

TUPPERWARE
MICROWAVE
STACK
COOKER
STACKED MEALS
2019



Tupperware
MICROWAVE STACK COOKER

Everyone deserves hot, fresh and delicious meals, even on nights when it seems impossible. In the Stack Cooker, meat stays moist, cakes bake up fluffy and dips and sauces come out creamier than ever. You won't believe this microwave magic.



Liquid-tight seals for storing meals before or after cooking. ALWAYS remove seals before cooking or reheating in the microwave.



Colander for cooking veggies or meats. During cooking, fat drains from meats into Casserole below, making your meal that much healthier.



Cone for baking cakes or preparing molded dishes such as meatloaf. Fits inside 3-Qt. Casserole.



#1 3/4-Qt. Casserole/ Cover

3/4-Qt. Casserole/ Cover can be placed on top as cover or **flipped over** and used as a shallow Casserole.



#2 1 3/4-Qt. Casserole

1 3/4-Qt. Casserole is designed to allow air to circulate underneath for even cooking, even when stacked.



#3 3-Qt. Casserole

3-Qt. Casserole for cooking larger quantities of food and baking cakes. Bake a three-layer cake by stacking both Casseroles plus the Casserole/Cover inverted on top.

STACK COOKING IS FUN AND EASY!

PICK ONE RECIPE FROM EACH SECTION AND COOK THREE THINGS AT ONE TIME TO MAKE A COMPLETE MEAL.

MIX & MATCH RECIPES



WHAT'S COOL ABOUT IT?

- Make a complete meal for four in less than 30 minutes.
- Cooks up to three dishes all at once in three stacks. Reduces the loss of soluble vitamins
- Requires minimal fat content, so it's healthier.
- Requires less energy than traditional stoves or ovens & cooks much faster, so you save time & money

WHAT ELSE CAN I DO WITH IT?

- Cook a whole chicken.
- Cooks liquids such as soup & sauces, or grains such as rice, quinoa & pasta.
- Quickly cook & drain ground beef to remove the fat content.
- Micro-bake a cake in the 3-Qt./3 L Casserole with cone, or a three-layer cake with both Casseroles & inverted Cover.
- Ask your consultant for the Single recipes.

STACK COOKER RECIPES

Recipes by Category, Pages 6-8

#1 Stack Cooker ¾-Qt Casserole/Cover Recipes Pages 9-103

#2 Stack Cooker 1-¾-Qt Casserole Recipes Pages 104-196

#3 Stack Cooker 3-Qt Casserole Recipes Pages 197-292

BEEF

Barbecue Joes,
Beef & Blue Cheese Baked Spaghetti
Beef & Peppers
Bistec Encebollado
Bolognese
Burrito Casserole
Chili Con Carne
Chili Stuffed Peppers
Creole Pepper Steak
Curried Meatballs
Enchilada Casserole
Enchilada Casserole 2
Herbed Mini Meatloaves
Italian Meat Sauce
Italian Meatloaf
Meatballs, Beef
Pepper Steak,
Porcupine Meatballs
Sloppy Joes
Spicy Meatballs
Steak and Onions
Steak Oriental
Swedish Meatballs
Sweet & Sour Meatballs
Upside Down Stuffed Peppers

CHICKEN

Arroz Con Pollo
Barbecue Chicken
Breaded Chicken
Chicken Cacciatore
Chicken Casserole Olé
Chicken Enchiladas

Chicken in Apricot Sauce
Chicken Legs
Chicken Paprikash
Chicken with Aurora Sauce
Chicken with Rice
Creamy Balsamic Chicken
Curried Chicken
Herb Coated Chicken
Honey Mustard Chicken
Italian Chicken
Italian Seasoned Chicken
Italian Chicken & Vegetables
Lazy Chicken Enchiladas
Pesto Chicken Drumsticks
Pollo Guisado
Spinach Stuffed Chicken
Stewed Chicken
Sweet & Sour Chicken Thighs

LAMB

Pineapple Salsa Lamb Chops
Spiced Lamb Patties

PORK

Arroz Con Griego
Arroz Con Salchichas
Bacon Onion Rice
Breakfast Casserole
Breakfast Sausages
Chinese Pork
Creamy Turkey & Ham Bake
Glazed Ham & Sweet Potatoes
Glazed Ham Steaks
Ham & Cheese Pasta
Ham Loaves

Island Spiced Pork
Italian Sausage with Pepper & Onions
Jiffy Jambalaya
Pineapple Glazed Ham
Pork with Olives
Rice with Sausage
Quick Sausage Sauce
Rosemary Pork Chops
Sausage and Peppers
Sausage Cabbage Supper
Sausage Link Sandwiches
Sausage Ragù
Sausage Stew

SEAFOOD

Crabby Zucchini
Green Asparagus with Mascarpone and Smoked Salmon
Herbed Salmon Steaks
Jiffy Jambalaya
Mediterranean Fish
Poached Salmon
Risotto with Shrimp
Salmon Loaf with Creamed Peas
Salmon Potato Scallop
Salmon Steak with Dill
Seafood Casserole
Seafood Stew
Shrimp & Asparagus Risotto

TURKEY

Creamy Turkey & Ham Bake
Soy Ginger Turkey Sliders

Turkey & Wild Rice Casserole
Turkey Curry in Squash
Turkey Mini Loaves
Turkey Stroganoff
Turkey with Sour Cream,

BEANS

Asian Green Beans
Boranija Wax Beans
Chili Beans & Rice
Chili Con Carne
Chili Stuffed Peppers
Cuban Black Beans
Curried Chickpeas
Deviled Succotash
Dilled Green Beans & Onions
Garlic White Beans
Greek Green Beans
Green Bean Casserole
Green Beans Amandine
Lentil Stew
Molasses Beans
Mustard Green Beans
Pinto Beans
Smashed Beans
Spicy Baked Beans
Stewed Beans

GRAINS - RICE - OATS

Apple Crisp Lite
Arroz Con Pollo
Arroz Con Griego
Arroz Con Salchichas
Asparagus Risotto
Bacon with Rice

Barley & Mushroom Bake
Cherry Crisp
Chicken with Rice
Chili Beans and Rice
Creamy Apricot Tart
Creamy Spinach & Rice
Couscous
Fruit Crumble
Herbed Couscous
Herbed Orzo
Lentil Stew
Jiffy Jambalaya
Nutty Brown Rice
Perfect Quinoa
Pineapple Rice
Porcupine Meatballs
Quick Basic Rice
Rice Fondant
Rice Pudding
Rice Pudding 2
Rice with Sausage
Risotto with Shrimp
Saffron Rice
Savory Rice
Shrimp & Asparagus Risotto
Spanish Rice
Strawberry Rhubarb Crunch
Tomato Rice
Turkey & Wild Rice Casserole
Turkey Curry in Squash
Upside Down Stuffed Peppers
White Rice

PASTA

Beef & Blue Cheese Spaghetti
Buttered Pasta
Cheesy Orzo
Chicken Paprikash
Easy Macaroni and Cheese
Ham & Cheese Pasta
Lemon Butter Pasta
Lemon Parmesan Orzo
Macaroni & Cheese Casserole
Presto Pasta
Seafood Casserole
Spicy Fettuccini
Spicy Shells & Cheese
Spiral Pasta with Spicy Red Sauce

POTATOES

Au Gratin Potato Casserole
Baked New Potatoes
Barbecue Potatoes
Easy Potato Casserole
Garlic Dill Potato Wedges
Hash Brown Bake
Herbed Potatoes
Italian Herbed Potatoes
Mashed Creamy Potatoes
Mashed Potato and Pumpkin
Mashed Potatoes
Mashed Sweet Potatoes
New Potatoes in Gravy
New Potatoes with Herbs
Pesto Potatoes
Potato Gratin

Sweet Potato Casserole
Sweet Potato Gratin
Sweet Potato Pudding
Tropical Sweet Potatoes
Warm Potato Salad

VEGETABLES

Apple Cabbage Slaw
Apple Sauerkraut Relish
Asian Green Beans
Asparagus Casserole
Asparagus Risotto
Boranija Wax Beans
Broccoli & Cauliflower Casserole
Broccoli & Pecans
Broccoli with Lemon Butter
Cajun Squash
Candied Butternut Squash
Caraway Red Cabbage
Carrot Apple Medley
Cheese Grits
Cheesy Broccoli Cauliflower
Cheesy Cauliflower
Cheesy Orzo
Cherry Tomato Flan
Corn Medley
Cranberry Mandarin Relish
Creamed Corn
Creamed Peas
Creamed Spinach
Creamy Brussels Sprouts
Creamy Polenta
Creamy Spinach & Rice
Curried Chickpeas
Dijon Mushrooms

Dilled Carrots
Dilled Green Beans & Onions
Dilled Peas
Double Corn Stuffing
Fiesta Corn
Fiesta Peas
Fresh Mushroom Stuffing
Garlic & Lemon Broccoli
Ginger Almond Carrots
Grits
Harvest Beets
Italian Asparagus
Italian Zucchini
Lemon Garlic Broccoli
Marinated Vegetable Salad
Minted Peas & Onions
Mushroom, Squash & Peas
Orange Glazed Baby Carrots
Orange Glazed Beets
Peas & Mushrooms
Polenta
Ratatouille
Ratatouille 2
Spiced Cauliflower
Squash Cron Medley
Squash Duo
Summer Squash with Dill
Summer Vegetable Bake
Vegetable Flan
Warm Corn & Pepper Salad
Warm Corn Casserole
Wilted Greens
Zucchini & Carrot Ribbons

BREAD

Bread Pudding
Cornbread
Raisin Bread Pudding
Sour Cream Cornbread

BREAKFAST/BRUNCH

Banana Bread
Banana Rum Delight
Berry Apple Crumble
Blueberry Crumble
Bread Pudding
Breakfast Casserole
Breakfast Sausages
Brunch Omelet
Caramel Apple Streusel
Cheese Grits
Cherry Crisp
Cherry Flan
Cinnamon Apples
Cinnamon Baked Apples
Creamy Scrambled Eggs
Easy Potato Casserole
Egg Bake,
Fruit Crumble
Giant Pancake
Glazed Ham Steaks
Grits
Ham Loaves
Hash Brown Bake
Herbed Potatoes
Loaded Hash Browns
Lemon Raspberry Cake
Maple Candied Apples

New Potatoes with Herbs
Peach Fool
Peaches with Raspberry Sauce
Polenta
Raisin Bread Pudding
Vegetable Flan

DESSERTS

Apple Cheddar Crumble
Apple Crisp Lite
Apricot Banana Compote
Apricot Flan
Banana Bread
Banana Rum Delight
Berry Apple Crumble,
Berry Compote
Blueberry Citrus Topping
Blueberry Crumble
Brandied Plums
Caramel Apple Streusel
Cherry Crisp
Cherry Flan
Chocolate Cake
Chocolate Cherry Custard Cake
Chocolate Espresso Cake
Cinnamon Apples
Cinnamon Baked Apples
Cinnamon Brownies
Cinnamon Orange Poached Pears
Cranberry Spiced Pears
Cranberry Stuffed Apricots
Dried Fruit Compote
Fruit Crumble

Hot Fudge Pudding Cake
Hot Fudge Sauce
Lemon Raspberry Cake
Lime Cheesecake
Maple Candied Apples
Peach Fool
Peaches with Raspberry Sauce
Pear Cheesecake
Pears with Chocolate & Pecans
Perky Peaches
Pina Colada Sundae Sauce
Pound Cake with Tropical Fruit Sauce
Raisin Bread Pudding
Rhubarb Applesauce
Rhubarb Orange Betty
Rice Pudding
Rice Pudding 2
Ricotta Pudding
S'more Cake
S'more Pudding
Spiced Peaches
Spiced Pears
Spiced Stuffed Pears
Strawberry Blushing Pears
Strawberry Lemonade
Shortcake
Strawberry Rhubarb Crunch
Strawberry Rhubarb Sauce
White Chocolate Coconut Cake

SAUCES, RELISHES & COMPOTES

Apple Sauerkraut Relish
Apricot Banana Compote

Berry Compote
Blueberry Citrus Topping
Bolognese
Cherry Compote
Chicken in Apricot Sauce
Chicken with Aurora Sauce
Cranberry Mandarin Relish
Dried Fruit Compote
Hot Fudge Sauce
Italian Meat Sauce
Marinara
Peaches with Raspberry Sauce
Pina Colada Sundae Sauce
Pound Cake with Tropical Fruit Sauce
Quick Sausage Sauce
Red Onion Relish
Rhubarb Applesauce
Spiral Pasta with Spicy Red Sauce
Strawberry Rhubarb Sauce
Warm Pineapple Orange Salsa

