

Tupperware

MICROWAVE PRESSURE COOKER

RECIPES AND COOKING GUIDE



Safety valves equalize pressure during cooking

Taste, vitamins & color are preserved

Easy cleaning

Perfect for soups and stews

A meal in 30 minutes



TUPPERWARE MICROWAVE PRESSURE COOKER INSTRUCTIONS

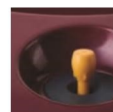
Tips for use:

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

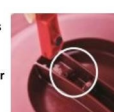
**FASTER,
BETTER,
EASIER**



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.

TUPPERWARE MICROWAVE PRESSURE COOKER COOKING CHART

	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
BEEF	White rice converted, parboiled	2 cups	15 minutes	3½ cups
	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
FRUIT & VEGETABLES	Ground beef	1 lb./455 g	10-15 minutes	2 cups
	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
PORK	Ground pork	1 lb./455 g	10-15 minutes	2 cups
	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	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
SEAFOOD	Turkey breast	3½ lbs./1.6 kg; boneless	15-20 minutes	3-4 cups
	Salmon	2 6-oz./175 g filets	6-10 minutes	1-2 cups; until food fully submerged

TUPPERWARE MICROWAVE PRESSURE COOKER ALPHABETICAL RECIPES

- | | | |
|--|---|--|
| 9. 3 Packet Roast Beef | 45. Black Forest Lava Cake | 81. Chicken Parmesan Meatball Sandwich |
| 10. 5 Ingredient Chili | 46. Blueberry BBQ Chicken | 82. Chicken Pot Pie |
| 11. Adobo Roasted Chicken | 47. Bolognese Sauce | 83. Chicken Pot Pie Soup |
| 12. African Stew | 48. Bread Pudding | 84. Chicken, Wild Rice & Broccoli Soup |
| 13. Ale N Beef Stew | 49. Brodet Croatian Fish Stew | 85. Chicken with Creamy Bacon Sauce |
| 14. Amish Chicken and Noodles | 50. Brunswick Chicken Stew | 86. Chickpea & Chorizo Casserole |
| 15. Apple Chipotle Pork Tenderloin | 51. Buffalo Ranch Chicken Sandwich | 87. Chickpea & Cauliflower Curry |
| 16. Apple Cinnamon Oatmeal | 52. Butter Chicken | 88. Chicken with Creamy Bacon Sauce |
| 17. Apple Compote | 53. Cabbage Beef Soup | 89. Chili Coke Roast Beef |
| 18. Apple Pie Filling | 54. Cajun Red Beans | 90. Chili Mac |
| 19. Apple Sauce | 55. Caldo Tlalpeno | 91. Chocolate Lava Cake |
| 20. Arroz con Leche | 56. Caramel Apple Cobbler | 92. Chocolate Rice Pudding |
| 21. Arroz con Pollo | 57. Carnitas Tostadas | 93. Cinnamon Apple Crisp |
| 22. Asian Chicken Noodle Soup | 58. Carrot Ginger Soup | 94. Coconut Rice Pudding with Lemongrass Sauce |
| 23. Asian Orange Chicken | 59. Cauliflower Delight | 95. Collard Greens & Ham |
| 24. Au Gratin Potatoes | 60. Char Siu Pork | 96. Corn and Potato Chowder |
| 25. Bacon Wrapped Cheesy BBQ Chicken | 61. Cheeseburger Pasta | 97. Corned Beef, Vegetables & Gravy |
| 26. Bacon Wrapped Dijon Pork Tenderloin with Cranberry Sauce | 62. Cheesy Broccoli Soup | 98. Coq Au Vin Blanc |
| 27. Balsamic Glazed Pork Chops | 63. Cheesy Chicken, Broccoli & Rice Casserole | 99. Cranberry Sauce |
| 28. Banana Cake | 64. Cherry Cobbler | 100. Creamy Bacon & Onions Soup |
| 29. Barramundi Spaghetti | 65. Chicken and Dumplings | 101. Creamy Chicken & Spinach Tortellini Soup |
| 30. BBQ Beef Sandwiches | 66. Chicken and Gravy | 102. Creamy Chicken Tortilla Soup |
| 31. BBQ Chicken Sliders | 67. Chicken & Pearl Couscous Soup | 103. Creamy Mushroom Soup |
| 32. BBQ Root Beer Chicken Sliders | 68. Chicken and Sausage Paella | 104. Creamy Parmesan Tomato Soup |
| 33. Beef & Broccoli | 69. Chicken and Wild Rice | 105. Creamy Potato Soup |
| 34. Beef Barley Soup | 70. Chicken Bacon Ranch Mac N Cheese | 106. Creamy Ranch Pork Chops |
| 35. Beef Bourguignon | 71. Chicken, Broccoli and Rice | 107. Creamy Turkey & Wild Rice Soup |
| 36. Beef Carbonnade | 72. Chicken Cacciatore | 108. Easy Black Bean Soup |
| 37. Beef Pasta e Fagioli | 73. Chicken Curry | 109. Easy Tomato Soup |
| 38. Beef Ragù | 74. Chicken Enchilada Soup | 110. Eggplant Curry |
| 39. Beef Short Ribs | 75. Chicken Lemon Rosemary Risotto | 111. French Chicken Stew |
| 40. Beef Stew | 76. Chicken Lettuce Cups | 112. French Onion Soup |
| 41. Beef Stroganoff | 77. Chicken Noodle Soup | 113. Frijoles Charros |
| 42. Beef Vegetable Soup | 78. Chicken Orzo Soup | 114. Ham & Beans |
| 43. Black Bean Soup | 79. Chicken Paprikash | 115. Harris & White Bean Stew |
| 44. Black Eyed Peas and Ham Hock | 80. Chicken Parm Meatballs | |

