

# TUPPERWARE RICE MAKER

## RECIPES AND COOKING GUIDE



## RICE MAKER INSTRUCTIONS

- Fill the base with rice first and then add water; paying attention to the maximum fill line. To avoid boiling over, do not exceed maximum quantities. Never use any type of fat such as butter, oils or liquids that contain fat such as milk or broth in the Microwave Rice Maker. Use only water for cooking rice.
- Place the insert on to the base with the rimmed side up.
- Line up the handles of the lid with the handles on the side of the base. Snap the handles in place by folding down and "clicking" the handles of the cover on the handles of the base to lock them in place. For Best Results
- Rinse the rice unless otherwise stated on the packaging.
- Use cold water.
- When cooking with salt (1 tsp.) add 2 – 4 minutes of cooking time to the lowest power setting used during the cooking time.
- Allow rice to stand five minutes before serving.
- Fluff the rice after cooking with a plastic non-scratch Tupperware utensil.

Type of Grain*	Grain Quantity*	Liquid*	Cooking Time 1,000 Watt Microwave
White Rice (no salt)	1 cup	1½ cups	High Power: 5 min. & Medium Power: 15 min
Jasmine Rice	1 cup	1½ cups	High Power: 5 min. & Medium Power: 15 min
Basmati Rice	1 cup	1½ cups	High Power: 5 min. & Medium Power: 15 min
Sushi Rice	1 cup	1½ cups	High Power: 5 min. & Medium Power: 15 min
Texmati Rice	1 cup	2 cups	High Power: 5 min. & Medium Power: 15 min
Quinoa	1 cup	2 cups	High Power: 8 min. and Stand: 15 min.
Israeli Couscous	1 cup	2 cups	High Power: 10 min.
Brown Rice	1 cup	2½ cups	High Power: 5 min. & Medium Power: 40 min
Wild Rice	1 cup	3 cups	High Power: 5 min. & Medium Power: 55 min

\*Timing and water level should be adjusted according to grain quantity, microwave power setting, microwave wattage and desired moisture.

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## TUPPERWARE RICE MAKER



Now you can enjoy the home-steamed flavor of perfect rice every time. This unique product lets you both cook and serve rice, all from one container.

Here's all you have to do: simply place ingredients in container base, add the insert, snap on the cover and microwave. In just minutes, you'll have enough healthy, delicious cooked rice for your entire family.

- Makes up to four cups of delicious cooked rice
- Insert includes cooking guidelines for nine types of grains
- In Rhubarb/Royal Amethyst

## TUPPERWARE RICE MAKER RECIPES

5. Autumn Rice Pilaf
6. Basmati Primavera
7. Black Beans & Rice
8. Cheddar Broccoli Rice
9. Cilantro Lime Rice
10. Cucumber & Tomato Quinoa Salad
11. Curried Rice
12. Fried Rice
13. Overnight Steel Cut Oats
14. Pineapple Rice
15. Quinoa & Pork Tenderloin Salad
16. Quinoa & Black Bean Salad
17. Quinoa & Spinach Salad with Cilantro Lime Dressing
18. Spanish Rice

## AUTUMN RICE PILAF

1 cup jasmine rice  
1½ cups chicken broth  
3 Tbsp. unsalted butter  
½ large onion, diced  
1 cup mushrooms, diced (approx. 2 oz.)  
2-3 loosely packed cups spinach or baby kale  
¼ cup sunflower seeds  
½ cup dried cranberries  
1 tsp cinnamon  
½ tsp garlic powder  
salt & pepper to taste



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1. Combine jasmine rice and chicken broth in the Microwave Rice Maker.
2. Replace cover and microwave on high for 13-15 minutes.
3. Meanwhile, melt butter in a Chef Series skillet over medium heat. When the butter begins to sizzle add the onions and cook for 2 minutes. Add the mushrooms and continue to cook until the onions are nearly translucent. Season with salt & pepper.
4. Add spinach. Stir often to cook, reducing heat if rice is not done yet.
5. Add cinnamon, garlic powder, sunflower seeds and dried cranberries. Stir well.
6. Fold in cooked rice. Take care to stir well, but not to over-stir so rice doesn't become mushy.
7. Taste and season with salt & pepper as needed.

## BASMATI PRIMAVERA

2 cups water  
½ tsp. coarse kosher salt, divided  
¼ cup rice  
¼ cup carrot, chopped  
¼ cup parsnip, chopped  
¼ cup butternut squash, chopped  
4 tbs. butter  
¼ cup heavy cream  
1 small garlic clove, crushed  
1 tbs. fresh thyme, minced



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1. In the base of the Microwave Rice Maker add water, salt, rice, carrot, parsnip, and butternut squash; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 10 minutes more.
2. Remove from microwave, let stand 5 minutes. Transfer rice and vegetables to a large bowl, fluff with fork.
3. Meanwhile in the MicroPitcher add butter, cream, garlic, and thyme. Microwave on high power, 30 seconds, or until butter has melted.
4. Pour butter mixture over rice; toss to coat. Serve warm.