#1 STACK COOKER ¾ OR 1 QT. CASSEROLE COVER RECIPES

- | | | |
|-----------------------------------|---|--|
| 10. Apple Cheddar Crumble | 43. Cranberry Stuffed Apricots | 75. Pound Cake with Tropical Fruit Sauce |
| 11. Apricot Banana Compote | 44. Creamed Spinach | 76. Raisin Bread Pudding |
| 12. Apricot Flan | 45. Creamy Apricot Tart | 77. Ratatouille |
| 13. Asian Green Beans | 46. Curried Chickpeas | 78. Red Onion Relish |
| 14. Asparagus Casserole | 47. Dilled Green Beans & Onions | 79. Rhubarb Applesauce |
| 15. Banana Bread | 48. Dried Fruit Compote | 80. Rhubarb Orange Betty |
| 16. Banana Rum Delight | 49. Fiesta Corn | 81. Rice Pudding |
| 17. Barbecue Chicken | 50. Fruit Crumble | 82. Rice Pudding 2 |
| 18. Barbecue Potatoes | 51. Garlic Dill Potato Wedges | 83. Ricotta Pudding |
| 19. Berry Apple Crumble | 52. Giant Pancake | 84. Smashed Beans |
| 20. Berry Compote | 53. Ginger Almond Carrots | 85. S'more Cake |
| 21. Blueberry Citrus Topping | 54. Green Asparagus with Mascarpone and Smoked Salmon | 86. S'more Pudding |
| 22. Blueberry Crumble | 55. Herbed Potatoes | 87. Sour Cream Cornbread |
| 23. Boranija Wax Beans | 56. Italian Chicken | 88. Sour Cream Onion Gravy |
| 24. Brandied Plums | 57. Italian Herbed Potatoes | 89. Spiced Peaches |
| 25. Bread Pudding | 58. Lemon Garlic Broccoli | 90. Spiced Pears |
| 26. Breakfast Sausages | 59. Lemon Raspberry Cake | 91. Spiced Stuffed Pears |
| 27. Caramel Apple Streusel | 60. Lime Cheesecake | 92. Spicy Baked Beans |
| 28. Carrot Apple Medley | 61. Maple Candied Apples | 93. Stewed Beans |
| 29. Cherry Compote | 62. Molasses Beans | 94. Strawberry Blushing Pears |
| 30. Cherry Crisp | 63. Mushroom, Squash & Peas | 95. Strawberry Lemonade Shortcake |
| 31. Cherry Flan | 64. Mustard Green Beans | 96. Strawberry Rhubarb Crunch |
| 32. Cherry Tomato Flan | 65. New Potatoes in Gravy | 97. Strawberry Rhubarb Sauce |
| 33. Cheesy Cauliflower | 66. Orange Glazed Baby Carrots | 98. Sweet Potato Gratin |
| 34. Chocolate Cake | 67. Orange Glazed Beets | 99. Sweet Potato Pudding |
| 35. Chocolate Cherry Custard Cake | 68. Peach Fool | 100. Tropical Sweet Potatoes |
| 36. Chocolate Espresso Cake | 69. Peaches with Raspberry Sauce | 101. Vegetable Flan |
| 37. Cinnamon Apples | 70. Pear Cheesecake | 102. Warm Corn & Pepper Salad |
| 38. Cinnamon Baked Apples | 71. Pears with Chocolate & Pecans | 103. White Chocolate Coconut Cake |
| 39. Cinnamon Brownies | 72. Perky Peaches | |
| 40. Cornbread | 73. Pina Colada Sundae Sauce | |
| 41. Cranberry Mandarin Relish | 74. Pinto Beans | |
| 42. Cranberry Spiced Pears | | |

APPLE CHEDDAR CRUMBLE

- 1 medium red-skinned apple
- 1 medium green-skinned apple
- 2 Tbsp. lemon juice
- ½ cup sugar
- 1 tsp. ground cinnamon
- 1¼ cup chopped walnuts
- 2½ cup flour
- 1½ cup (4 oz.) shredded sharp cheddar cheese
- 4 Tbsp. butter or margarine



1. Core apple but do not pare; slice into 1-inch thick wedges and place in the inverted ¾-Qt. Casserole Cover.
2. Sprinkle slices with lemon juice. In small bowl, stir sugar, cinnamon, walnuts; sprinkle over apple slices. In same small bowl, stir together flour and cheese; with a fork, cut in butter until mixture is crumbly.
3. Crumble mixture over apples.
4. If Stack Cooking, place in top position, microwave 15-20 minutes
5. If cooking individually microwave on high for 10-12 minutes.
6. Let rest 5 minutes.



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APRICOT BANANA COMPOTE

- 1 (16-oz.) can unpeeled apricot halves (in light syrup)
- ⅔ cup orange juice
- ¼ tsp. ground ginger
- 1 medium banana
- ¼ cup coconut, toasted, optional
- Toasted almond, sliced, optional



1. Drain apricots, reserving ½ cup syrup.
2. In the ¾-Qt. Casserole Cover stir together reserved syrup, ⅔ cup orange juice, and ginger. Add apricots. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 4-7 minutes.
5. Let rest 5 minutes.
6. Bias-slice banana and stir in just before serving.
7. Sprinkle each serving with coconut and/or almonds, if desired.

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APRICOT FLAN

- 8 oz. apricots, drained
- 8 oz. cream cheese
- 1 cup powdered sugar
- 2 eggs
- 1 tbsp. cornmeal



1. Mix all ingredients except the apricots in the Mix N-Stor Pitcher.
2. Spread out mixture in the Stack Cooker ¾-Qt. Casserole Cover.
3. Cut apricots in half and place them over the custard.
4. If Stack Cooking, place in top position and microwave on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 8 minutes.
6. Let stand for 5 minutes before serving.



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ASIAN GREEN BEANS

- 12 oz. fresh green beans
- ¼ cup green onions
- 1 tsp. fresh ginger, minced
- 1 Tbsp. soy sauce
- 1 Tbsp. rice wine vinegar
- 2 tsp sesame or vegetable oil



1. Mix all ingredients in the Stack Cooker ¾-Qt. Casserole Cover, cover with parchment paper.
2. If Stack Cooking, place in top position and microwave on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. Let stand for 5 minutes before serving.

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ASPARAGUS CASSEROLE

- 1 (10 oz.) pkg. frozen asparagus, cut
- 1 (5 oz.) jar blue cheese spread
- ¼ cup milk
- 2 Tbsp. Ritz crackers, crushed



1. Rinse asparagus with cold water until slightly thawed.
2. Place asparagus in the Stack Cooker ¾-Qt. Casserole Cover.
3. In a small bowl mix together blue cheese spread and milk; pour over asparagus, cover with parchment paper.
4. If Stack Cooking, place in top position and microwave on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 6 minutes.
6. Let stand for 5 minutes.
7. Stir casserole, then sprinkle with crushed crackers.

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BANANA BREAD

- 1½ cup flour
- ¾ cup sugar
- ½ cup plus 2 tbsp. soft butter
- ½ cup milk
- 2 eggs
- 2 medium bananas, sliced or mashed
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice
- ½ tsp. salt



1. In a medium bowl, combine ingredients, pour into lightly buttered ¾-Qt. Casserole Cover.
2. If Stack Cooking, place in top position and microwave on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. Let stand for 5 minutes.

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BANANA RUM DELIGHT

- ¾ cup firmly packed brown sugar
- 4 Tbs. butter or margarine, melted
- 1½ tsp. rum or rum extract
- 2 brown-speckled bananas
- 1¼ cup chopped pistachios
- 1 Heath candy bar, broken into pieces



1. Peel bananas; cut each lengthwise in half, then cut each half into thirds and place in ¾-Qt. Casserole Cover.
2. Add sugar, butter and rum extract over bananas, turn to coat with sugar mixture.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 9-12 minutes at 70%.
5. Let rest 5 minutes.
6. Just before serving, sprinkle with pistachios and candy bar pieces.

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BARBECUE CHICKEN

- 4 boneless chicken breast halves
- ½ cup barbecue sauce
- ¼ tsp. southwest chipotle seasoning*



1. Place chicken on the outside edge of the inverted ¾-Qt. Casserole Cover; brush with barbecue sauce and sprinkle with seasoning.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 3 minutes, flip chicken, and microwave for 3 minutes.
4. Let rest 5 minutes.

* Ask your consultant for this recipe or use taco seasoning

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BARBECUE POTATOES

- 2 medium baking potatoes, cut into chunks
- 1 small onion, sliced ¼" thick
- ¼ cup water
- ¼ cup BBQ sauce



1. Place potatoes and onions in ¾-Qt. Casserole Cover.
2. Stir together BBQ sauce and water, pour over potatoes.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 7-9 minutes.
5. Let rest 5 minutes.

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BERRY APPLE CRUMBLE

- 3 apples, peeled and thinly sliced
- 4 oz. frozen mixed berries
- ½ cup brown sugar
- ¼ cup flour
- 2 Tbsp. butter



1. Place apples in the Stack Cooker ¾-Qt. Casserole Cover, sprinkle with berries.
2. In a small bowl, blend brown sugar, flour and butter, with a fork, until mixture resembles coarse meal, spread over fruit.
3. If Stack Cooking, place in top position, microwave for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high power for 10 minutes.
5. Let stand for 5 minutes before serving.

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BERRY COMPOTE

- 12 oz. frozen mixed berries
- 2 tbsp. granulated sugar
- 2 tsp. cornstarch
- ½ lemon, juiced



1. Place frozen berries in inverted ¾-Qt. Casserole Cover.
2. Toss with remaining ingredients.
3. If Stack Cooking, place in top position, microwave for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8 minutes.
5. Let rest 5 minutes. Mixture will thicken as it cools. Serve warm or cold with desserts like ice cream or pound cake, or use over toast as jam.

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BLUEBERRY CITRUS TOPPING

- 1 lemon
- 1 orange
- 2 pints fresh blueberries
- 5 Tbs. sugar
- 1 cinnamon stick, broken in half
- 1 plain cheesecake, thawed if frozen



BLUEBERRY CRUMBLE

- 1 (21 oz.) can blueberry pie filling
- 1 (9 oz.) pkg. yellow cake mix
- 1/4 cup butter, melted
- 1/2 tsp ground cinnamon



- Using vegetable peeler, pare a 2-inch-wide strip from the lemon and the orange; finely chop each strip and place in 3/4-Qt. Casserole Cover. Cut lemon and orange and squeeze juice from half of each into casserole cover. Reserve remaining lemon and orange halves for another use.
- Place 1 pint of blueberries in with lemon and orange mixtures then add sugar and toss lightly to coat. Add cinnamon stick halves.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on high for 10-12 minutes.
- Let rest 5 minutes.
- When blueberry mixture has cooled slightly, remove cinnamon stick halves.
- Serve blueberry topping over wedges of cheesecake.

- Spread pie filling in the inverted 3/4-Qt. Casserole Cover.
- Sprinkle cake mix over top of pie filling; drizzle melted butter over cake mix, sprinkle cinnamon over butter.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on high for 10-12 minutes.
- Let rest 5 minutes.

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BORANIJA WAX BEANS

- 1 (16 oz.) can wax beans, drained
- 1 (7.5 oz.) can stewed tomatoes
- 1/4 cup water
- 3/4 tsp. chili powder
- 1/4 tsp dried basil
- Dash pepper



BRANDIED PLUMS

- 1 1/2 lb. fresh plums, pitted and cut in half
- 2 Tbsp. lemon juice
- 1 cup brown sugar
- 1/4 cup brandy or 1 tsp. brandy extract
- Chopped pistachio nuts, optional



- Place wax beans in the inverted 3/4-Qt. Casserole Cover.
- In a small bowl combine remaining ingredients and pour over beans; cover with parchment paper.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on high for 4-6 minutes.
- Let rest 5 minutes.

- Slice each plum half into 4 wedges and place in inverted 3/4-Qt. Casserole Cover; sprinkle with lemon juice and brandy, stir to coat.
- Sprinkle brown sugar over plums, stir to coat.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on high for 6-10 minutes.
- Let rest 5 minutes.

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BREAD PUDDING

- 10 slices cinnamon raisin bread, cubed
- 3 eggs, slightly beaten
- 1½ cups whole milk
- ¼ cup granulated sugar
- ¼ tsp. ground nutmeg



BREAKFAST SAUSAGE

- 8 breakfast sausage links
- 2 tbsp. water



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- Place cubed bread in inverted ¾-Qt. Casserole Cover.
- Mix remaining ingredients and pour over bread.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on 50% power for 13-15 minutes.
- Let rest 5 minutes.

