :
1 cup tomato juice
2 Tbsp. prepared horseradish
2 Tbsp. Southwest Chipotle Seasoning
2 garlic cloves, peeled
½ small red onion, roughly chopped
1 small cucumber, peeled and grated
½ jalapeno, seeded and roughly chopped
1 small red bell pepper, seeded and roughly chopped
¼ cup loosely packed cilantro
½ tsp. coarse kosher salt
1 Tbsp. fresh lime juice

Add tomatoes, tomato juice, horseradish and seasoning in the base of the Power Chef, fitted with the blade attachment. Cover and pull cord until tomatoes are semi-liquid.

Add garlic, onion, cucumber, jalapeno, bell pepper, cilantro, salt and lime juice. Cover and pull cord until finely minced and consistency of a thick soup.

Divide mixture into four equal servings. Serve cold or at room temperature with desired toppings.

Topping Suggestions

Black beans	Cilantro
Queso fresco crumbles	Sour Cream
Minced red onion	Tortilla strips
Thinly sliced green onions	

Mexican Mix Up Casserole

A bag of chips (the bottom crunched chips are the best)

1 Can of chicken (you can use cooked meat of any kind)

2 Cups of Cheese, Grated

2 Tbs. Of Southwest Chipotle Seasoning

Olives

Diced onions (Use Quick Chef)

Chilies (optional)

1 large Can of Enchilada Sauce (Red or Green)

Place layers of each ingredient into Tupperwave Stack Cooker 3-qt casserole

Place in Microwave for 10 min @ 70% Power.

Remove from Microwave and let sit for 5 minutes.

Serve warm with Sour Cream, additional Salsa, or some additional chips for dipping.