## BLACK BEANS & RICE

1 cup long-grain, white basmati rice  
1½ cups water or chicken broth  
salt and pepper  
½ red onion, chopped  
1 bay leaf  
2 garlic cloves, minced  
1 tsp. dried oregano  
1 tsp. ground cumin  
1 (15 oz.) can black beans, NOT drained

1 tsp. hot sauce  
3 tsp. red wine vinegar

*Optional, for serving*  
¼ cup cilantro, roughly chopped  
½ red onion, diced  
lime wedges



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1. In the base of the Microwave Rice Maker add rice, water, onion, bay leaf, garlic, oregano, cumin, hot sauce and vinegar ; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 10 minutes more.
2. Remove from microwave, let stand 5 minutes. Fluff with fork.
3. Stir in cilantro. Serve with red onion and lime wedges.

## CHEDDAR BROCCOLI RICE

1 cup long grain rice  
1 cup water  
1 cup chicken broth  
½ tsp. minced garlic  
½ cup small broccoli florets, chopped  
¾ cup sharp cheddar cheese, grated  
1 tbs. oil  
Salt, pinch  
Pepper, pinch



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1. In the base of the Microwave Rice Maker add water, rice, chicken broth, garlic and broccoli; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 12-15 minutes more.
2. Remove from microwave, let stand 5 minutes.
3. Stir in remaining ingredients, mix well.

## CILANTRO LIME RICE

- 1 cup basmati rice
- 1½ cups water
- Zest of one lime
- 3 Tbsp. lime juice
- ¾ cup cilantro, chopped



1. In the base of the Microwave Rice Maker add water, rice and lime zest; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 15 minutes more. Remove from microwave, let stand 5 minutes.
2. Add lime juice and cilantro, mix and serve.

## CUCUMBER & TOMATO QUINOA SALAD

- 1 cup quinoa
- 1½ cups chicken broth
- 2 tbs. red wine vinegar
- 1 tbs. olive oil
- ¼ t sp. salt
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ t sp. oregano
- 2 roma tomatoes
- ½ English cucumber
- ¼ cup flat leaf parsley
- 1 can rinsed and drained chickpeas



1. Combine quinoa and chicken broth in a Microwave Rice Maker.
2. Replace cover and microwave on high for 15-18 minutes. Fluff with a serving spoon.
3. Place red wine vinegar, olive oil, salt, garlic powder, onion powder and oregano in a Quick Shake Container. Replace seal and shake well to combine.
4. Place tomatoes, english cucumber and flat leave parsley in the base of Power Chef. Replace cover and pull cord 2-3 times to coarsely chop.
5. Place chopped vegetable and chickpeas with cooked quinoa in a large bowl.
6. Toss vegetables and cooked quinoa with dressing.
7. Season with salt and pepper to taste.

## CURRIED RICE

- 1 cup long grain rice
- 2 cups chicken broth
- 3 tbsp. onion, minced
- ½ teaspoon garlic
- ½ tsp. allspice
- ½ tsp. turmeric
- ½ tsp. curry powder
- Salt, pinch
- Pepper, pinch



1. In the base of the Microwave Rice Maker add all ingredients; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 12-15 minutes more. Remove from microwave, let stand 5 minutes.
2. Fluff rice and serve.

Note Spices may stain Rice Maker

## FRIED RICE

- 1 cup brown rice
- 1½ cups chicken broth
- 1 cup peas & carrots, frozen
- 2 tbsp. red onion, diced,
- 2 eggs
- 1 tbsp. minced garlic
- 2 tbsp. low-sodium soy sauce,
- 1 tbsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tsp. minced ginger
- Green onion, chopped to garnish



1. Combine brown rice and chicken broth in the Microwave Rice Maker.
2. Replace cover and microwave on high for 10-13 minutes. Remove cover add red onion, peas and carrots.
3. Replace cover and microwave on high for 2-3 minutes.
4. Meanwhile, in the Quick Shake Container add eggs, garlic, soy sauce, sesame oil, rice vinegar, and ginger, replace cover and shake until well blended.
5. Remove cover from Rice Maker, stir in egg mixture, replace cover and microwave for 1-2 minutes.
6. Serve and top with chopped green onions.

## OVERNIGHT STEEL CUT OATS

1 cup steel cut oats  
4 cups water

*Toppings*  
walnuts and  
shredded coconut  
peanut butter  
strawberries  
cinnamon  
almonds and  
dried cranberries  
pecans  
golden raisins



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### *The night before*

1. Combine steel cut oats and water in base of Microwave Rice Maker.
2. Microwave at 50% power 8 minutes.
3. Portion into four Microwave Cereal Bowls and store in refrigerator overnight.

### *Morning of*

1. Microwave one bowl of oats uncovered at 50% power 3–4 minutes.
2. Add reduced-fat (2%) milk or water, adjust to desired thickness.
3. Add desired toppings.
4. Serve warm.