- Pierce each link 2-3 times with a fork.
- Pour water into inverted ¾-Qt. Casserole Cover and add sausage
- If Stack Cooking, place in top position, microwave for 15-20 minutes.
- If cooking individually, place in microware and cook on high for 8 minutes.
- Let rest 5 minutes.

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CARAMEL APPLE STREUSEL

- 2 medium apples, peeled, cored, and sliced
- ¼ cup caramel (ice cream) topping
- 2 Tbsp. water
- Tbsp. lemon juice
- ½ cup all-purpose flour
- 2 Tbsp. sugar
- ¼ tsp. ground cinnamon
- 2 Tbsp. margarine or butter



CARROT APPLE MEDLEY

- 1 cup carrots, diced (about 2 medium)
- 1 cup apple, peeled and diced
- ½ small onion, diced
- ½ cup water
- 1 Tbsp. butter, melted
- ¼ cup packed brown sugar
- 1 Tbsp. lemon juice
- ¼ tsp. ground cinnamon



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- Arrange apple slices in the inverted ¾-Qt. Casserole Cover. Stir together ice cream topping, water, and lemon juice. Pour over apples.
- In a Small Mixing Bowl combine flour, sugar, and cinnamon. Cut in margarine until mixture resembles coarse crumbs. Sprinkle evenly over apple mixture.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on high for 4-7 minutes.
- Let rest 5 minutes.

- Add apples and carrots in the inverted ¾-Qt. Casserole Cover.
- In a small mixing Bowl combine remaining ingredients, pour evenly over apple mixture, stir to mix well.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on high for 4-7 minutes.
- Let rest 5 minutes.

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CHEESY CAULIFLOWER

1 lb. cauliflower florets, fresh or frozen
½ cup shredded cheese



1. Place cauliflower in inverted ¾-Qt. Casserole Cover.
2. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 8 minutes.
4. Let rest 5 minutes.
5. Add shredded cheese and let rest 5 minutes to melt cheese.

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CHERRY COMPOTE

¼ cup orange juice
2 Tbsp. currant or raspberry jelly
1 (16-oz.) can pitted dark sweet cherries, drained
2 Tbsp. chopped pecans, optional
1 tsp. vanilla extract



1. In the ¾-Qt. Casserole Cover combine orange juice and jelly. Stir in cherries.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 3-5 minutes.
4. Let rest 5 minutes.
5. Stir in pecans and vanilla before serving.

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CHERRY CRISP

12 oz. frozen cherries
2 tsp. cornstarch
¼ cup all-purpose flour
½ tsp. ground cinnamon
½ cup rolled oats
¼ cup brown sugar
2 Tbsp. unsalted



1. Toss frozen cherries with cornstarch and place in inverted ¾-Qt. Casserole Cover.
2. In a small bowl, combine flour, cinnamon, oats and brown sugar. Cut butter into mixture until it achieves a crumbly texture. Pour over cherries.
3. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
4. If cooking individually, place in microwave and cook on high for 8 minutes.
5. Let rest 5 minutes.

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CHERRY FLAN

½ cup shortbread cookies
¼ cup heavy cream
1 egg
½ cup powdered sugar
1 Tbsp. Chambord
1 (8 oz.) can Morello cherries in syrup, strained



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1. Chop cookies in the Power Chef using blade attachment, remove blade and replace with paddle attachment.
2. Add the rest of the ingredients, except cherries, mix well.
3. Pour into the Stack Cooker ¾-Qt. Casserole Cover, and add cherries.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high power for 12 minutes.
6. Let stand for 5 minutes before serving.

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CHERRY TOMATO FLAN

- 1½ cup half and half
- 4 Tbsp. couscous
- 1 egg
- ½ cup gruyere cheese, grated
- Salt and pepper to taste
- 15 cherry tomatoes, cut in half



TUPPERWARE



1. Combine half and half, couscous, egg and gruyere cheese and salt and pepper, pour into the Stack Cooker ¾-Qt. Casserole Cover, and add cherry tomatoes.
2. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high power for 8 minutes.
4. Let stand for 5 minutes before serving.

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CHOCOLATE CAKE

- 1 cup all-purpose flour
- ½ cup cocoa powder
- ½ cup granulated sugar
- 1 tsp. baking powder
- ½ tsp. table salt
- ½ cup canola oil
- 1 cup reduced-fat (2%) milk
- 1 tsp. vanilla extract
- ¼ cup chocolate chips



TUPPERWARE



1. Spray ¾-Qt. Casserole Cover with nonstick cooking spray. Set aside.
2. Combine all ingredients in a medium bowl and whisk until combined.
3. Pour batter into greased ¾-Qt. Casserole Cover.
4. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
5. If cooking individually, place in microwave and cook on high for 8 minutes.
6. Let rest 5 minutes.



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CHOCOLATE CHERRY CUSTARD CAKE

- 8 oz. fresh dark sweet cherries, pitted and cut in half or
- 8 oz. frozen pitted dark sweet cherries
- 3 eggs
- 1 (12 oz.) can evaporated milk
- 1½ cup sugar
- ¼ cup flour
- 1½ tsp. almond extract
- 1½ cup semisweet mini chocolate morsels
- Whipped cream or whipped topping



TUPPERWARE



1. Place cherries in the inverted ¾-Qt. Casserole Cover.
2. In medium bowl, lightly beat eggs then beat in milk, sugar and flour; stir in extract.
3. Pour batter over cherries. Scatter chocolate chips over batter. Spray a piece of waxed paper with nonstick cooking spray. Cover top with waxed paper.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 10-12 minutes at 70% power.
6. Let rest 5 minutes.
7. top with whipped topping.

35

CHOCOLATE ESPRESSO CAKE

- 1½ cups sliced almonds
- ¾ cup sugar, divided
- 1 bar (7 oz.) dark sweet chocolate, divided
- 5 eggs separated
- 2 Tbs. instant espresso powder
- 1 square (1 oz.) white chocolate, melted



TUPPERWARE



1. In the Power Chef System with blade attachment, add almonds with 2 Tbs. sugar, cover and pull cord until finely ground.
2. In small bowl, place 4 oz. dark chocolate. Heat on High 1-2 minutes until chocolate is melted but has not lost its shape; stir until smooth.
3. In bowl, beat yolks with remaining sugar; stir in nuts, chocolate and espresso.
4. In separate bowl, with electric mixer, beat egg whites until stiff. Fold into chocolate until just mixed. Pour batter into inverted casserole cover. Spray a piece of waxed paper with nonstick cooking spray; lay over batter.
5. If Stack Cooking, place in top position, microwave 15-20 minutes.
6. If cooking individually microwave on high for 10-12 minutes at 70% power.
7. Let rest 5 minutes.
8. Remove waxed paper. Cool cake 10 minutes. In small bowl, heat remaining dark chocolate on High 1-2 minutes until melted; gently spread over cake. Using a fork, drizzle white chocolate over frosting.



36



CINNAMON APPLES

- 4 small apples, cored and quartered
- ½ cup water
- 3 Tbsp. sugar
- 1 Tbsp. lemon juice
- ½ tsp. ground cinnamon
- ¼ tsp. whole allspice



CINNAMON BAKED APPLES

- 4 large baking apples
- 1½ cup firmly packed brown sugar
- 1 (5.2 oz.) pkg. dried fruit bits
- 2 Tbsp. raisins
- 1 Tbsp. ground cinnamon
- 1¼ cup whipped cream optional



TUPPERWARE

TUPPERWARE



- Place apple pieces in the inverted ¾-Qt. Casserole Cover. Combine water, sugar, lemon juice, cinnamon and allspice, pour over apples, cover with parchment paper.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on high for 4-5 minutes at 70% power.
- Let rest 5 minutes.

- Core apples, then pare skin about 1-inch down from top.
- Place apples in inverted ¾-Qt. casserole cover.
- Stir together sugar, fruit bits, raisins and cinnamon.
- Fill cored center of apples with mixture; place any remaining mixture around bottom of apples.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on high for 7-10 minutes.
- Let rest 5 minutes.
- Serve each apple with a dollop of whipped cream, if desired.

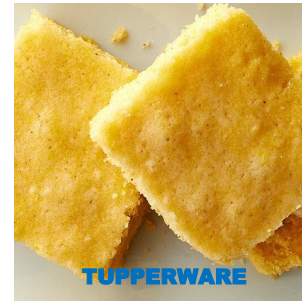
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CINNAMON BROWNIES

- (10.25 oz.) box brownie mix
- 1 tsp. ground cinnamon
- Eggs, oil and water as directed on box



CORNBREAD

- ¾ cup all-purpose flour
- ¾ cup cornmeal
- 1 ½ tsp. baking powder
- ¾ cup granulated sugar
- ½ cup canola oil
- 1 cup reduced-fat (2%) milk



TUPPERWARE

TUPPERWARE



- In a medium bowl combine all ingredients.
- Spray ¾-Qt. Casserole Cover with spray oil, pour batter in.
- If Stack Cooking, place in top position, microwave 15-20 minutes.
- If cooking individually microwave on high for 4-5 minutes.
- Let rest 5 minutes.

- Spray ¾-Qt. Casserole Cover with nonstick cooking spray. Set aside.
- Combine all ingredients in a medium bowl and whisk until combined.
- Pour batter into greased ¾-Qt. Casserole Cover.
- If cooking individually, place in microwave and cook on high for 6 minutes.
- If stack cooking, stack, place in microwave and cook on high for 20 minutes.
- Let rest 5 minutes.

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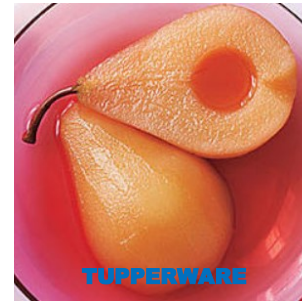
CRANBERRY MANDARIN RELISH

- 1 (12 oz.) bag fresh or frozen cranberries
- ¼ cup orange juice
- ¼ cup sugar
- ½ tsp. slivered orange peel
- ½ tsp. slivered lime peel
- Dash ground nutmeg
- 1 (16 oz.) can mandarin oranges, drained



1. In casserole cover, stir together cranberries, orange juice, sugar, the peels, if desired, and the nutmeg. Cover with wax paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 8-10 minutes.
4. Let rest 5 minutes.

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CRANBERRY SPICED PEARS

- ¼ cup cranberry juice cocktail
- 2 Tbsp. grenadine syrup
- 1 tsp. ground cinnamon
- 4 small pears, peeled, halved and cored
- chopped pistachios, for garnish



1. In the inverted ¾-Qt. Casserole Cover combine cranberry juice cocktail, grenadine syrup, and cinnamon. Place pears, cut side down, in sauce. Spoon sauce over each pear.
2. If Stack Cooking, place in top position, microwave 15-20 minutes
3. If cooking individually microwave on high for 7-9 minutes.
4. Let rest 5 minutes.
5. Sprinkled pistachios over pears

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CRANBERRY STUFFED APRICOTS

- 6 small fresh apricots, cut in half, pit removed
- ¼ cup apricot nectar
- ½ tsp pumpkin pie spice
- ¼ cup golden raisins
- ¼ cup dried cranberries



1. Place apricots in inverted ¾-Qt. Casserole Cover.
2. In a small bowl, stir together apricot nectar, pumpkin pie spice, raisins and cranberries. Pour mixture over apricots.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 6-8 minutes.
5. Let rest 5 minutes.

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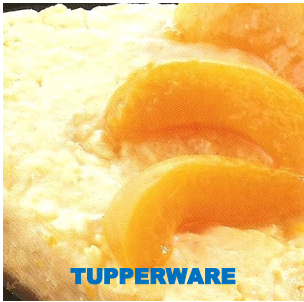
CREAMED SPINACH

- 1 (10 oz.) pkg. frozen spinach, partially thawed
- 1 (8 oz.) pkg. cream cheese
- ¼ cup whole milk
- ½ tsp. garlic powder
- ½ tsp. salt



1. Place spinach and cream cheese in inverted ¾-Qt. Casserole Cover.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on 70% for 6-8 minutes.
4. Let rest 5 minutes.
5. Stir in remaining ingredients.

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CREAMY APRICOT TART

- 1 cup graham cracker crumbs
- 1 Tbsp. sugar
- ¼ tsp. ground cinnamon
- 2 Tbsp butter, melted
- 1 cup quick cooking rolled oats
- ½ cup boiling water
- 1 (15 oz.) can apricots, drained
- 1 (8 oz.) pkg. cream cheese, softened
- ½ cup vanilla yogurt
- ½ cup sugar
- 2 eggs



1. In the inverted ¾-Qt. Casserole Cover, stir crumbs, sugar and cinnamon, stir in butter until crumbs form. Press into bottom and up the sides of cover; set aside.
2. In the base of the Power Chef System with blade attachment add oatmeal, cover and pull cord until it is a coarse flour, add boiling water. Add ¾ of the apricots, saving the rest for garnish, add cheese, yogurt, sugar and eggs, over and pull cord until well blended, batter will be thin. Pour into crumb crust.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 18-22 minutes at 50% power.
5. Let rest 5 minutes.
6. Before serving, garnish with remaining apricots.