TUPPERWARE MICROWAVE PRESSURE COOKER ALPHABETICAL RECIPES

116. Hawaiian Chicken	151. Onion, Chive & Bacon Creamed Corn	186. Spicy N Sweet Potato Mash
117. Hearty Corn Chowder	152. Orange Chicken	187. Spicy Indian Lamb & Potatoes (Aloo Gosht)
118. Honey Ranch Buffalo Pulled Chicken Sliders	153. Paella	188. Spicy Pepper Steak
119. Honey Garlic Chicken & Vegetables	154. Pasta e Fagioli Soup	189. Spicy Turkey Chili
120. Honey Sesame Chicken	155. Peach Cobbler	190. Spinach Lasagna
121. Hot and Sour Soup	156. Peanut Butter Cup Cake	191. Split Pea Soup
122. Huli Huli Chicken	157. Penne Alla Gigi	192. Spinach, Tomato & Mushroom Risotto
123. Hungarian Goulash	158. Pork Medallions in Creamy Dijon Mushroom Sauce	193. St. Louis Style BBQ Ribs
124. Irish Pork Stew	159. Pork Salsa Verde	194. Strawberry Cobbler
125. Italian Beef Sandwich	160. Pork Shoulder, Braised	195. Summer Poached Pears
126. Japanese Cabbage Stew	161. Pork Tenderloin with Raisin Cream Sauce	196. Sweet & Spicy Chicken Sesame Meatballs
127. Korean Beef Short Ribs	162. Pot Roast	197. Sweet Potato Chana Masala
128. Lamb Tagine	163. Pot Roast Sandwich	198. Sweet Potato Soup
129. Lasagna	164. Pulled Apple Cider Chicken	199. Taco Soup
130. Lemon & Garlic Roast Chicken	165. Pulled Chipotle Chicken Tacos	200. Tamale Spoon Pie
131. Lemon Chicken & Rice Soup	166. Pulled Pork Sandwich	201. Teriyaki Chicken
132. Lemon Parmesan Risotto	167. Pulled Pork Street Tacos	202. Thai Beef & Peppers
133. Lemony Ranch Chicken & Potatoes	168. Pulled Pork with Apple Slaw	203. Thai Chicken Soup
134. Lentil Soppo Joes	169. Pumpkin & Spinach Risotto	204. Thai Yellow Curry
135. Lima Beans & Smoked Sausage	170. Quick Chicken Mole	205. Tropical Pulled Pork
136. Macaroni & Cheese	171. Quick Polenta or Grits	206. Tortilla Soup
137. Mango Jerk Chicken	172. Red Curry Lamb in Coconut Cream	207. Tuna Noodle Casserole
138. Maple Sweet Potato Casserole	173. Rice Pilaf	208. Turkey with Mushrooms
139. Mashed Cauliflower	174. Roast Beef with Horseradish Cream Sauce	209. Tuscany Creamy Tortellini Soup
140. Mashed Potatoes	175. Roasted Whole Chicken	210. Ultimate Party Meatballs
141. Mexican Meatball Stew	176. Rotisserie Chicken	211. Vanilla Cider Apples
142. Mexican Pinto Beans	177. Sancocho	212. White Chicken Chili
143. Mexican Street Corn Soup	178. Sausage & Peppers	213. White Chocolate & Raspberry Rice Pudding
144. Mongolian Beef	179. Sausage & Potato Soup	214. Zuppa Toscana
145. Moroccan Chicken Tagine	180. Shredded Chicken Nachos	
146. Mushroom Risotto	181. Simply Salsa Chicken	
147. Mushroom, Spinach & Sundried Tomato Risotto	182. Simply Salsa Chicken II	
148. Mustard Ale Sausage & Peppers	183. Smores Lava Cake	
149. OJ Beet Salad	184. Southern Green Beans & Potatoes	
150. One Pot Pasta	185. Spiced Pork Chops with Apple Chutney	

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TUPPERWARE MICROWAVE PRESSURE COOKER RECIPES BY INGREDIENT

BEEF

3 Packet Roast Beef
5 Ingredient Chili
Ale N Beef Stew
BBQ Beef Sandwiches
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
Bolognese Sauce
Cabbage Beef Soup
Cheeseburger Pasta
Chili Coke Roast Beef
Chili Mac
Corned Beef, Vegetables & Gravy
Italian Beef Sandwich
Korean Beef Short Ribs
Lasagna
Mexican Meatball Stew
Mongolian Beef
One Pot Pasta
Pot Roast
Pot Roast Sandwich
Roast Beef with Horseradish Cream Sauce
Sancocho
Spicy Pepper Steak
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 and Sausage Paella
Chicken and Wild Rice
Chicken, Broccoli and Rice
Chicken Cacciatore
Chicken Curry
Chicken Enchilada Soup
Chicken Lemon Rosemary Risotto
Chicken Lettuce Cups
Chicken Orzo Soup
Chicken Paprikash
Chicken Parm 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 & 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 Chicken & Rice Soup
Lemony Ranch Chicken & Potatoes
Mango Jerk Chicken
Moroccan Chicken Tagine
Orange Chicken
Paella
Pulled Apple Cider 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
Teriyaki Chicken
Thai Chicken Soup
Tortilla Soup

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TUPPERWARE MICROWAVE PRESSURE COOKER RECIPES BY INGREDIENT

Tuscany Creamy Tortellini Soup
White Chicken Chili
LAMB
Indian Lamb & Potatoes (Aloo Gosht)
Lamb Tagine
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
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
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
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
French Onion Soup
Frijole Charro
Harrisa & White Bean Stew
Hearty Corn Chowder
Hot and Sour Soup
Lemon Chicken & Rice Soup
Mexican Street Corn Soup
Pasta e Fagioli Soup
Sausage & Potato Soup
Spicy Turkey Chili
Split Pea Soup
Sweet Potato Soup
Taco Soup
Thai Chicken Soup
Tortilla Soup
Tuscany Creamy Tortellini Soup
White Chicken Chili
Zuppa Toscana

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TUPPERWARE MICROWAVE PRESSURE COOKER RECIPES BY INGREDIENT

VEGETARIAN

Black Bean Soup
Carrot Ginger Soup
Cajun Red Beans
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
OJ Beet Salad
Onion, Chive & Bacon Creamed Corn
Pumpkin & Spinach Risotto
Quick Polenta or Grits
Rice Pilaf
Spicy N Sweet Potato Mash
Spinach, Tomato and Mushroom Risotto
Sweet Potato Chana Marsala
Sweet Potato Soup

Beef Ragù
Bolognese Sauce
Cajun Red Beans
Cauliflower Delight
Coconut Rice Pudding with Lemongrass Sauce
Cranberry Sauce

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
Bread Pudding
Caramel Apple Cobbler
Cherry Cobbler
Chocolate Lava Cake

SIDES/SAUCES

Apple Sauce
Au Gratin Potatoes

8

3 Packet Roast Beef

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



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

9

5 Ingredient Chili

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



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

10

Adobo Roasted Chicken

- 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



1. Rub chicken with butter and sprinkle with Seasoned Salt Blend.
2. Pour chicken stock in the base of the 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.

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African Stew

- 4 small chicken breasts cut into 1" slices
- Salt and pepper, to taste
- 1 lb. sweet potatoes, peeled and cubed
- 2 garlic cloves, minced
- 1 Tbsp. fresh ginger, grated
- 1 onion, chopped
- 1 small hot chili pepper, chopped
- 1 (15 oz.) can chopped tomatoes
- 1 tsp. ground coriander
- ⅓ cup peanut butter
- 3 cilantro sprigs
- ¼ cup salted peanuts



1. Season the chicken breast with salt and pepper and place in the base of 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.

12

Ale N Beef Stew

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



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

13

Amish Chicken and Noodles

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



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1. Place chicken and vegetable in the base of 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 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.

14

Apple Chipotle Pork Tenderloin

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



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

15

Apple Cinnamon Oatmeal

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



TUPPERWARE



1. Add all ingredients into the base of the 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.

16

Apple Compote

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



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

17

Apple Pie Filling

- 6 apples peeled and diced into 1 inch cubes
- 1 Tbsp. lemon juice
- ¾ cup brown sugar
- ¼ cup sugar
- 1 tsp. ground cinnamon
- ¼ tsp. salt
- 1 cup water
- ¼ cup cornstarch



TUPPERWARE



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 base of 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 ½ cup of liquid from the pot and whisk in ¼ 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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Apple Sauce

- 1 bag gala apples peeled, cored and cut into quarters
- ¼ cup water
- ½ cup sugar
- 2 tsp. cinnamon



TUPPERWARE



1. Place all ingredients in the base of the Microwave Pressure Cooker. Secure cover onto 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 base of the Power Chef System with blade attachment, cover and pull cord until desired consistency is reached. You may have to do multiple batches.