## PINEAPPLE RICE

2 cups water  
¼ tsp. coarse kosher salt, divided  
¾ cup long-grain rice  
¼ piece small red onion, peeled  
2 garlic cloves, peeled  
1 ½ cups roughly chopped fresh pineapple  
¼ cup minced fresh cilantro



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1. In the base of the Microwave Rice Maker add water, salt and rice; stir to combine. Microwave on high power 5 minutes. Continue to microwave at 50% power 10 minutes more. Remove from microwave, let stand 5 minutes.
2. Meanwhile in the base of the Power Chef fitted with blade accessory add onion and garlic. Cover and pull cord until well minced. Add pineapple, cover and pull cord until finely chopped.
3. In a medium bowl combine rice, pineapple mixture, and cilantro. Serve warm or cold.

## QUINOA & PORK TENDERLOIN SALAD

2 lb. pork tenderloin  
5.6-oz. package plain,  
uncooked quinoa  
½ cup sliced, marinated  
artichoke hearts  
¼ cup sliced olives  
½ bunch fresh baby spinach  
1 cup cherry tomatoes, cut in  
half

2 tbsp. flat-leaf parsley, finely  
chopped  
¼ cup balsamic vinegar  
1½ tbsp. extra virgin olive oil  
4 garlic cloves, minced  
salt and pepper



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1. Place water in water tray of Smart Steamer. Place pork tenderloin in steamer base. Cover and microwave on high power 17 minutes, or until the pork tenderloin reaches an internal temperature of 165°F/74°C. Let rest 5 minutes, then slice thinly.
2. Prepare quinoa in the Microwave Rice Maker according to the directions in the product insert (1 cup quinoa, 2 cups water. Microwave on high power for 5 min and let stand 15 minutes). Allow to cool and fluff with a serving spoon. Add artichoke hearts, olives, spinach, cherry tomatoes and parsley.
3. In a small bowl, whisk together balsamic vinegar, olive oil and garlic until well blended; season with salt and pepper to taste and pour over salad. Stir to combine.

## QUINOA & BLACK BEAN SALAD

1 cup quinoa  
1½ cups fat-free chicken broth  
¼ cup fresh squeezed orange  
juice  
1 tbsp. grated orange zest  
¼ cup extra virgin olive oil  
2 cloves garlic, minced  
juice of one lime  
¼ cup cilantro, chopped  
salt and pepper

1 tbsp. Dijon mustard  
1 tbsp. Southwest Chipotle Seasoning  
1 small yellow pepper, quartered  
2 medium vine-ripened tomatoes,  
chopped  
15 oz. can black beans, drained  
1 small red pepper, seeded and cut  
into large chunks



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1. Combine quinoa, chicken broth, orange juice and zest in a Microwave Rice Maker.
2. Replace cover and microwave on high for 15–18 minutes. Fluff with a serving spoon.
3. Place olive oil, garlic, lime juice, cilantro, Dijon mustard and Seasoning in a Quick Shake® Container. Replace seal and shake well to combine.
4. Place red and yellow peppers in base of Chop 'N Prep Chef. Replace cover and pull cord 2–3 times to coarsely chop.
5. Place peppers and remaining ingredients with cooked quinoa in a large bowl.
6. Toss vegetables and cooked quinoa with dressing.
7. Season with salt and pepper to taste.



## QUINOA & SPINACH SALAD WITH CILANTRO LIME DRESSING

### *Salad*

1 cup quinoa  
 1½ cups low-sodium vegetable broth  
 ¼ cup orange juice  
 ¼ cup red pepper, chopped  
 ¼ cup green pepper, chopped  
 ½ cup black beans canned, drained  
 2 cups spinach  
 2 Tbsp. Cilantro Lime or preferred dressing

### *Cilantro Lime Dressing*

¼ cup cilantro  
 2 garlic cloves, peeled  
 ⅓ cup extra virgin olive oil  
 ½ lime, juiced  
 1 tbsp. Dijon mustard  
 1tbsp. Southwest Chipotle Seasoning\*  
 ¼ tsp. coarse kosher salt



1. Combine quinoa, vegetable broth and orange juice in Microwave Rice Maker. Replace cover and microwave on high power 15–18 minutes. Fluff with a fork and chill in refrigerator.
2. Toss quinoa with vegetables .
3. In the Quick Shake Container add all dressing ingredients, cover and shake well. Pour over salad.

\*Ask your consultant for this recipe or you can use taco seasoning.



## SPANISH RICE

1 cup long grain rice  
 1 cup water  
 1 cup chicken broth  
 1 envelope enchilada sauce mix  
 ½ cup picante sauce



1. In the base of the Microwave Rice Maker add water, rice, chicken broth, stir to combine.
2. Microwave on high heat 5 minutes. Continue to microwave at 50% power 12-15 minutes more. Remove from microwave, let stand 5 minutes.
3. Pour rice into a serving bowl, Stir in remaining ingredients, mix well.