45

CURRIED CHICKPEAS

- 1 (15 oz.) can chickpeas
- 1 tsp. ground curry powder
- ½ tsp. garlic powder
- ½ tsp. salt



1. In the inverted ¾-Qt. Casserole Cover, stir together all ingredients..
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 5 minutes.
4. Let rest 5 minutes.



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DILLED GREEN BEANS & ONIONS

- 2 cups frozen French style green beans
- 1 cup frozen whole onions
- 1 tsp. chicken bullion
- ¼ tsp. dried dillweed
- ½ cup water



1. In the inverted ¾-Qt. Casserole Cover, combine all the ingredients, stir to mix well.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 4-6 minutes at 50% power.
4. Let rest 5 minutes.

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DRIED FRUIT COMPOTE

- 4 oz. mixed dried fruit
- 1½ cup apple juice
- 2 Tbsp. golden raisins
- ¼ tsp. ground cinnamon or cardamom



1. Cut up any large pieces of fruit.
2. In the inverted ¾-Qt. Casserole Cover combine dried fruit, apple juice, raisins, and spice.
3. If Stack Cooking, place in top position, microwave 15-20 minutes
4. If cooking individually microwave on high for 4-6 minutes.
5. Let rest 5 minutes.



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FIESTA CORN

- 2 (15.25 oz.) cans fiesta corn
- 3 Tbsp. mayonnaise
- ½ tsp. southwest chipotle seasoning*
- 1 Tbsp. flour



TUPPERWARE



1. Mix all ingredients in the ¾-Qt. Casserole Cover.
2. If Stack Cooking, place in top position, microwave 15-20 minutes
3. If cooking individually microwave on high for 4-6 minutes.
4. Let rest 5 minutes.

* Ask your consultant for this recipe or use taco seasoning

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FRUIT CRUMBLE

- 2½ cups plums, apples or pears, peeled and sliced
- 2 Tbsp. honey
- 2 Tbsp. water
- 1 Tbsp. butter
- ½ cup quick cooking rolled oats
- 2 Tbsp. brown sugar
- ½ tsp. ground allspice
- 1 Tbsp. butter
- 2 Tbsp. chopped nuts



TUPPERWARE



1. Arrange fruit in an even layer in the inverted ¾-Qt. Casserole Cover.
2. Combine honey and water, pour over fruit.
3. Dot with the cut up 1 Tbsp. of butter, cover with parchment paper.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 4-6 minutes.
6. Let rest 5 minutes.
7. Stir together oats, brown sugar and allspice, cut into the 1 Tbsp of butter until mixture resembles coarse crumbs, stir in nuts. Sprinkle nut topping over fruit before serving.



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GARLIC DILL POTATO WEDGES

- 2 baking potatoes cut lengthwise into 8 sections
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ tsp. celery salt
- ½ tsp. crushed fresh dill



TUPPERWARE



1. Toss potatoes in olive oil, garlic and salt and pepper, place in an even layer in the inverted ¾-Qt. Casserole Cover.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 6-10 minutes.
4. Let rest 5 minutes.

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GIANT PANCAKE

- 1½ cups self-rising flour
- ½ cup granulated sugar
- 1 cup 2% milk
- 1 large egg, lightly beaten
- ¼ cup vegetable oil
- 2 Tbsp. pancake syrup of choice



TUPPERWARE



Glaze Topping

- ¼ cup powdered sugar
- ½ tsp. ground cinnamon
- 2 Tbsp. 2% milk

1. Mix all ingredients in a bowl until smooth. Pour in ¾-qt. Casserole cover.
2. Combine all glaze topping ingredients and mix well.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 3-4 minutes.
5. Let rest 5 minutes.
6. Top with glaze and serve.



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GINGER ALMOND CARROTS

- 1/4 cup water
- 1/4 cup golden raisins, optional
- 2 Tbsp. butter
- 2 Tbsp. honey
- 1 Tbsp. lemon juice
- 1/4 tsp. ground ginger
- 2 cups carrots, sliced
- 1/4 cup almonds, sliced toasted
- 1/2 tsp. dried parsley



GREEN ASPARAGUS WITH MASCARPONE AND SMOKED SALMON

- 1/2 lb. asparagus spears, fresh
- 2 slices smoked salmon
- 4 oz. mascarpone cheese
- 2 shallots, diced
- Salt and pepper to taste



1. In the inverted 3/4-Qt. Casserole Cover combine water, raisins, butter, honey, lemon juice, ginger and carrots.
2. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 10-12 minutes.
5. Let rest 5 minutes.
6. Sprinkle toasted almonds on carrots.



1. Make 4 bundles with the asparagus spears.
2. Slice each salmon in half, and place on a board, place one bundle of asparagus in the center of the salmon, add 1 Tbsp. mascarpone cheese and 1 tsp. shallots, wrap bundle, repeat for 3 other bundles.
3. Place bundles in the Stack Cooker 3/4-Qt. Casserole Cover, sprinkle with salt and pepper
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 3 minutes.
6. Let stand for 5 minutes before serving.

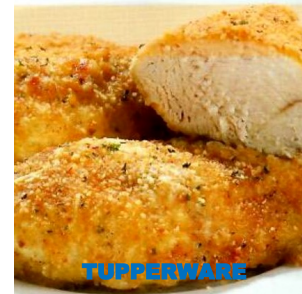
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HERBED POTATOES

- 12 oz. medium baked potatoes, sliced 1/4" thick
- 1 small onion, thinly sliced
- 2-4 Tbsp. water
- 1 Tbsp. butter, melted
- 1/2 tsp. dried basil, oregano or tarragon, crushed



ITALIAN CHICKEN

- 1/2 cup seasoned bread crumbs
- 1/4 cup parmesan cheese
- 1/2 tsp garlic salt
- 1 1/2 tsp. Italian seasoning
- 2 Tbsp. butter, melted
- 4 boneless chicken breast



1. Place potatoes in the inverted Stack Cooker 3/4-Qt. Casserole Cover, placing smaller pieces towards the center, cover with onions.
2. Combine butter, water and seasoning and pour over potatoes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 10-12 minutes.
6. Let stand for 5 minutes before serving.



1. In a shallow bowl combine bread crumbs, parmesan cheese, garlic salt and Italian seasonings.
2. Coat chicken in bread crumb mixture and place in the 3/4-Qt. Casserole Cover, drizzle butter over chicken.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 3 minutes, flip, cook for 3 more minutes.
5. Let stand for 5 minutes before serving.

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ITALIAN HERBED POTATOES

- 2 cups potatoes, sliced 1/4" thick
- 1/2 cup onion, sliced 1/4" thick
- 1/2 tsp. salt
- 1/4 tsp. black pepper, freshly ground
- 2 Tbsp. water
- 2 Tbsp. butter
- 1 garlic clove, minced
- 1 tsp. rosemary, fresh, chopped
- 1 tsp. sage, fresh, chopped
- 1 tsp. thyme, fresh, chopped



1. Place potatoes and onions in the Stack Cooker 3/4-Qt. Casserole Cover, sprinkle with salt and pepper.
2. Mix water, butter, garlic and herbs, pour over potatoes, cover with parchment paper.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. Let stand for 5 minutes before serving.

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LEMON GARLIC BROCCOLI

- 3 tbsp. unsalted butter, melted
- 2 Tbsp. water
- 1 1/2 tsp. minced garlic
- Juice & zest of 1 lemon
- Heaping 1/2 tsp. salt
- 12 oz. fresh broccoli florets



1. Place all ingredients in the Stack Cooker 3/4-Qt. Casserole Cover, stir.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 6-8 minutes.
5. Let stand for 5 minutes before serving.

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LEMON RASPBERRY CAKE

- 1 1/2 cup all-purpose flour
- 1/4 cup granulated sugar
- 1 tsp. baking powder
- 1/4 Tbsp. salt
- 1/2 cup canola oil
- 1 cup reduced-fat (2%) milk
- 2 Tbsp. lemon juice
- Zest of 1 lemon
- 1/4 cup fresh raspberries



1. Spray 3/4-Qt. Casserole Cover with nonstick cooking spray. Set aside.
2. Combine all ingredients except raspberries in a medium bowl and whisk until combined.
3. Pour batter into greased 3/4-Qt. Casserole Cover and arrange raspberries on the top.
4. If cooking individually, place in microwave and cook on high for 6 minutes.
5. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
6. Let rest 5 minutes.

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LIME CHEESECAKE

- 1 lime
- 1 1/4 cups graham cracker crumbs
- 1 1/2 cup sugar, divided
- 4 Tbsp. butter or margarine, melted
- 12 oz. cream cheese at room temperature
- 3 Tbsp. sour cream
- 2 eggs
- 1 container (6 oz.) frozen limeade concentrate, thawed
- 1 Tbsp. flour
- 1 Tbsp. honey
- 1 Tbsp. cornstarch



1. Grate zest from lime; squeeze juice. Set both aside. In inverted casserole cover, stir together crumbs and 3 Tbsp. sugar; stir in butter until mixture is crumbly. Press into bottom and up side of cover. Chill while preparing filling.
2. Using electric mixer at high speed, combine cream cheese, the remaining sugar, the sour cream, eggs, 1 Tbsp. lime juice, and 1/2 cup limeade concentrate, until smooth. Stir in flour. Pour mixture into chilled crust.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 8-10 minutes.
5. Let rest 5 minutes.
6. Cool cheesecake in refrigerator for 30 minutes.
7. In a small bowl, stir together the remaining limeade concentrate, the remaining lime juice, honey, lime zest and the cornstarch. Cook on High 1-2 minutes until mixture has thickened. Cool slightly, then pour over cheesecake. Let stand a few minutes before serving.

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MAPLE CANDIED APPLES

- 2 medium apples
- ¼ cup apple juice or cider
- ¼ cup maple flavored syrup
- 1 Tbsp. butter



MOLASSES BEANS

- ½ cup chopped onions
- ¼ cup green pepper, finely diced
- 2 slices bacon, cut into 1" pieces
- 1 (15 oz.) can northern beans, do not drain
- 2 Tbsp. molasses
- 2 Tbsp. brown sugar
- ¾ tsp. dry mustard



TUPPERWARE

TUPPERWARE



1. Peel and quarter apples and remove cores. Cut each apple into 8 wedges.
2. Place in the inverted ¾-Qt. Casserole Cover. Combine apple juice, syrup, and butter. Pour over apples.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 4-6 minutes.
5. Let rest 5 minutes.

1. Place onion, green pepper and bacon in the inverted ¾-Qt. Casserole Cover; cover with parchment paper. Microwave for 2-3 minutes, drain off fat.
2. Stir in remaining ingredients, cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 4-6 minutes.
5. Let rest 5 minutes.

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MUSHROOM, SQUASH & PEAS

- 1 (8 oz.) pkg. frozen peas with cream sauce
- ½ cup summer squash, cut into chunks
- 1 (2 oz.) jar mushrooms sliced
- ¼ cup water



MUSTARD GREEN BEANS

- 2 tsp. cornstarch
- 2 tsp. sugar
- ¾ cup chicken broth
- 3 cups frozen cut green beans
- 1 Tbsp. white vinegar
- 1 Tbsp. prepared mustard
- 2 tsp. horseradish



TUPPERWARE

TUPPERWARE



1. Add all the ingredients in the inverted ¾-Qt. Casserole Cover. Stir to combine.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 5-7 minutes.
4. Let rest 5 minutes.

1. In the inverted ¾-Qt. Casserole Cover add cornstarch, sugar and broth. Stir to combine. Add green beans.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 8-10 minutes.
4. Let rest 5 minutes.
5. Add vinegar, mustard and horseradish to the green beans, stir.

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NEW POTATOES IN GRAVY

- 10 oz. new potatoes, sliced 1/4" thick
- 1/2 cup jarred chicken gravy
- 1/2 cup milk
- 1/4 tsp poultry seasoning
- Salt and pepper to taste
- 2 slices bacon, cooked, crumbled



1. In the inverted 3/4-Qt. Casserole Cover arrange potatoes in even layer.
2. Stir together gravy, milk, poultry seasoning, salt and pepper, pour over potatoes. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 6-8 minutes.
4. Let rest 5 minutes.
5. Sprinkle bacon over potatoes.