19

Arroz con Leche

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



TUPPERWARE



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

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Arroz con Pollo

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



TUPPERWARE



1. In the base of the Microwave Pressure Cooker, stir together peppers, onion, garlic, rice, stock, seasoning and salt. Press chicken into the rice mixture.
2. Cover and seal 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.

*Ask your favorite consultant for this recipe

21

Asian Chicken Noodle Soup

1 yellow onion, diced
 2 red bell peppers, diced
 1 large carrot, julienned or diced
 2 cloves garlic, minced
 1 tbsp. curry powder
 ¼ 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



TUPPERWARE



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

22

Asian Orange Chicken

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

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



TUPPERWARE



1. Add chicken, chicken broth and oranges to the base of the Microwave Pressure Cooker. Secure cover onto the base.
2. Microwave on high power 20 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position. Drain, Reserve ¼ cup of chicken broth.
3. In a medium bowl whisk together, ¾ cup of chicken broth, cornstarch and orange juice, add marmalade, brown sugar, soy sauce, chili garlic sauce, salt and gingerroot.
4. Remove cover and stir the remaining ingredients except the sesame seeds and green onions, stir to coat.
5. Secure cover onto the base. Microwave on high power 10 minutes. Remove from microwave. Let stand 10 minutes or until steam indicator valve is in the down position.
6. Garnish with sesame seeds and green onions

23

Au Gratin Potatoes

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



TUPPERWARE



1. Add potatoes and chicken broth the base of the Microwave Pressure Cooker. Secure cover onto 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, Reserve ⅓ cup of chicken broth.
3. In a medium bowl whisk together, ⅓ cup of chicken broth, heavy cream, salt, pepper garlic and cheese.
4. Remove cover and stir the remaining ingredients.
5. Secure cover onto 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.

24

Bacon Wrapped Cheesy BBQ Chicken

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



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

25

Bacon Wrapped Dijon Pork Tenderloin with Cranberry Sauce

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



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

26

Balsamic Glazed Pork Chops

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

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



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

27

Banana Cake

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



1. In a medium bowl mix ingredients, dont over mix.
2. Pour batter in the base of the 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.

28

Barramundi Spaghetti

- 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

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 the Cooker. 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.

29

BBQ Beef Sandwiches

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

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

30

BBQ Chicken Sliders

- 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

1. Place chicken breast in the base of the 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 Power Chef System 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.

31

BBQ Root Beer Chicken Sliders

- 2 lbs. boneless skinless chicken breasts, cut into large chunks
- 1½ cups barbecue sauce
- ¼ cup root beer
- ¼ tsp garlic powder
- 16 slider buns or dinner rolls, split and warmed

1. Place chicken breast in the base of the 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 Power Chef System 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.

32

Beef & Broccoli

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



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

33

Beef Barley Soup

1½ lb. beef round steak, diced
1 cup carrots, chopped
1 stalk celery, diced
1 onion, chopped
1 (16 oz.) can tomatoes, cut up
2 cups beef broth
¾ cup barley
2 Tbsp. corn starch
1 Tbsp. dried parsley flakes
¼ tsp. dried basil
Salt and pepper, to taste
½ cup frozen corn
½ cup frozen green beans
¼ green pepper, diced



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

34

Beef Bourguignon

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



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

35

Beef Carbonnade

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



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

36

Beef Pasta e Fagioli

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



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

37

Beef Ragu

- 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



1. Combine all ingredients, in base of 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.

38

Beef Short Ribs

- 3 pounds bone-in beef short ribs
- ¼ tsp. salt
- ½ tsp. pepper
- 2 large onions, cut into ½-inch wedges
- 6 garlic cloves, minced
- 1 Tbsp. tomato paste
- 1 cup beef broth
- 2-3 cups Beef Broth or red wine
- 4 fresh thyme sprigs
- 1 bay leaf
- 4 medium carrots, cut into 1-inch pieces
- 2 Tbsp. cornstarch
- 3 Tbsp. cold water



1. Sprinkle ribs with salt and pepper and place in base of 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.

39

Beef Stew

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



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

40

Beef Stroganoff

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

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

41

Beef Vegetable Soup

Recipe by Consultant Kim King

- 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)
- ¼ cup chopped fresh parsley

1. Season beef stew meat with salt, pepper and garlic powder and sear in a Chef Series Fry pan with butter, add to the base of the 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 Pressure Cooker, make sure to stay below the max fill line.
6. Seal and microwave on high power 20-25 minutes.

42

Black Bean Soup

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

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

43

Black Eyed Peas and Ham Hock

- 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
- ¼ to ½ tsp. cayenne pepper
- 1 to 2 tsp. kosher salt

1. Rinse peas, place in a bowl, cover with water, and soak overnight.
2. Place ham hock in base of the Pressure Cooker, cover with chicken broth, seal and microwave on high power 15-20 minutes
3. Remove beans from refrigerator, drain and rinse beans and place in base of Pressure Cooker.
4. Add remaining ingredients in base of the 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.

44

Black Forest Lava Cake

- 1 pkg. devil's food cake mix (regular size)
- 1½ cups water
- 3 large eggs
- ¼ cup canola oil
- 2 cups cold 2% milk
- 1 pkg. (3.9 oz.) instant chocolate pudding mix
- 2 cups (12 oz.) semisweet chocolate chips
- 1 can (20 oz.) cherry pie filling



TUPPERWARE



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

45

Blueberry BBQ Chicken

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



TUPPERWARE



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

46

Bolognese Sauce

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



TUPPERWARE



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

47

Bread Pudding

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



TUPPERWARE



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

48

Brodet Croatian Fish Stew

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

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



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

49

Brunswick Chicken Stew

1 lb. chicken thighs, boneless, skinless, cut into chunks
 ¼ cup flour
 2 cups chicken broth
 2 Tbsp. tomato paste
 1 tsp. thyme
 ½ tsp. salt
 1 tsp. hot pepper sauce
 ½ cup red bell pepper, chopped
 ¾ cup onion, chopped
 1 cup frozen corn
 1 cup frozen baby lima beans



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

50

Buffalo Ranch Chicken Sandwich

1 lb. chicken thighs, boneless,
 skinless, cut into chunks
 ¼ cup flour
 2 cups chicken broth
 2 Tbsp. tomato paste
 1 tsp. thyme
 ½ tsp. salt
 1 tsp. hot pepper sauce

Rolls

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



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

51

Butter Chicken

1½ lb. chicken thighs
 ¾ cup diced onion
 ½ cup butter, melted
 1 (15 oz.) can diced tomatoes
 ¾ cup tomato paste
 1 tsp. ginger, grated
 2 cloves garlic, crushed
 2 Tbsp. apple cider vinegar
 1 tsp. salt
 1 tsp. cracked pepper
 ¾ tsp. chili flakes

2 tsp. garam marsala
 1 cinnamon stick
 1 star anise
 5 cardamom pods or 1 tsp. powder
 1 tsp. smoked paprika

1 cup coconut milk
 1 cup cashews
 1 bunch coriander, chopped

Serve with Rice



1. Add chicken, onion, butter, tomatoes, tomato paste, ginger, garlic, vinegar, salt, pepper, chili flakes, garam marsala, cinnamon, star anise, cardamom and paprika into base of 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 Chop N Prep chef and chop, use to garnish butter chicken.