65



ORANGE GLAZED BABY CARROTS

- 1/2 lb. baby carrots
- 1 Tbsp. butter
- 1/2 cup orange juice
- Salt and pepper to taste



1. Combine ingredients in the inverted 3/4-Qt. Casserole Cover. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 4-6 minutes.
4. Let rest 5 minutes.

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ORANGE GLAZED BEETS

- 1/4 cup orange marmalade
- 1/4 cup orange juice
- 1 Tbsp. butter
- 1/4 tsp. ground ginger
- 1 (16 oz.) can diced beets



1. In the inverted 3/4-Qt. Casserole Cover stir together all ingredients, cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 4-6 minutes.
4. Let rest 5 minutes.

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PEACH FOOL

- 4 large peaches, pitted, peeled and cubed
- 1/4 cup granulated sugar
- 1/4 cup peach schnapps or peach nectar

- Whipped Cream*
- 1 cup heavy cream
 - 2 Tbsp. powdered sugar
 - 1/2 tsp. ground nutmeg



1. Place peaches, sugar and schnapps in inverted 3/4-Qt. Casserole Cover; stir to coat.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 6-10 minutes.
4. Allow peaches to cool completely.
5. In the base of the Power Chef System with paddle attachment, whip heavy cream and powdered sugar together until peaks appear.
6. Place about 1/2 cup cream in to 4 dessert dishes and gently stir in 1/4 cup of the peach mixture, sprinkle with nutmeg.

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PEACHES WITH RASPBERRY SAUCE

- 4 medium-size ripe peaches
- 2 Tbsp. lemon juice
- 1½ pint raspberries
- 2-4 Tbsp. sugar
- 12 Italian-style crisp amaretto/almond flavored cookies, crushed



1. Cut each peach in half; remove and discard pit. In inverted ¾-Qt. casserole cover, place peach halves and sprinkle with lemon juice.
2. Add raspberries to casserole cover, then sprinkle sugar over fruit. Top fruit with crushed cookies.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 5-8 minutes.
5. Let rest 5 minutes.

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PEAR CHEESECAKE

- 2 eggs
- ¼ cup powdered sugar
- 1 Tbsp. cornmeal mixed with 2 Tbsp. milk
- 1 orange zest
- 8 oz. cream cheese
- 1 (16 oz.) can pears in syrup, drained



TUPPERWARE



1. Place all ingredients except the pears in a medium bowl, beat until creamy.
2. Pour into the Stack Cooker ¾-Qt. Casserole Cover.
3. Place pears over cream cheese mixture, cover with parchment paper.
4. If cooking individually, place in microwave and cook on high power for 10 minutes.
5. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
6. Let stand for 5 minutes before serving.

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TUPPERWARE



PEARS WITH CHOCOLATE & PECANS

- 1 (15 oz.) can of pear slices, drained
- 2 Tbsp. pecans, chopped
- 2 Tbsp. dark chocolate bar



TUPPERWARE



1. Place pears into the Stack Cooker ¾-Qt. Casserole Cover, and top with pecans.
2. Using a vegetable peeler, add curls of chocolate on top of pears.
3. If cooking individually, place in microwave and cook on high power for 6 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.

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PERKY PEACHES

- 1 (8-oz.) can pineapple chunks
- 1 (21 oz.) can peach pie filling
- ¼ teaspoon ground nutmeg
- ½ teaspoon vanilla extract
- 2 cups vanilla ice cream
- 2 Tbsp. chopped toasted pecans, optional



1. Drain pineapple, reserving juice.
2. In the inverted ¾-Qt. Casserole Cover combine pie filling, pineapple, 1 Tbsp. of the reserved juice and the nutmeg.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 5-8 minutes.
5. Let rest 5 minutes.
6. To serve, stir in remaining juice and vanilla. Spoon over ice cream and sprinkle with pecans, if desired.

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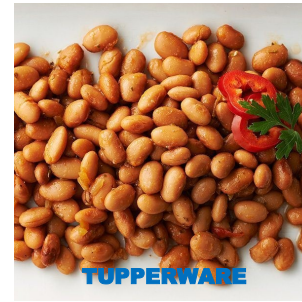
PINA COLADA SUNDAE SAUCE

- 1½ cup shredded coconut
- 1½ cup pecan pieces
- 1 (15 oz.) can pineapple chunks in its own juice, well drained
- 1½ cup firmly packed light brown sugar
- 2 Tbsp. butter or margarine
- Vanilla ice cream or frozen yogurt



1. Place coconut and pecans in the inverted ¾-Qt. Casserole Cover. Cook on High 2-4 minutes, stirring a few times, until coconut is golden brown and nuts are lightly toasted. Remove and set aside.
2. In the inverted 1½-Qt. Casserole Cover, place brown sugar and butter. Cook on High 1 minute until melted; stir, then add pineapple and toss to coat thoroughly.
- 3 Top pineapple with coconut mixture.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 4-6 minutes.
6. Let rest 5 minutes.
7. Serve over vanilla ice cream or frozen yogurt.

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PINTO BEANS

- 1 (15-oz.) can pinto beans
- ¼ tsp. dried oregano
- 1 Tbsp. sofrito
- 1 Tbsp. tomato sauce



1. Mix together ingredients in inverted ¾-Qt. Casserole Cover.
2. If cooking individually, place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
4. Let rest 5 minutes.

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POUND CAKE WITH TROPICAL FRUIT SAUCE

- 1 (16 oz.) can chunky tropical mixed fruit, do not drain
- 1 Kiwi, diced
- 1 tsp quick cooking tapioca
- ¼ tsp. ground nutmeg
- 4 slices of pound or angel food cake



1. In the inverted ¾-Qt. Casserole Cover add fruit, tapioca and nutmeg, stir to combine.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 6-8 minutes.
4. Let rest 5 minutes.

75



RAISIN BREAD PUDDING

- 10 slices cinnamon-raisin bread, cut into 1" cubes
- 3 eggs
- 1½ cups milk
- ¼ cup sugar
- 1 tsp. vanilla
- 1¼ tsp. ground nutmeg



1. Place bread cubes in inverted ¾-Qt. casserole cover.
2. In medium bowl, whisk together eggs, milk, sugar, vanilla and nutmeg;
3. Pour over bread cubes. With a spoon, lightly stir mixture to coat all cubes with egg mixture, then let stand a few minutes.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 11-14 minutes at 50% power.
6. Let rest 5 minutes.

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RATATOUILLE

- 1½ cup eggplant, peeled and cubed
- 1 cup zucchini, cubed
- ¼ cup onion, chopped
- 1 (8 oz.) can tomatoes, diced
- 2 Tbsp. water
- 1 Tbsp olive oil
- ½ tsp. dried oregano, crushed
- ½ tsp. marjoram, crushed
- ½ tsp garlic salt



1. In the ¾-Qt. Casserole Cover add all the ingredients, stir to combine.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 5-7 minutes.
4. Let rest 5 minutes.

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Red Onion Relish

- ½ cup firmly packed brown sugar
- 1¼ cup chicken broth
- 1¼ cup cider vinegar
- 1¼ cup raisins
- 2 medium red onions, sliced



1. In inverted ¾-Qt. casserole cover, stir together sugar, broth, vinegar and raisins. Add onions and stir. Cover with wax paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 8-10 minutes.
4. Let rest 5 minutes.

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RHUBARB APPLESAUCE

- 3 large cooking apples, pared, cored and cut into cubes
- 8 oz. fresh rhubarb, cut into 1½" pieces or 8 oz. frozen cut rhubarb
- 1½ cup sugar



1. Place apples and rhubarb in the inverted ¾-Qt. Casserole Cover.
2. Pour sugar over all and gently toss to mix; cover with waxed paper
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 8-10 minutes at 70%.
5. Let rest 5 minutes.
6. Use smasher for desired consistency.

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RHUBARB ORANGE BETTY

- 1 medium orange
- ¼ cup sugar
- 1 Tbsp. flour
- Dash salt
- 2 cups frozen cut rhubarb
- 3 slices toasted bread, cut into ½" cubes
- 2 Tbsp. water
- ¼ cup butter
- ¼ cup flaked coconut, toasted



1. Finely shred 1 tsp. orange peel. Peel, section, and dice orange; set aside.
2. In the ¾-Qt. Casserole Cover stir together sugar, flour, salt, and ¼ teaspoon of the orange peel. Stir in rhubarb and diced oranges. Add 1 cup of the bread cubes, the water and 2 Tbsp. butter.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 8-10 minutes at 70%.
5. Let rest 5 minutes.
6. In a Small Mixing Bowl combine remaining bread cubes, melted butter, orange peel, and the flaked coconut. Sprinkle over fruit mixture before serving. Serve warm.

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RICE PUDDING

- 3 eggs
- 1½ cups half and half
- ¾ cup sugar
- 1 tsp. vanilla
- 1 tsp. ground cinnamon
- 1¼ tsp. ground nutmeg
- 1 cup quick-cooking white or brown rice



1. In medium bowl, whisk together eggs, half and half, sugar, vanilla, cinnamon and nutmeg until frothy.
2. Stir in rice, then pour into the inverted ¾-Qt. Casserole Cover. Cover with waxed paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 9-11 minutes at 70%.
5. Let rest 5 minutes.

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RICE PUDDING 2

- 1 cup quick cooking rice
- 1 (5-oz.) can evaporated milk
- 3 Tbsp. granulated sugar
- 1 tsp. ground cinnamon
- ¼ cup raisins (optional)



1. Mix together ingredients in inverted ¾-Qt. Casserole Cover.
2. If cooking individually, place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
4. Let rest 5 minutes.

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RICOTTA PUDDING

- ½ cup whole almonds
- ½ cup sugar, divided
- 1 container (16 oz.) ricotta cheese
- 2 tsp. grated lemon zest
- 4 egg whites
- Ground cinnamon, if desired



1. In the base of the Power Chef System with blade attachment, add almonds and 2 Tbsp. sugar, cover and pull cord until finely ground.
 2. In medium bowl, combine ricotta, the remaining sugar, the ground almonds, and lemon zest.
 3. In separate bowl, beat egg whites until stiff peaks form. Gently fold egg whites into ricotta mixture, then pour into inverted ¾-Qt. casserole cover.
 4. If Stack Cooking, place in top position, microwave 15-20 minutes.
 5. If cooking individually microwave on high for 8-10 minutes at 70% power.
 6. Let rest 5 minutes.
- Sprinkle with ground cinnamon if desired.

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SMASHED BEANS

- 2 (16 oz.) cans pinto beans, drained
- 2 tsp. southwest chipotle seasoning*



1. Pour beans in the inverted ¾-Qt. Casserole Cover, sprinkle seasonings over beans; cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 5-6 minutes.
4. Let rest 5 minutes.

* Ask your consultant for this recipe or use taco seasoning

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S'MORE CAKE

- 1 Tbsp. unsalted butter, softened
- 1¼ cups self-rising flour
- ¼ cup graham cracker crumbs
- ¼ cup granulated sugar
- ½ cup vegetable oil
- 1 cup whole milk
- ½ cup marshmallow fluff
- 1 chocolate bar, roughly chopped



SMORE PUDDING

- 1 (3.4 oz.) Pkg. instant vanilla pudding mix
- 2¼ cups milk
- 1 (1½ oz.) bar milk chocolate
- ½ cup honey graham cereal



1. Grease inverted ¾-Qt. Casserole Cover with softened butter and set aside.
2. Place flour, graham cracker crumbs and sugar in medium bowl and mix well, make a well in the center and pour oil and milk. Mix until batter is smooth. Pour batter into greased inverted ¾-Qt. Casserole Cover.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 5-6 minutes.
5. Let rest 5 minutes.
6. At the end of cooking time, drizzle with marshmallow fluff and top with chocolate.



1. In a Large Mix-N-Stor pitcher combine the pudding mix and the milk, stirring with wire whisk until completely moistened and no lumps remain. Pour into the ¾-Qt. Casserole Cover. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 3-4 minutes.
4. Meanwhile, break chocolate bar into small pieces.
5. Carefully remove Stack Cooker from microwave (Mixture will be thin, but will thicken upon standing.) Stir cooked pudding and ladle into bowls. Top each serving with cereal and chocolate.
6. Let stand 15 minutes or until pudding is firm.

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SOUR CREAM CORNBREAD

- ¼ cup flour
- ¾ cup yellow cornmeal
- 1 Tbsp. sugar
- 1 tsp baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 egg, slightly beaten
- 2 Tbsp. vegetable shortening, melted
- 1½ cup sour cream, divided
- ¼ cup milk
- 4 strips bacon cooked and crumbled
- 2 Tbsp. chives, diced



SOUR CREAM ONION GRAVY

- 1 jar (12 oz.) onion gravy
- ¼ cup dry white wine or water
- ¼ cup dairy sour cream
- Chopped fresh parsley (optional)



1. In a medium bowl, stir together flour, cornmeal, sugar, baking powder, baking soda and salt. Make a well in the center of mixture. Add egg, shortening, 1 cup sour cream and milk; stir until mixture is just combined.
2. Pour mixture into inverted ¾-Qt. Casserole Cover.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 12-14 minutes at 50% power.
5. Let rest 5 minutes.
6. Allow to cool, then spread remaining sour cream over the top and sprinkle with bacon and chives.



1. In the inverted ¾-Qt. Casserole Cover, stir together gravy and wine. Cover with waxed paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 3-4 minutes at 50% power.
4. Let rest 5 minutes.
5. Before serving, stir in sour cream and parsley.

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SPICED PEACHES

- 1 (16 oz.) can peaches in heavy syrup
- 1 tsp. white vinegar
- 1 two inch piece cinnamon stick
- ¼ tsp. whole cloves



SPICED PEARS

- ¼ cup grape juice
- 1 tsp. cinnamon
- 8 pear halves
- Vanilla ice cream, optional



1. In the inverted ¾-Qt. Casserole Cover, stir together peaches, vinegar, cinnamon and cloves. Cover with waxed paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 3-4 minutes.
4. Let rest 5 minutes.

1. Mix grape juice and cinnamon in the Stack Cooker ¾-Qt. Casserole Cover.
2. Place pears in juice.
3. If cooking individually, place in microwave and cook on 60% power for 3 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.
6. Serve with vanilla ice cream.

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SPICED STUFFED PEARS

- 3 medium fresh ripe pears
- 2 Tbsp. lemon juice
- ½ cup condensed mincemeat
- 3 Tbsp. water
- 1 small orange
- 2 Tbsp. chopped walnuts
- 1 Tbsp. butter, melted
- ¼ cup port wine or apple juice



SPICY BAKED BEANS

- 1 (16 oz.) can pork and beans
- ¼ cup water
- ¼ cup hot style ketchup
- 1 Tbsp. brown sugar
- 2 tsp. dried minced onion
- 1 tsp. dry mustard
- ½ tsp. chili powder
- ¼-½ jalapeño, diced



1. Cut unpeeled pears lengthwise in half; core each half and place in inverted ¾-Qt. Casserole Cover; sprinkle with lemon juice.
2. In a small bowl, place mincemeat and 3 Tbsp. water. Microwave on high for 1-2 minutes or until water is absorbed, stirring once. Using vegetable peeler or paring knife remove 1" strip of orange peel; thinly slice and reserve for garnish. Grate orange zest then squeeze orange juice from orange. Stir zest, juice, nuts and butter into mincemeat.
3. Pour some of the wine over each pear halves. Divide mincemeat among the pear halves. Cover with parchment paper.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 10-12 minutes.
6. Let rest 5 minutes.
7. Garnish Pears with sliced orange zest.

1. In the ¾-Qt. Casserole Cover add all the ingredients, stir to combine.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 4-6 minutes.
4. Let rest 5 minutes.

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STEWED BEANS

- 1 (15.5 oz.) can Pinto beans
- ¼ tsp. dried oregano
- 1 Tbsp. sofrito
- 1 Tbsp tomato sauce



STRAWBERRY BLUSHING PEARS

- 3 medium fresh ripe pears
- ½ cup cranberry juice cocktail
- ¼ cup strawberry preserves
- ½ tsp. vanilla extract



1. In the ¾-Qt. Casserole Cover add all the ingredients, stir to combine.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 4-6 minutes.
4. Let rest 5 minutes.



1. Cut unpeeled pears lengthwise in half; core each half and place in inverted ¾-Qt. Casserole Cover.
2. In a small bowl, mix together cranberry juice, strawberry preserves and vanilla extract; pour over pears.
3. Cover with parchment paper.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 5-7 minutes.
6. Let rest 5 minutes.

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STRAWBERRY LEMONADE SHORTCAKE

- ¾ cups fresh strawberries, rinsed & sliced
- 1½ tbsp. vegetable oil
- 1 tbsp. lemon juice
- Zest of 1 lemon
- 1 large egg
- ¾ cup self-rising flour
- 4 tbsp. granulated sugar
- ½ tsp. baking soda



STRAWBERRY RHUBARB CRUNCH

- 1 pint fresh strawberries
- 1 lb. fresh rhubarb, cut into pieces, or 1 pkg. (16 oz.) frozen cut rhubarb
- ¼ to ½ cup granulated sugar
- 1½ cup uncooked rolled oats
- ¼ cup flour
- ¼ cup firmly packed brown sugar
- 2 tsp. ground cinnamon
- 1½ tsp. ground ginger
- 4 Tbsp. butter



1. In base of Power Chef System fitted with blade attachment, mix strawberries, vegetable oil, lemon juice/zest and egg.
2. Separately mix remaining flour, sugar and baking soda. Then, pour wet mixture into dry and mix until combined.
3. Pour batter in Stack Cooker ¾ or 1-Qt. Casserole and microwave on 80% power for 4-5 minutes or until toothpick inserted in center comes out clean.
4. Serve with fresh strawberries, whipped cream and lemon wedge.



1. Wash, hull and cut each strawberry in half.
2. Place strawberries and rhubarb in inverted ¾-Qt. casserole cover. Add granulated sugar and lightly toss.
3. In medium bowl, combine oats, flour, brown sugar, cinnamon and ginger. Cut in butter until mixture is crumbly. Sprinkle oat mixture over strawberry mixture.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 8-10 minutes at 70% power.
6. Let rest 5 minutes.

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STRAWBERRY RHUBARB SAUCE

- 1 cup strawberries, sliced
- 2 cups frozen sliced rhubarb
- ¼ cup water
- 2 Tbsp. honey
- ¼ cup sugar
- ¼ tsp. ground cinnamon



TUPPERWARE



1. Wash, hull and slice strawberries.
2. Place rhubarb and water in inverted ¾-Qt. casserole cover.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 4-15 minutes.
5. Let rest 5 minutes.
6. Stir in remaining ingredients to rhubarb.

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SWEET POTATO GRATIN

- 1 sweet potato, peeled and thinly sliced
- 2 white potatoes, peeled and thinly sliced
- ¼ cup sundried tomatoes
- 1 Tbsp. heavy cream
- ½ cup pine nuts
- Salt and pepper to taste



1. Place potatoes, tomatoes and heavy cream in the Stack Cooker ¾-Qt. Casserole Cover, stir to coat, top with pine nuts. Salt and pepper, if desired.
2. If cooking individually, place in microwave and cook on high power for 15 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

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SWEET POTATO PUDDING

- 1 can (16 oz.) sweet potatoes
- ¼ cup firmly packed brown sugar
- 1½ cup milk
- ¼ cup molasses
- 2 Tbsp. butter or margarine
- 1 tsp. vanilla extract
- 1½ tsp. ground cinnamon
- 1¼ tsp. ground nutmeg



TUPPERWARE



1. In the base of Power Chef System with paddle attachment, add sweet potatoes, sugar, milk, molasses, butter, vanilla, cinnamon and nutmeg, cover and pull cord until smooth.
2. Pour into inverted ¾-Qt. casserole cover.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 10-13 minutes at 70% power.
5. Let rest 5 minutes.

TROPICAL SWEET POTATOES

- 1 medium sweet potato, peeled and cubed
- 1 (8 oz.) can crushed pineapple
- 2 Tbsp. water
- ¼ tsp. ground cinnamon
- ¼ tsp. salt
- ½ cup miniature marshmallows



1. Place sweet potatoes in the inverted ¾-Qt. casserole cover.
2. In a small bowl mix together pineapple, water, cinnamon, and salt; spoon over potatoes. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 5-7 minutes.
5. Sprinkle with marshmallows, let rest 5 minutes.

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VEGETABLE FLAN



TUPPERWARE



- 1/2 lb. carrots, julienned
- 1/2 lb. zucchini, julienned
- 1/2 lb. potatoes, julienned
- 1/2 cup gruyere cheese, grated
- 1 garlic clove, minced
- 1 Tbsp. butter
- Salt and pepper to taste



TUPPERWARE



WARM CORN & PEPPER SALAD

- 2 cups frozen corn
- 1 red pepper, roughly chopped
- 1/4 tsp. black pepper
- 1/2 tsp. coarse kosher salt
- 1/2 cup feta or goat cheese



1. Place all ingredients except butter into the Stack Cooker 3/4-Qt. Casserole Cover, mix and add small pieces of butter. Salt and pepper, if desired.
2. If cooking individually, place in microwave and cook on high power for 15 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

1. Combine corn, red pepper, black pepper and salt in the Stack Cooker 3/4-Qt. Casserole Cover.
2. If cooking individually, place in microwave and cook on high power for 15 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.
5. Toss with cheese.

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WHITE CHOCOLATE COCONUT CAKE

- 1 (9 oz.) pkg. vanilla cake mix
- 1 egg
- 1/2 cup coconut milk
- 1/2 cup coconut
- 1/2 cup white chocolate chips
- Cream cheese frosting



TUPPERWARE



1. Spray 3/4-Qt. Casserole Cover with cooking spray.
2. Prepare cake mix according to package instructions, substituting liquids with coconut milk.
3. Add coconut and white chocolate chips to the batter. pour into 3/4-Qt. Casserole Cover.
4. If cooking individually, place in microwave and cook on high power for 5 minutes.
5. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
6. Let stand for 5 minutes before serving.

#2 STACK COOKER 1 3/4-QT CASSEROLE RECIPES

- | | | |
|---|-------------------------------------|-----------------------------------|
| 105. Arroz Con Pollo | 136. Glazed Ham & Sweet Potatoes | 168. Salmon Steak with Dill |
| 106. Barbecue Joes | 137. Glazed Ham Steaks | 169. Sausage and Peppers |
| 107. Beef & Blue Cheese Baked Spaghetti | 138. Green Bean Casserole | 170. Sausage Cabbage Supper |
| 108. Beef & Peppers | 139. Ham & Cheese Pasta | 171. Sausage Link Sandwiches |
| 109. Bistec Encebollado | 140. Ham Loaves | 172. Sausage Ragù |
| 110. Bolognese | 141. Herb Coated Chicken | 173. Sausage Stew |
| 111. Breaded Chicken | 142. Herbed Couscous | 174. Seafood Casserole |
| 112. Brunch Omelet | 143. Herbed Mini Meatloaves | 175. Seafood Stew |
| 113. Burrito Casserole | 144. Herbed Salmon Steaks | 176. Shrimp & Asparagus Risotto |
| 114. Cheesy Broccoli Cauliflower | 145. Honey Mustard Chicken | 177. Sloppy Joes |
| 115. Chicken Cacciatore | 146. Hot Fudge Sauce | 178. Soy Ginger Turkey Sliders |
| 116. Chicken Casserole Olé | 147. Island Spiced Pork | 179. Spiced Lamb Patties |
| 117. Chicken Enchiladas | 148. Italian Chicken and Vegetables | 180. Spicy Meatballs |
| 118. Chicken Legs | 149. Italian Seasoned Chicken | 181. Spinach Stuffed Chicken |
| 119. Chicken in Apricot Sauce | 150. Italian Meat Sauce | 182. Steak and Onions |
| 120. Chicken Paprikash | 151. Jiffy Jambalaya | 183. Steak Oriental |
| 121. Chicken with Aurora Sauce | 152. Lazy Chicken Enchiladas | 184. Stewed Chicken |
| 122. Chicken with Rice | 153. Meatballs, Beef | 185. Summer Vegetable Bake |
| 123. Chili Con Carne | 154. Mediterranean Fish | 186. Swedish Meatballs |
| 124. Chili Stuffed Peppers | 155. Pepper Steak | 187. Sweet & Sour Chicken Thighs |
| 125. Chinese Pork | 156. Pesto Chicken Drumsticks | 188. Sweet & Sour Meatballs |
| 126. Crabby Zucchini | 157. Pineapple Glazed Ham | 189. Turkey & Wild Rice Casserole |
| 127. Creamy Balsamic Chicken | 158. Pineapple Salsa Lamb Chops | 190. Turkey Curry in Squash |
| 128. Creamy Scrambled Eggs | 159. Poached Salmon | 191. Turkey Mini Loaves |
| 129. Creamy Turkey & Ham Bake | 160. Pollo Guisado | 192. Turkey Stroganoff |
| 130. Creole Pepper Steak | 161. Porcupine Meatballs | 193. Turkey with Sour Cream |
| 131. Curried Chicken | 162. Pork with Olives | 194. Upside Down Stuffed Peppers |
| 132. Curry Meatballs | 163. Quick Sausage Sauce | 195. Warm Potato Salad |
| 133. Egg Bake | 164. Risotto with Shrimp | 196. Wilted Greens |
| 134. Enchilada Casserole | 165. Rosemary Pork Chops | |
| 135. Enchilada Casserole 2 | 166. Salmon Loaf with Creamed Peas | |
| | 167. Salmon Potato Scallop | |

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ARROZ CON POLLO

- 1 chicken bouillon cube
- 1½ cups water
- 2 chicken breasts (1 lb.), cut into 1" cubes
- 2 cups quick cooking rice
- 1 tsp. oregano
- 5-6 olives, chopped
- ½ tsp. Adobo with pepper seasoning
- ¼ tsp. Sazon with annatto seasoning
- 1 Tbsp. sofrito



1. Place chicken bouillon and water in 1½-Qt. Casserole. Microwave on high power 1 minute or until bouillon has dissolved.
2. Add remaining ingredients to Casserole, stir and cover.
3. If cooking individually, place in microwave and cook on high for 8 -10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 20 -25 minutes.
5. Let stand for 5 minutes before serving.