52

Cabbage Beef Soup

1 lb. ground beef
¼ head cabbage, chopped
1 celery ribs, sliced
¼ bell pepper, sliced
1 onion, chopped
1 (16 oz.) can kidney beans
1 (14 oz.) can tomatoes

1 clove garlic, minced
1 tsp. Worcestershire sauce
8 oz. can tomato sauce
2 cups beef broth
2 beef bouillon cubes
¼ tsp. pepper
½ tsp. salt
1 tsp. ground cumin fresh parsley (optional)



1. Crumble raw ground beef in the base of the Pressure Cooker.
2. Add remaining ingredients.
3. Seal and microwave on high power 20-25 minutes.
4. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
5. Sprinkle fresh parsley (optional), and serve.

53

Cajun Red Beans

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



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

54

Caldo Tlalpeno

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



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

55

Caramel Apple Cobbler

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

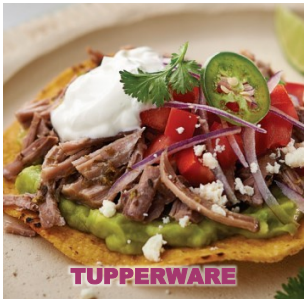


1. Mix cake mix, butter and cinnamon until crumbly, set aside.
2. Pour apple pie filling into Microwave Pressure Cooker base and pour crumble topping over it.
3. Seal and microwave high for 12-14 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers,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

56

Carnitas Tostadas

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



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

57

Carrot Ginger Soup

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



1. Mix stock with flour and add the base of 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 lid, let the soup cool and then purée with a blender or an immersion blender. Stir in cream, season to taste and serve.

58

Cauliflower Delight

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
¼ cup bread crumbs



1. Place the onion and garlic, into the Chop N Prep, cover and pull cord until minced.
2. Rinse the rice and drain well.
3. In 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 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 Chop N Prep, add the parmesan cheese, bread crumbs, salt and finish chopping.
8. Serve each portion sprinkled with the parsley mix.

59

Char Siu Pork

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



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.

60

Cheeseburger Pasta

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



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

61

Cheesy Broccoli Soup

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



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

62

Cheesy Chicken, Broccoli & Rice Casserole

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



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

63

Cherry Cobbler

2 cans cherry pie filling
1 pkg. yellow cake mix
¼ cup butter, melted
Ice cream, optional



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

64

Chicken and Dumplings

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



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

65

Chicken and Gravy

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



Serve over rice or mashed potatoes.

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

66

Chicken & Pearl Couscous Soup

- 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



1. Place all ingredients, except “to serve” items in the base of 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, uncover and stir in sour cream.
3. Garnish with lemon, parsley and chili flakes if desired.

67

Chicken and Sausage Paella

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



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

68

Chicken and Wild Rice

Recipe by Consultant Meghan Fugle

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



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

69

Chicken, Broccoli & Rice

Recipe by Consultant Stacy Carson

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



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

71

Chicken Bacon Ranch Mac N Cheese

Recipe by Kisha Fontenot Simon

- 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. ranch dressing powder (do not make dressing)
- 3 oz. packet real bacon pieces/bits



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1. Place chicken, broth, macaroni and half & half in base of 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.

70

Chicken Cacciatore

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



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

72



Chicken Curry

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

TUPPERWARE



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

73



Chicken Lemon Rosemary Risotto

- 2½ cups arborio rice, rinsed
- 1½ lbs. diced chicken
- 1 brown onion, diced
- 2 lemons, zested and juiced
- 2 tbs fresh rosemary, finely chopped
- 1¼ cups chicken stock
- ¾ cup white wine
- Salt & pepper
- ½ cup butter
- ⅓ cup Parmesan cheese, grated

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1. Add rice, chicken, onion, lemon zest, lemon juice, rosemary, chicken stock, wine salt and pepper in the base of 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.

75



Chicken Enchilada Soup

- ½ cup onion, chopped
- 3 cloves garlic, minced
- 3 cups chicken broth
- 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

TUPPERWARE



- 2 skinless chicken breast, cubed
- Optional Toppings*
- ¾ cup shredded cheddar cheese
- ¼ cup chopped scallions
- ¼ cup chopped cilantro
- 1 small avocado, diced
- 6 tbsp. sour cream

1. Combine all soup ingredients in the base of Microwave Pressure Cooker, making sure chicken is submerged in coconut milk.
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. Remove chicken and place on cutting board. Use a fork to shred chicken, add back to the soup.

74



Chicken Lettuce Cups

- 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

TUPPERWARE



- 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

1. Finely chop ginger and garlic using Chop N Prep. 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.

76

Chicken Noodle Soup

1½ pounds chicken 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
¼ tsp. poultry seasoning

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



1. Combine all ingredients, except parsley and lemon juice, in base of 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.

77

Chicken Orzo Soup

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



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

78

Chicken Orzo Soup II

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

*Made from Rotisserie Chicken Recipe



1. Place carrots and celery in base of Power Chef System fitted with blade attachment. Replace cover and pull cord until roughly chopped. Transfer mixture to base of 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 Pressure Cooker from microwave and allow pressure to release naturally until pressure indicator fully lowers.
4. Stir shredded chicken into soup and serve.

79

Chicken Paprikash

4-5 boneless chicken breast or thighs
1 tomato chopped
1 green pepper, sliced into strips
1 onion sliced
1 glove garlic, minced
2 Tbsp. Hungarian paprika
1 tsp. salt
¼ tsp. pepper
1½ cups chicken stock
2 Tbsp. cornstarch
Serve over egg noodles with sour cream if desired



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

80

Chicken Parm Meatballs

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



1. Assemble Fusion Master with coarse mincer disc and place medium bowl underneath hopper.
2. 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 to help form mixture into meatballs.
5. Place meatballs in base of Microwave Pressure Cooker. Cover with marinara sauce. Seal and microwave on high power 15 minutes.
6. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 6–8 minutes. Check to ensure internal temperature of meatballs has reached 165° F/75° C. Serve warm, topped with Parmesan cheese.

81

Chicken Parmesan Meatball Sandwich

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



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

82

Chicken Pot Pie

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



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

83

Chicken Pot Pie Soup

- 1 refrigerated pie crusts, room temperature
- ¾ cup chopped onion
- ½ stalk celery, chopped
- ½ cup all-purpose flour
- ½ tsp. salt
- ¼ tsp. pepper
- 2-3 cups chicken broth
- 1 tsp. poultry seasoning
- 1 lb. chicken, diced ½" pieces
- 2 cups frozen mixed vegetables, thawed
- ½ cup heavy cream



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

84

Chicken, Wild Rice & Broccoli Soup



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

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

85

Chickpea & Chorizo Casserole



TUPPERWARE



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| 1lb. raw chorizo sausages, skin off and sliced | <i>To serve</i> |
| 2 (15 oz.) cans chickpeas, drained and rinsed | Fresh parsley |
| 1 red onion, diced | Crusty bread |
| 2 garlic cloves, minced | |
| 1 red pepper, diced | |
| 2 tsp. hot paprika | |
| 2 (14 oz.) cans diced tomatoes | |
| ½ cup white wine | |

1. Place all ingredients in the base of Microwave Pressure Cooker, stir.
2. Seal and microwave on high power 20-25 minutes. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered.
3. Serve with a sprinkle of parsley and crusty bread.