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BARBECUE JOES

- 1 lb. ground beef
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ¼ cup chopped celery
- 1½ cups barbecue sauce
- 1 Tbsp. brown sugar
- 1 Tbsp. vinegar
- Few drops hot pepper sauce
- 8 hamburger buns



1. To brown meat, place ground beef in the colander; add vegetables.
2. Place colander over 1½-Qt Casserole, over and microwave for 5-7 minutes, remove and drain fat.
3. Transfer meat mixture to the 1½-Qt Casserole, stir in barbecue sauce, brown sugar, vinegar and hot pepper sauce.
4. If cooking individually, place in microwave and cook on high for 7-9 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes before serving.

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BEEF & BLUE CHEESE SPAGHETTI

- ¾ lb. ground beef
- 1 (10½ oz.) condensed cream of onion soup
- 3-4 cups cooked spaghetti noodles, drained
- ½ cup crumbled blue cheese
- 1 tsp. garlic powder
- ¼ tsp. black pepper
- 2 Tbsp. fresh parsley, chopped



1. To brown meat, place ground beef in the colander; place colander over the 1½-Qt Casserole.
2. Microwave for 5-7 minutes, remove and drain fat, wipe out 1½-Qt Casserole.
3. Transfer meat mixture to the 1½-Qt Casserole, stir in soup, noodles, cheese, garlic powder and pepper.
4. If cooking individually, place in microwave and cook on high for 5 -7 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 20 -25 minutes.
6. Let stand for 5 minutes.
7. Sprinkle with parsley before serving.

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BEEF & PEPPERS

- 2 small bell peppers, color your choice, cut into chunks
- ¼ cup hoisin sauce
- ¼ cup dry sherry
- 2 Tbsp. soy sauce
- 1 Tbsp. ginger, minced
- 2 garlic cloves, minced
- 1½ lb. steak cut into cubes or sliced thin
- 3 scallions, sliced thin
- 1 Tbsp. cornstarch mixed with 2 Tbsp. water



1. Add all the ingredients to the 1½-Qt Casserole, stir to combine.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.

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BISTEC ENCEBOLLADO

- 2 Tbsp. extra virgin olive oil
- 1 lb. cubed steak, cut into 4 pieces
- ¼ tsp. Adobo with pepper seasoning
- ¼ tsp. ground annatto
- 2 garlic cloves, chopped
- 1 small onion, sliced into rings



BOLOGNESE

- 1 lb. ground beef
- 2 Tbsp. corn starch
- 1 onion, chopped
- 1 carrot, chopped
- 2 celery sticks, chopped
- 3 large portobello mushrooms, chopped
- 2 Tbsp. tomato paste
- 1 (14 oz.) can crushed tomatoes, drained
- 1 tsp. oregano
- Salt and pepper to taste



TUPPERWARE

TUPPERWARE



1. Add vinegar and oil to 1¾-Qt. Casserole.
2. Season steaks by rubbing with Adobo, annatto and garlic. Place steaks in 1¼-Qt. Casserole over oil and vinegar.
3. Place sliced onion over steaks.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes before serving.

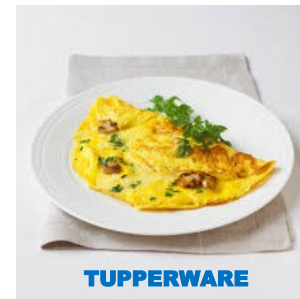
1. Place beef and cornstarch in the Stack Cooker 1-¾-Qt Casserole and mix well, cover and cook on high for 4 minutes.
2. Add remaining ingredients, mix well.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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BREADED CHICKEN

- 4 chicken cutlets
- ½ tsp. coarse kosher salt
- 1 Tbsp. Dijon mustard
- ¼ cup Greek yogurt
- ½ cup breadcrumbs or crumbled crackers



BRUNCH OMELET

- ½ lb. sausage, browned and drained
- 3 slices of bread, torn in pieces
- ½ cup shredded cheese
- 1 cup milk
- ½ cup sliced mushrooms
- ¼ tsp. garlic powder
- 3 eggs, beaten



TUPPERWARE

TUPPERWARE



1. Season chicken with salt.
2. Spread mustard and Greek yogurt onto chicken. Cover in breadcrumbs or crumbled crackers and place in the 1¼-Qt. Casserole.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

1. Mix all ingredients together in the 1¾-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
4. Let stand for 5 minutes before serving.

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BURRITO CASSEROLE

- 1 lb. ground beef
- ½ cup chopped onion
- 1 (8 oz.) can tomato sauce
- ¼ cup water
- 1 tsp. chili powder
- 1 (16 oz.) can kidney beans, drained
- ¼ cup taco sauce
- ½ cup shredded Monterey cheese
- 1 cup shredded lettuce
- 1 small tomato, chopped
- ¼ cup pitted olives
- 1 cup tortilla chips, broken



1. Place colander in the 1¾-Qt. Casserole, crumble ground beef and onion in colander. Microwave on high for 5-7 minutes, drain, transfer to medium bowl, stir in tomato sauce, water and chili powder.
2. In the 1¾-Qt. Casserole mash half the beans, stir in taco sauce, add remaining beans, stir.
3. Spread ground beef mixture over the beans.
4. If cooking individually, cover and place in microwave and cook on high for 6-8 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Sprinkle with cheese, lettuce, tomatoes, olives and tortilla chips.

113

CHEESY BROCCOLI CAULIFLOWER

- 1 (12 oz.) pkg. frozen broccoli and cauliflower
- 1 (10¾ oz.) can condensed cheddar soup
- 1 tsp. Dijon mustard
- Salt and pepper, to taste
- ½ cup sharp cheddar cheese, shredded
- Bread crumbs, optional



1. Place broccoli and cauliflower in the 1¾-Qt. Casserole.
2. In a small bowl combine soup, mustard, salt pepper and cheese, pour over vegetables, stir to coat.
3. Sprinkle bread crumbs over if using.
4. If cooking individually, cover and place in microwave and cook on high for 6-8 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.

114



CHICKEN CACCIATORE

- 1 cup mushrooms, sliced
- ½ bell pepper, cut into strips
- ½ onion, sliced
- 2 Tbsp. water
- ½ cup spaghetti sauce
- ½ cup olives, sliced pitted
- 2 Tbsp. tomato paste
- ¼ tsp. garlic powder
- 2 chicken breasts (1 lb.), boneless, skinned and halved lengthwise
- Hot cooked rice or pasta



1. Combine mushrooms, green pepper, onion and water in the 1¾-Qt. Casserole. Microwave on high power for 2-3 minutes. Drain.
2. Stir in spaghetti sauce, olives, tomato paste and garlic powder.
3. Add chicken, stir to coat in sauce.
4. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Serve with rice or pasta.

115



CHICKEN CASSEROLE OLÉ

- 1½ cups cooked chicken, chopped
- 1 (11 oz.) can condensed nacho cheese or cheddar cheese soup
- 1 (4 oz.) can sliced mushrooms
- 1 (2¼ oz.) can olives, pitted sliced
- ¼ cup milk
- 6 (6") round tortillas, cut into 8 wedges



1. Add all ingredients in the 1¾-Qt. Casserole, stir to combine.
2. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.

116



CHICKEN ENCHILADAS

- 1 (10 oz.) can enchilada sauce
- 8 (6") soft corn tortillas
- 2 (9 oz.) pkg. fully cooked chicken breast strips
- 2 medium tomatoes, seeded and chopped
- ¼ cup red onion, chopped
- ¼ cup olives, sliced
- ½ cup sour cream



1. Spread 1 Tbsp. of enchilada sauce on each tortilla then top with chicken and fold over, arrange in the 1¼-Qt Casserole, slightly overlapping.
2. Pour remaining enchilada sauce over tortillas, then top with tomatoes, onions and olives.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Serve with sour cream.

117

CHICKEN IN APRICOT SAUCE



- 1½ lb. chicken thighs, skinned
- ¼ cup apple juice concentrate
- 1 tsp. quick cooking tapioca
- ½ cup dried apricots, diced
- 1 Tbsp. Dijon mustard
- ¼ tsp. ground ginger
- 2 Tbsp. sliced almonds, toasted, optional



1. Place chicken in the 1¼-Qt. Casserole, with bones towards the center .
2. Combine apple juice and tapioca, let stand 5 minutes, stir in apricots, mustard and ginger. Pour over chicken.
3. If cooking individually, cover and place in microwave and cook on high for 12-15 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Sprinkle with almonds.

118



CHICKEN LEGS

- 6 chicken legs
- 1 Tbsp. paprika
- ¼ tsp. coarse kosher salt



1. Rub chicken legs with paprika and salt.
2. Place in 1¼-Qt. Casserole with bones towards the center.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

119



CHICKEN PAPRIKASH

- 1 (4.5 oz) pkg. butter flavored noodles in sauce mix
- 4 cups water
- 1½ Tbsp. paprika
- ½ tsp. caraway seeds
- 3 cups cooked chicken, cubed or chopped
- 2 Tbsp. parsley, fresh chopped



1. Place noodle mix, water, paprika, caraways seeds and chicken in the 1¼-Qt. Casserole.
2. If cooking individually, cover and place in microwave and cook on high for 12-15 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Just before serving, sprinkle with parsley.

120

CHICKEN WITH AURORA SAUCE

- 2 chicken breasts (1lb.), boneless, cut into 1" chunks
- 6 oz. mushrooms, sliced
- 1 Tbsp. butter, melted
- 3 Tbsp. flour
- ½ cup chicken broth
- 1 Tbsp. tomato paste
- ½ cup heavy cream
- Salt and pepper to taste



TUPPERWARE



1. Place chicken and mushrooms in the Stack Cooker 1-¾ Qt. Casserole.
2. Combine the remaining ingredients in the quick shake, and shake to mix, pour over chicken and mushrooms.
3. If cooking individually, place in microwave and cook on high for 10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.

121

CHICKEN WITH RICE

- 3 cups chicken stock
- 2 chicken breasts, cut into cubes
- 2 cups quick-cooking rice
- 1 tsp. oregano
- 5-6 olives, chopped
- ½ tsp. adobo with pepper seasoning
- ¼ tsp. ground annatto
- 1 Tbsp sofrito



TUPPERWARE



1. Place all ingredients in the Stack Cooker 1-¾ Qt. Casserole, stir to combine.
2. If cooking individually, place in microwave and cook on high for 10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

122

CHILI CON CARNE

- 1 lb. ground beef
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 (14 oz.) can diced tomatoes
- 2 (15 oz.) can chili or kidney beans, do not drain
- 1 Tbsp. Southwest chipotle seasoning*
- 1 cup water or beef broth



TUPPERWARE



1. Place ground beef, onion and garlic, in the colander, then place colander in the Stack Cooker 1-¾ Qt. Casserole. Microwave on high for 5-7 minutes, drain and wipe out 1-¾ Qt. add meat mixture to 1-¾ Qt. Casserole.
2. Add remaining ingredients to the 1-¾ Qt. Casserole, stir.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.

* Ask your consultant for this recipe or use taco seasoning

123

CHILI STUFFED PEPPERS

- 4 medium bell peppers, any color
- 2 (16 oz.) cans chili with beans
- ¼ cup sharp cheddar cheese, shredded



TUPPERWARE

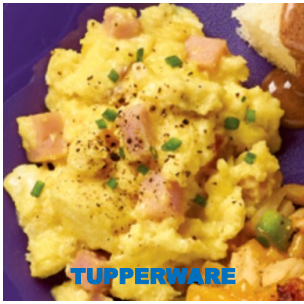


1. Remove tops from bell peppers and remove seeds, fill peppers with chili.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.
5. Sprinkle 1 Tbsp. of cheese on each pepper, before serving.