86

Chickpea & Cauliflower Curry



TUPPERWARE



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|--|
| 2 cups cauliflower florets, separated, sliced ½" thick |
| 2 cups potatoes, diced ½" cubes |
| 1 (14oz.) can chickpea, drained & rinsed |
| 1 cup vegetable stock |
| 1 (14oz.) can diced tomatoes |
| ½ medium onion, thinly sliced |
| 2 Tbsp. medium hot Indian curry paste |
| ½ cup coconut cream |

To Serve
Cooked Rice

1. Place all ingredients except coconut cream in the base of Microwave Pressure Cooker, stir.
2. Seal and microwave on high power 20-25 minutes. At the end of the cooking time, allow pressure to release naturally. When pressure indicator has fully lowered.
3. Stir in coconut cream.
4. Serve over cooked rice.

87

Chicken with Creamy Bacon Sauce

Recipe submitted by Pattie Lastovica



TUPPERWARE



- | |
|---|
| 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 |

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

88

Chili Coke Roast Beef

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



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

89

Chili Mac

Recipe by Consultant Lisa Anne Thomas-Perez

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



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

90

Chocolate Lava Cake

1 pkg. devil's food cake mix (regular size)
1 1/4 cups water
3 large eggs
1/4 cup canola oil
2 cups cold 2% milk
1 pkg. (3.9 oz.) instant chocolate pudding mix
2 cups (12 oz.) semisweet chocolate chips



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

91

Chocolate Rice Pudding

1 cup Arborio rice, washed
1 1/4 cups coconut milk
1 1/2 cups water
1/4 cup maple syrup
2 Tbsp cocoa powder
Optional topping, toasted almonds or fresh berries



1. In the base of 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.

92

Cinnamon Apple Crisp

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

Whipped cream or Ice cream if desired



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

93

Coconut Rice Pudding with Lemongrass Sauce

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



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 small 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.

94

Collard Greens & Ham

Recipe by Consultant Kalani Burbank

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



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

95

Corn and Potato Chowder

1 medium yellow onion, diced
2 cloves garlic, minced
3 cups chicken broth
6 ears yellow sweet corn (husks and silks removed and kernels cut off)
1 lb. yukon gold or baby red potatoes, sliced into ½ inch 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



1. Place onion, garlic, chicken broth, corn, potatoes, thyme, paprika, salt and pper in the base of 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.

96

Corned Beef, Vegetables & Gravy

Recipe by Consultant Chef Mike

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



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

97

Coq Au Vin Blanc

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



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

98

Cranberry Sauce

- 2 (12 oz.) bags fresh cranberries
- 3 cups sugar
- Zest and juice of one orange
- ¼ cup water



1. In the base of the 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.

99

Creamy Bacon & Onion Soup

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



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

100

Creamy Chicken & Spinach Tortellini Soup

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

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



Creamy Chicken Tortilla Soup

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

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

101

102

Creamy Mushroom Soup

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

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



Creamy Parmesan Tomato Soup

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

1. Add onion up to cheese tortellini in the base of 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.

103

104

Creamy Potato Soup

- 3–4 russet potatoes (about 4 cups), peeled and chopped
- 1 (10½-oz.) can cream of celery soup
- 2 cups water
- 1 tsp. coarse kosher salt
- ¼ tsp. black pepper
- 1½ cups shredded cheddar cheese
- ¼ cup sour cream
- 2 green onions, sliced thin



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

105

Creamy Ranch Pork Chops

Recipe by Consultant Christi Latimer

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



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

106

Creamy Turkey & Wild Rice Soup

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



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

107

Easy Black Bean Soup

- 6 slices bacon, chopped
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 cups chicken broth
- pinch of dried oregano
- pinch of cayenne pepper
- ¼ tsp. ground cumin
- salt to taste
- 2 (14½ oz.) cans black beans, rinsed and drained
- ¼ tsp. ground black pepper

Optional toppings
Sour cream
Cilantro
Tortilla chips
Tomatoes
Cheese



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

108

Easy Tomato Soup

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



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

109

French Chicken Stew

- | | |
|--|---|
| 4 cups sliced button or shiitake mushrooms | ½ cup dry white wine or chicken broth |
| 1 (14.5 oz.) can diced tomatoes, undrained | 2 Tbsp. quick-cooking tapioca |
| 2 carrots, thinly diagonally sliced | 1 tsp. herbes de Provence or dried Italian seasoning, crushed |
| 1 medium onion, chopped | ¾ tsp. dried thyme, crushed |
| 1 medium red potato, cut 1" pieces | ¼ tsp. coarsely ground black pepper |
| ½ cup fresh green beans, cut 1" pieces | ½ tsp. seasoned salt |
| ½ cup pitted ripe olives, halved | 1 (14 oz.) jar tomato pasta sauce |
| 1 cup reduced-sodium chicken broth | <i>For Serving</i> |
| | French bread |



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

111

Eggplant Curry

- | | |
|--|-------------------------------|
| 1 onion, cut into quarters | ½ tsp. turmeric |
| 2 cloves garlic | 2 tsp. garam masala |
| 1 jalapeno, deseeded and roughly chopped | 1 tsp. curry powder |
| 2 medium eggplants, dice into ¾" cubes | 1 tsp. ground coriander seeds |
| 1 can diced tomatoes | 1 tsp. chili flakes |
| 1 tbsp. ginger paste | 1 cup frozen peas |
| 1 tbsp. cumin powder | Salt & pepper |



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

To serve
 Fresh coriander
 Cooked basmati rice
 Natural yogurt

110

French Onion Soup

- 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



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

112



Frijoles Charros

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



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

113



Ham & Beans

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



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

114



Harrisa & White Bean Stew

- 2 cloves garlic, crushed
- 1 red onion, diced
- 1 (15 oz.) can cannellini beans, drained and rinsed
- 1 (14 oz.) can chopped tomatoes
- 1 tbsp. tomato paste
- 1-2 tbsp. harissa paste
- 1 tsp. paprika
- 1 tsp. ground cumin Salt and pepper
- To Serve*
- Flaked almonds, toasted
- Fresh coriander, chopped
- Natural or Greek yogurt
- Turkish bread, toasted



1. In base of Microwave Pressure Cooker, garlic, onion, cannellini beans, tomatoes, tomato paste, harrisa 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.

115



Hawaiian Chicken

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



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

116



Hearty Corn Chowder

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



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

117



Honey Ranch Buffalo Pulled Chicken Sliders

- 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



1. Place chicken breast in the base of the 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 Power Chef System 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.

118



Honey Garlic Chicken & Vegetables

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



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

119



Honey Sesame Chicken

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

To serve
Toasted sesame seeds
Chopped spring onion
Cooked Rice



1. Place all ingredients except corn starch and water in base of 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.

120

Hot and Sour Soup

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

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

Huli Huli Chicken

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

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

121

122

Hungarian Goulash

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

- Place onions, caraway seeds, paprika, beef, beef broth, tomatoes, salt and pepper in base of Microwave Pressure Cooker, stir to combine.
- Place cover on 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.
- Add potatoes and carrots, Place cover on Pressure Cooker, 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.

Irish Pork Stew

- | | |
|------------------------------------|---|
| 2 lb. Pork, cubed | 2 carrots peeled, sliced about ¼" thick |
| ¼ cup all purpose flour | ½ lb. baby Yukon Gold or small red potatoes quartered |
| 1 tsp. kosher salt divided | ¼ cup Italian flat leaf parsley, chopped |
| 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 | |

- Place all ingredients in the base of the Microwave Pressure Cooker, stir to combine.
- Place cover on Pressure Cooker, 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.

123

124

Italian Beef Sandwich

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



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

125

Japanese Cabbage Stew

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



1. Combine all ingredients in the base of 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.

126

Korean Beef Short Ribs

Recipe by ChefMike McCurdy

- 1½ - 2 lbs. sliced boneless beef short ribs
- ¼ cup Hoisin sauce
- ¼ cup unseasoned rice vinegar
- ¼ 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)
- 1 cup packed fresh cilantro leaves



1. Add garlic and ginger to the base of the Power Chef System with blade attachment, pull cord to chop finely.
2. Add onions, green onions and cilantro to the Power Chef System and pull cord to chop.
3. Add remaining marinade ingredients to the Power Chef System and pull cord (slowly at first) until thoroughly combined.
4. Place short ribs into base of 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.

127

Lamb Tagine

- 2 cloves garlic, crushed
- 1 red onion, diced
- 1 yellow bell pepper, diced
- 1 red bell pepper, diced
- 1 (14 oz.) can diced tomatoes
- 1 (14 oz.) can chickpeas, drained and rinsed
- 1 cup prunes
- 2 tsp. paprika
- 2 tsp. cumin
- 2 tsp. ground ginger
- 2 tsp. cinnamon
- 1 tsp. ground ginger
- ¼ tsp. turmeric
- Salt and pepper
- 2 Frenched lamb shanks
- TO SERVE:**
- Fresh coriander
- Pomegranate seeds
- Nuts of choice (Slivered almonds, pistachios etc.)
- Couscous



1. Combine all ingredients, except lamb, in 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.

128



Lasagna

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



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

129

Lemon & Garlic Roast Chicken



- 2 Tbsp. butter, melted
- 2 Tbsp honey
- ¼ tsp. rosemary
- ¼ tsp. thyme
- 1 tsp. paprika
- salt & pepper, to taste
- 3 garlic cloves, minced
- 3 lb. whole chicken
- 2 lemons, zested, 1 sliced, 1 quartered
- 1 medium onion, sliced
- ½-1 cup Chicken stock



1. In a small bowl combine butter, honey, rosemary, thyme, paprika, garlic, salt and pepper.
2. Place sliced lemons and half of the onions in the base of the Pressure cooker. Place chicken on top of lemons and onions (make sure chicken skin is dry).
3. Stuff remaining lemon and onions inside the whole chicken.
4. Pour butter mixture over chicken.
5. Seal and microwave on high power 20-25 minutes.
6. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.

130



Lemon Chicken & Rice Soup

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



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

131



Lemon Parmesan Risotto

Recipe by ChefMike McCurdy

- 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
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cup shredded Parmesan cheese
- ¼ cup chopped fresh Italian parsley



1. In the base of the Power Chef 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 base of the pressure cooker.
2. Add to the Pressure Cooker, the Arborio rice, ¼ of the lemon zest, juice of half a half a lemon, chicken or vegetable broth, salt and pepper; stir to combine then seal and lock the Pressure Cooker.
3. Microwave at full power for 16 minutes.
4. While risotto is cooking, chop parsley in Chop N' Prep; 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.

132

Lemony Ranch Chicken & Potatoes

- 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



1. In the base of the Microwave Pressure Cooker, combine potatoes and zest. Squeeze lemon pieces over potatoes and add to 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 Pressure Cooker. Microwave on high power 18 minutes.
3. Remove pressure cooker 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.

*Ask your favorite consultant for this recipe

133

Lentil Sloppy Joes

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



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

134

Lima Beans & Smoked Sausage

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



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

135

Macaroni & Cheese

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



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

136

Mango Jerk Chicken

4 chicken breasts (about 1½ lb.)
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



1. Season chicken with jerk seasoning and place in the base of the Pressure Cooker.
2. Add red onion, bell pepper, mango, chicken broth and cilantro to the 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.

137

Maple Sweet Potato Casserole

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



1. In base of 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 Pressure Cooker base. Add salt, maple syrup and toss to coat. Top with pecans and/or cinnamon, if desired. Serve immediately.

138

Mashed Cauliflower

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
¼ tsp. kosher salt
¼ tsp. black pepper

Optional Add ins
Roasted garlic
Parmesan cheese



1. In base of 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 base of Pressure Cooker, add milk, yogurt, butter, salt and pepper and mash with Tupperware Masher.

139

Mashed Potatoes

2 lbs. potatoes, peeled and quartered
2½ cups water
3 Tbsp. butter
¼ cup milk
Salt and pepper to taste



1. In base of 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 Pressure Cooker base. Add butter, milk, salt and pepper and mash with Tupperware masher.

140

Mexican Meatball Stew

- 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



1. In base of 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.

141

Mexican Pinto Beans

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



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

142

Mexican Street Corn Soup

- 4 tablespoons butter
 - 1 small white onion, diced
 - 1 jalapeno*, deseeded & minced
 - 5 cloves garlic, crushed
 - 2 tsp. ground cumin
 - 1 tsp. chili powder
 - 5 cups frozen corn kernels
 - 1 Tbsp. sugar
 - 1½ tsp. salt
 - 3 cups chicken stock
 - 1½ Tbsp. cornstarch
- Toppings*
- ½ lb. bacon, cooked and crumbled
 - ½ cup crumbled cotija cheese
 - 1 jalapeno, sliced



- 1½ cups heavy cream, half and half, or milk
- 1 cup freshly chopped cilantro

1. In base of Pressure Cooker add butter, onions, jalapeño, garlic, cumin, chili powder, corn sugar and salt.
2. Combine cornstarch and broth and pour into the 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 jalapeno slices

*Add jalapeño seed for more spicy soup

143

Mongolian Beef

- 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
- ¾ cup dark brown sugar
- ½ tsp. minced fresh ginger
- 2 Tbsp. cornstarch
- 3 Tbsp. water
- 3 green onions, sliced into 1" pieces



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

144

Moroccan Chicken Tagine

Juice from 1 lemon
1 lemon, cut into 8 wedges
1 Tbsp. olive oil
1 large onion, halved, thinly sliced
3 garlic cloves, pressed
1 Tbsp. chopped fresh ginger
1 Tbsp. paprika
2 tsp. ground cumin
1 tsp. ground cinnamon

10 prunes, chopped
2 cups low-salt chicken broth
3 lb. chicken quarters, cut in half, skin removed
½ cup green olives
10 whole almonds, toasted and slivered
3 Tbsp. Extra virgin olive oil

Cooked white rice



TUPPERWARE



1. Add ingredients in the base of 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

145

Mushroom Risotto

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
¼ cup Parmesan cheese



TUPPERWARE



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

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

146

Mushroom, Spinach & Sundried Tomato Risotto

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



TUPPERWARE



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

147

Mustard Ale Sausage & Peppers

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



TUPPERWARE



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

148

OJ Beet Salad

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



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

149

One Pot Pasta

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



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

150

Onion, Chive & Bacon Creamed Corn

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



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

151

Paella

1 small onion, diced
1 clove of garlic, minced
1 cup tomatoes, diced
1 red pepper, diced
½ lb. chicken breast, cut into chunks
2 tsp. poultry seasoning
⅓ lb. smoked garlic sausage, sliced
1 tsp. saffron threads
1 tsp. salt
¼ tsp. pepper

1 cup broth of your choice
⅓ cup long-grain rice
¼ cup green peas, frozen
⅓ cup shrimp
12 fresh mussels (you can also use frozen ones, but then you have to cook 3 minutes longer)



1. Add onion, garlic, tomatoes, red pepper, chicken, poultry seasoning, smoked sausage, saffron, salt, pepper, broth and rice into the base of 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.

152

Orange Chicken

2 lbs. chicken breast or thighs cut into 1-2 inch pieces
¼ cup lite soy sauce
1 Tbsp. Sriracha
zest from 1 orange

Sauce

1 cup orange juice
1 Tbsp. ginger grated
6 cloves garlic, minced
1 Tbsp. rice wine or dry white wine
¼ cup tomato sauce optional
¼ cup granulated sugar
¼ cup brown sugar

Cornstarch Slurry
2 Tbsp. cornstarch
2 Tbsp. orange juice



1. Add chicken into the base of 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.

153

Peach Cobbler

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



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

155

Pasta e Fagioli Soup

1 lb. lean ground beef
1 onion, diced
3 garlic cloves, minced
2 carrots, diced
2 stalks celery, diced
2 cups beef broth
1 cup Ditalini pasta or macaroni
1 (16 oz.) can tomato sauce
1 (15 oz.) can diced tomatoes

1 (15 oz.) can red kidney beans
1 (15 oz.) can northern beans
1 Tbsp. Italian Seasoning
1 tsp. vinegar
Salt and pepper to taste

Topping
Parsley, chopped
Parmesan cheese, grated



*Do not drain canned foods

1. Crumble raw ground beef in the base of Microwave Pressure Cooker.
2. Add remaining ingredients over ground beef.
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.

154

Peanut Butter Cup Cake

1 pkg. yellow cake mix
3 eggs
1 cup water
¼ cup peanut butter
¼ cup butter, softened
¼ cup Hershey's chocolate syrup, divided + 3 tbsp.
2 (8 oz.) bags Reese's mini peanut butter cups

Frosting
3 Tbsp. peanut butter
3 Tbsp. milk
1 cup powdered sugar



1. Mix, cake mix, eggs, water, peanut butter and butter in a medium That'sa bowl, set aside ⅓ of batter. Pour half of the remaining cake batter into the base of the Pressure Cooker, drizzle ¼ cup chocolate syrup over batter, then sprinkle one 8 oz. bag of Reese's peanut butter cups over batter.
2. Add 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.

156

Penne Alla Gigi

2 cups uncooked penne pasta
1 cup water
1 (15 oz.) can diced tomatoes
1 Tbsp. of Italian seasoning
1 shallot, chopped
1 cup ham, cut into cubes
1 (8 oz.) can mushrooms or 4 oz fresh mushrooms, sliced
1/3 cup heavy cream
Parmesan cheese, to taste
Arugula, optional



TUPPERWARE



1. In the base of 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.

157

Pork Medallions in Creamy Dijon Mushroom Sauce

2 pork tenderloins (2-2½ pounds total), trimmed of fat and silver-skin and cut into medallions
2 Tbsp. corn starch
1/2 cup heavy whipping cream
4 oz. cream cheese, softened
Kosher salt
Cracked black pepper
4 Tbsp. Dijon mustard
8 oz. cremini mushrooms, thinly sliced
2 cup beef broth
1/4 cup dry white wine
1/2 tablespoon Worcestershire sauce



TUPPERWARE



1. Season pork with salt and pepper, baste pork with mustard and place into the base of the 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.

158

Pork Salsa Verde

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



TUPPERWARE



1. In a medium sized skillet, 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 Power Chef System 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 1/2 cup water and whisk it with the cornstarch. Add it Microwave Pressure Cooker, cover and allow to thicken for 5-10 minutes.

159

Pork Shoulder, Braised

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



TUPPERWARE

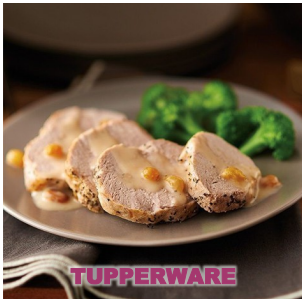


1. Season pork shoulder with salt, pepper, cumin, oregano and chili flakes. Place in base of Microwave Pressure Cooker.
2. Add remaining ingredients to Pressure Cooker.
3. Seal and microwave on high power 20 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator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

160

Pork Tenderloin with Raisin Cream Sauce

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



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

161

Pot Roast

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



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

162

Pot Roast Sandwich

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



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

163

Pulled Apple Cider Chicken

- 1 lb. chicken breast
- 1 tsp. coarse kosher salt
- 1 green apple, cored and quartered
- ¼ onion, peeled and halved
- 2 cups apple cider or juice



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

164

Pulled Chipotle Chicken Tacos

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

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



TUPPERWARE



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

165

Pulled Pork Sandwich

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



TUPPERWARE



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

166

Pulled Pork Street Tacos

Recipe submitted by Caren Holmes

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



TUPPERWARE



1. Place pork in Season Serve Container and rub with oregano, cumin and olive oil, refrigerate for 3-4 hours.
2. Place pork in base of Microwave Pressure Cooker and season with salt and pepper.
3. In the base of the Power Chef System with blade attachment, add onion, jalapeño, garlic and peppers cover and pull cord until pureed. Pour over pork.
4. Add orange juice and mesquite or 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 fry pan, to get a crust, then remove to a cutting board and shred using 2 forks.
7. Serve warm on tortillas with desired condiments.

167

Pulled Pork with Apple Slaw

PORK ROAST

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

APPLE SLAW

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



TUPPERWARE



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

168

Pumpkin & Spinach Risotto

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



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

169

Quick Chicken Mole

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



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

170

Quick Polenta or Grits

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



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

171

Red Curry Lamb in Coconut Cream

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



1. In the base of 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. Remove cover, stir polenta. Season with salt and pepper to taste.
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.

172

Rice Pilaf

- 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
- ¼ tsp. ground turmeric
- ¼ tsp. ground cumin
- ¼ tsp. ground paprika
- salt and pepper, to taste
- 2 Tbsp. chopped fresh parsley
- 2 oz. pine nuts, toasted



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

173

Roast Beef with Horseradish Cream Sauce

- 3-lb. beef eye round or rump roast
- 1 Tbsp. Steak & Chop Seasoning
- 3 cups beef stock
- ¾ cup sour cream
- 1 Tbsp. horseradish
- ¼ tsp. coarse kosher salt
- ¼ tsp. black pepper
- 1 Tbsp. mayonnaise
- 3 green onions, chopped



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

174

Roasted Whole Chicken

- 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



1. Place vegetables in the base of the Microwave Pressure Cooker, mid broth and garlic pour over vegetables.
2. Coat chicken with seasoning and place in base of 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.

175

Rotisserie Chicken

- 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



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 into base of 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.

176

Sancocho

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



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

177

Sausage & Peppers

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



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

178

Sausage & Potato Soup

Recipe by consultant Briar-Rose Jacobson

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



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

179

Shredded Chicken Nachos

- 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



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

180

Simply Salsa Chicken

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



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

181

Simply Salsa Chicken II

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



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

182

Smores Lava Cake

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

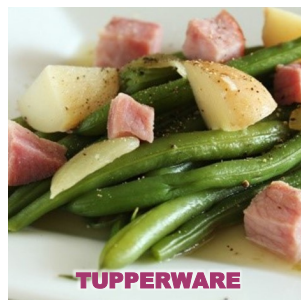


1. In a large bowl, combine the cake mix, water, eggs and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Add to the base of the pressure cooker.
2. In another bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Spoon over cake batter; sprinkle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

183

Southern Green Beans & Potatoes

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



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

184

Spiced Pork Chops with Apple Chutney

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

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



Spicy N Sweet Potato Mash

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

1. In base of 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 Pressure Cooker base. Gently mash and add remaining ingredients one at a time. Top with additional cayenne pepper if desired.

185

186

Spicy Indian Lamb & Potatoes (Aloo Gosht) with Cucumber & Mint Raita

Recipe Submitted by ChefMike McCurdy

- 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 medium baking potatoes, peeled, cut into chunks
 - 1 jalapeño pepper (optional, for 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 cucumbers 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

1. Place lamb pieces into base of Pressure Cooker. Sprinkle spices over meat and mix to coat.
2. Finely chop garlic and ginger in Chop N' Prep. Sprinkle over meat.
3. Add tomatoes (and their juice) and cilantro. Add 1 tsp. salt. Stir together to mix.
4. Cover and seal Pressure Cooker and cook on HIGH for 25 minutes. Allow to depressurize naturally.
5. After lamb has depressurized, remove cover and add potatoes, fried onions and remaining 1 tsp. salt. Stir to combine. Re-cover, seal and cook on HIGH for 20 minutes. Allow to depressurize naturally.
6. 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.
7. In the base of the Power Chef System 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.
8. Serve Lamb and potatoes over rice and top with jalapeño slices, add a couple Tbsp of Raita on the side.

187

Spicy Pepper Steak

Recipe by consultant Nitra Anderson

- 1 lb. Flank steak, thinly sliced
- 1 onion
- 1 bell pepper
- 1 jalapeño pepper, deseeded
- 3 habanero pepper, deseeded
- 3 garlic cloves
- 1 packet of McCormick beef and herbs gravy
- ¾ cup of flour
- 2 cups beef broth
- ½ tsp. seasoning salt
- ¼ tsp. pepper
- ¼ tsp. garlic powder

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

188

Spicy Turkey Chili

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

Optional Toppings
Green onions, for garnish
½ cup shredded Cheddar



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

189

Spinach Lasagna

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



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

190

Split Pea Soup

Recipe by consultant Raquel Lynn

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



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

191

Spinach, Tomato & Mushroom Risotto

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



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

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

192

St Louis Style BBQ Ribs

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



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

193

Strawberry Cobbler

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



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

194

Summer Poached Pears

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



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

195

Sweet & Spicy Chicken Sesame Meatballs

Recipe submitted by Chef Mike McCurdy

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

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

Garnish

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



1. In the base of the Power Chef System with the blade attachment add mushrooms garlic, ginger, cilantro and white part of scallions, cover and pull cord until finely diced. Transfer to bowl and add sliced green scallions and sesame oil.
2. Add ground chicken and mix thoroughly. Form meatballs by heaping tablespoons. (approx. 16) and place in a single layer into base of Pressure Cooker.
3. For the sauce, in the base of the Power Chef System 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 slowly until combined. Pour over meatballs.
4. Cover and seal 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 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 and cilantro.

196

Sweet Potato Chana Masala

1 lb. sweet potato, peeled and diced into 1" cubes
 1 onion, diced
 1" piece ginger, minced
 2 cloves garlic, minced
 1 tsp. ground cumin
 1 tsp. ground coriander
 2 tsp. garam masala spice
 ¼ tsp. ground cardamom
 1 green chili, thinly sliced
 1 (15 oz.) can chickpeas, drained and rinsed
 1 (15 oz.) diced tomatoes
 1 cup vegetable stock
 1 Tbsp. butter
 3 Tbsp. natural yogurt

To serve
 Salt and pepper, to taste
 Basmati rice
 Fresh coriander



1. Place all ingredients in base of 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.

197

Sweet Potato Soup

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



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

198

Taco Soup

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



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

199

Tamale Spoon Pie

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 tsp. Taco Seasoning blend
 2 tsp. instant masa or finely ground instant cornmeal
 ½ tsp. kosher salt

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



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

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

200



Teriyaki Chicken

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



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

201



Thai Beef & Peppers

- ¼ cup low-sodium soy sauce
- 3 Tbsp. sherry
- 2 Tbsp. cornstarch
- 2 Tbsp. packed brown sugar
- 1 Tbsp. minced fresh ginger
- 1 tsp. red chili paste or a few dashes red chili oil
- 2 cloves garlic, minced
- 1 lime, juiced, divided
- 1 lb. flank steak, sliced very thin against the grain
- 1 medium onion, sliced
- 1 red bell pepper, cored and sliced into strips
- 1 green pepper, cored and sliced into strips
- 2 cups beef broth
- 3 Tbsp. cornstarch



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

202



Thai Chicken Soup

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



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

203



Thai Yellow Curry

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 tsp. chopped coriander
- 1 tsp ground coriander seeds
- 1 tsp. curry powder
- 1 tsp. turmeric
- Salt and pepper
- 2 red birds eye chillies (seeds removed), halved

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



1. Place all curry paste ingredients into Power Chef System with Blade Attachment, process until ingredients form a smooth paste.
2. Place the green beans, eggplant, bok choy, stock, shallots, curry paste, fish sauce, sugar, zest and half the lime juice in the base of the Pressure Cooker. Mix to combine and top with pumpkin slices. Lock the 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, chilli and fried shallots.

204

Tropical Pulled Pork

- 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

Favorite Coleslaw



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

205

Tortilla Soup

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



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

206

Tuna Noodle Casserole

Recipe submitted by Steve Kooser

- 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



1. In a small bowl, mix cream of mushroom soup, milk, salt and pepper.
2. Add the remaining ingredients in the base of the 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.

207

Turkey with Mushrooms

- 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
- ½ cup white wine
- ¾ cup water
- ¾ cup light cream
- 2 sprigs parsley, chopped



1. Cut the turkey cutlets into strips, place them in the Pressure Cooker, sprinkle the cornstarch and mix.
2. Add mushrooms and shallots to the 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 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.

208



Tuscany Creamy Tortellini Soup

- 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
- ¼ cup heavy cream
- ¼ cup grated parmesan cheese
- 1 tsp. italian seasoning
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cups cooked and shredded chicken (I used rotisserie)
- 6 oz. refrigerated tortellini
- 1 cups spinach



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

209



Ultimate Party Meatballs

- 1 lb. ground pork or beef
- 2 garlic cloves, minced
- 1 small onion, chopped
- ¼ cup breadcrumbs
- 1 egg, lightly beaten
- 1 tsp. coarse kosher salt

Sauce

- 1 cup grape jelly
- 1½ cups BBQ sauce
- ½ cup grape juice



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

210



Vanilla Cider Apples

- 6 small golden apples, peeled and cored
- 1½ cups apple cider
- 1 vanilla pod, split and scraped
- 3 egg yolks
- ¼ cup sugar
- 3 Tbsp. cornstarch



1. Place apples into base of 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.

211



White Chicken Chili

Recipe by consultant Kevin Farrell

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

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



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

212

White Chocolate & Raspberry Pudding

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

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



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

213

Zuppa Toscana

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



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

214