124

CREAMY SCRAMBLED EGGS

- 4 tbsp. unsalted butter, melted
- 8 large eggs
- ¼ cup diced ham or bacon bits
- ½ cup 2% milk
- ½ tsp. salt
- ¼ tsp. black pepper



1. Place all ingredients in 1¼-qt. Casserole and stir to combine.
2. If cooking individually, place in microwave and cook on high for 4-5 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

125

CHINESE PORK

- 1 lb. pork tenderloin, cut into thin strips
- 1 (8 oz.) can pineapple chunks, drained
- 10 cherry tomatoes
- ½ cup cashews
- ½ Tbsp. soy sauce
- ½ cup sweet and sour sauce
- salt and pepper to taste



TUPPERWARE



1. Place the pork, pineapple, tomatoes, and cashews in the Stack Cooker 1-¾-Qt, Casserole.
2. Add remaining ingredients and toss together to combine.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

126

CRABBY ZUCCHINI

- 2 medium zucchini
- ½ tsp. salt
- ¼ tsp. pepper
- 1 (7 oz.) can crabmeat
- 1 small onion, chopped
- ½ cup cheddar cheese, shredded
- 1 Tbsp. fresh parsley, chopped
- ½ tsp. dried thyme
- Diced tomatoes, optional



1. Cut each zucchini lengthwise in half, with a small spoon remove and discard seeds. Season zucchini with salt and pepper.
2. In a small bowl stir together crab meat, onion, cheese, parsley and thyme, fill zucchini with crab mixture and place in the 1¼-Qt Casserole.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Sprinkle with diced tomatoes, if desired

127

CREAMY BALSAMIC CHICKEN

- 1 lb. boneless, skinless chicken breasts, thinly sliced
- 1 tsp. salt
- ½ tsp. black pepper
- 1 tsp. minced garlic
- 1 tbsp. all-purpose flour
- ¼ cup balsamic vinaigrette
- ¼ cup heavy cream
- 1 tsp. parsley for garnish



TUPPERWARE



1. Place chicken in 1¼-qt. Casserole. Add salt, pepper, garlic and flour. Toss to coat chicken, add balsamic vinaigrette and mix well. 3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. At the end of cooking time, add heavy cream and parsley.

128



CREAMY TURKEY & HAM BAKE

- 1½ cups cooked turkey, cubed
- ½ cup ham, cubed
- 1 (10 oz.) condensed cream of chicken soup
- 1 (8 oz.) carton plain yogurt
- 1 (4 oz.) can mushrooms, sliced, drained
- ¼ cup water chestnuts, chopped
- ¼ tsp. pepper
- ½ cup seasoned croutons, ground
- 1 Tbsp. parsley, chopped



1. Combine, turkey, ham, soup, yogurt, mushrooms, chestnuts and pepper in the Stack Cooker 1-¾-Qt, Casserole.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. In the Chop N Prep Chef add croutons, and grind to bread crumbs, sprinkle over casserole, sprinkle parsley over casserole.

129

CREOLE PEPPER STEAK



- ¾ lb. round steak or cube steak, cut into strips
- 1 bell pepper, sliced into strips
- ½ cup onion, chopped
- ¼ cup celery, thinly sliced
- 2 Tbsp. water
- 6 oz. jar brown gravy
- 1 (4 oz.) can mushrooms, drained
- 1 tsp. Worcestershire sauce
- ¼ tsp. ground red pepper
- ¼ tsp. ground black pepper
- 2 medium tomatoes, seeded and chopped



1. Place the beef, onion, celery and water in the Stack Cooker 1-¾-Qt, Casserole, microwave on high for 1-2 minutes.
2. Add remaining ingredients and toss together to combine.
3. If cooking individually, place in microwave and cook on high for 5-7 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

130



CURRIED CHICKEN

- 1 large onion, chopped
- 2 cloves garlic, minced
- ½ cup all purpose flour
- 2 Tbsp. curry powder
- 2 tsp. chicken bullion granules
- ¼ tsp. ground red pepper
- 2 cups milk
- 3 cups cooked chicken, cubed



Hot cooked rice
Optional topping, peanuts, chutney, green onions, raisins, crumbled bacon, hard boiled egg

1. Place onion and garlic in the Stack Cooker 1-¾-Qt, Casserole, microwave on high for 2 minutes.
2. Stir in flour, curry, bouillon and red pepper, add milk, stir. Microwave on high for 5 minutes. Stir in chicken.
3. If cooking individually, place in microwave and cook on high for 2-3 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

131



CURRIED MEATBALLS

- 2 zucchinis, thinly sliced ribbons
- 1 lb. hamburger
- 1½ tsp. curry powder
- 1 garlic clove, minced
- 1 egg, beaten
- ¼ cup dried bread crumbs
- Salt and pepper to taste



1. Place zucchini slices in the Stack Cooker 1-¾-Qt, Casserole, season with salt and pepper.
2. Combine remaining ingredients, shape into balls, place on top of zucchini.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

132



EGG BAKE

- 8 eggs
- ½ red bell pepper, chopped
- ½ green bell pepper, chopped
- 1 small onion, chopped
- 1 cup shredded cheese
- 1 tsp. coarse kosher salt
- Sliced green onions, optional

TUPPERWARE



1. In 1-¾-Qt. Casserole, whisk together eggs.
2. Add peppers, onion, cheese and salt, mix well.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. sprinkle with sliced green onions, if desired.

133



ENCHILADA CASSEROLE

- 1 lb. ground beef
- 1 small onion, chopped
- 2 tsp. southwest chipotle seasoning*
- 1 (10-oz.) can enchilada sauce
- 6 (6") corn tortillas sliced into wedges
- ½ cup shredded cheese

TUPPERWARE



1. Place ground beef, onion and Southwest chipotle seasoning* in Colander and place over 1¾-Qt. Casserole.
2. Cover and microwave on high power 5–6 minutes, stirring halfway through.
3. Remove Colander. Drain and wipe out Casserole. Transfer cooked meat mixture to 1¾-Qt. Casserole. Stir in sauce and fold in tortilla wedges and cheese.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.

* Ask your consultant for this recipe or use taco seasoning

134



ENCHILADA CASSEROLE 2

- 1 lb. ground beef
- 1 small onion, chopped
- ½ tsp. garlic powder
- ¼ tsp. pepper
- 1 (10-oz.) can enchilada sauce
- 6 (6") corn tortillas sliced into wedges
- ½ cup shredded cheddar cheese
- ½ cup shredded Monterey cheese
- Black olives, sliced, optional

TUPPERWARE



1. Place ground beef, onion and garlic, and pepper in Colander and place over 1¾-Qt. Casserole.
2. Cover and microwave on high power 5–6 minutes, stirring halfway through.
3. Remove Colander. Drain and wipe out Casserole. Transfer cooked meat mixture to 1¾-Qt. Casserole. Stir in sauce and fold in tortilla wedges and cheeses.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.

135



GLAZED HAM & SWEET POTATOES

- 2 Tbsp. apricot jam
- 1 tsp. Dijon mustard
- 1 (8 oz.) boneless fully cooked ham steak
- 1 can (15¾ oz.) sweet potatoes, drained
- 1 can (8½ oz.) sliced peaches, drained
- 2 Tbsp. maple syrup, divided

TUPPERWARE



1. In a 1 cup Micro Pitcher, combine jam and mustard. Microwave, uncovered, on high for 15-30 seconds or until jam is melted; stir until blended. Set aside.
2. Place ham steak in the 1¾-Qt. Casserole. Pour ½ of the mustard jam over ham steak. Arrange sweet potatoes and peaches around ham. Drizzle with syrup.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Pour remaining mustard jam over ham before serving.

136



GLAZED HAM STEAKS

- 1 (1 lb.) boneless fully cooked ham steak, cut into quarters
- ¼ cup orange marmalade
- 2 Tbsp. Dijon mustard
- 4 scallions, thinly sliced



1. Place ham in the 1¼-Qt Casserole.
2. Mix together orange marmalade, and mustard, pour over ham. Sprinkle scallions over ham.
3. If cooking individually, place in microwave and cook on high for 7-9 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

137

GREEN BEAN CASSEROLE

- ½ can cream of mushroom soup
- ½ tsp. soy sauce
- 1 Tbsp. milk
- Salt and pepper to taste
- 2 cups frozen green beans
- ½ cup French fried onions



1. In a small bowl, mix soup, soy sauce, milk, salt and pepper.
2. Place green beans in the 1¼-Qt. Casserole. Pour soup mixture over beans, stir to coat.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Sprinkle fried onions over casserole.

138



HAM & CHEESE PASTA

- 2 cups mostaccioli or penne, cooked
- 1 (15 oz.) jar alfredo sauce, use enough to cover pasta
- ¼ lb. ham, cut into chunks
- ½ cup frozen peas
- ¼ cup parmesan cheese



1. Combine all ingredients in the 1¼-Qt. Casserole. Stir to combine.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.

139



HAM LOAVES

- 1 beaten egg
- ¾ cup soft bread crumbs
- ½ cup milk
- 1 Tbsp. prepared horseradish
- ½ tsp. pepper
- 1 lb. ground beef
- ½ lb. fully cooked ground ham

- Glaze**
- ½ cup brown sugar
 - ½ cup cider vinegar



1. Combine egg, bread crumbs, milk, horseradish, pepper, beef and ham in a medium bowl, shape into 4-6 mini loaves and place in the 1¼-Qt. Casserole.
2. Mix glaze and pour over loaves.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

140



HERB COATED CHICKEN

- ¼ cup seasoned bread crumbs
- 1 tsp. dried parsley flakes
- ¼ tsp. dried basil
- ¼ tsp. paprika
- ¼ tsp. salt
- ¼ tsp. thyme
- 2 lb. meaty chicken pieces
- 2 Tbsp. butter, melted



HERBED COUSCOUS

- 1 (12 oz.) pkg. plain or flavored couscous
- 2 Tbsp. carrots, finely chopped
- 2 Tbsp. parsley, minced
- 1 ½ cups warm water



1. Combine bread crumbs, parsley, basil, paprika, salt and thyme in a shallow dish
2. Remove skin from chicken; brush chicken with butter and coat in bread crumbs, place in the 1 ¼-Qt. Casserole.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1. Combine all ingredients in the 1 ¼-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.

141

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HERBED MINI MEATLOAVES

- 1 beaten egg
- ½ cup herb-seasoned stuffing mix
- ½ cup milk
- 1 Tbsp. onion soup mix
- 2 Tbsp. ketchup
- 1 lb. ground beef
- ¼ cup ketchup



HERBED SALMON STEAKS

- 4 (6 oz.) salmon steaks
- 1 Tbsp. olive oil
- 1 tsp. dried rosemary
- 1 Tbsp. fresh thyme, chopped
- 1 tsp. ground black pepper
- 2 small limes



1. In a medium bowl, mix together egg, stuffing, onion soup mix, 2 Tbsp. Ketchup and ground beef, shape into 5 mini loaves.
2. Arrange loaves around outside edge of the 1 ¼-Qt Casserole.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Pour ¼ cup catsup over meatloaves.



1. Place salmon steaks in the 1 ¼-Qt Casserole, rub each steak with oil, then sprinkle with thyme, rosemary and pepper. Squeeze the juice of one lime over steaks.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Cut remaining lime into wedges, serve with salmon.

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HONEY MUSTARD CHICKEN

1½ lb. chicken breast, skinless boneless

Sauce

- ¼ cup whole grain, coarse mustard
- 2 Tbsp. Dijon mustard
- 2 Tbsp. yellow mustard
- ¼ cup + 2 Tbsp honey
- 3 tsp. olive oil , divided
- Salt and freshly ground black pepper
- ½ cup chopped yellow onion
- 2 cloves garlic , minced
- 4 small sprigs rosemary



HOT FUDGE SAUCE

- 1 (12 oz.) can evaporated milk
- 2 cups chocolate chips
- ½ cup sugar
- 1 Tbsp, butter
- 1 tsp. vanilla



TUPPERWARE

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1. In a mixing bowl whisk together all ingredients except chicken.
2. Arrange Chicken around outside edge of the 1¼-Qt Casserole, pour sauce over chicken.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

1. Combine milk, chocolate chips and sugar in the 1¼-Qt Casserole, stir.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15 minutes.
5. Stir in vanilla and butter.



ISLAND SPICED PORK

- ¼ cup flour
- 1 tsp. salt
- 1 tsp. ground allspice
- Dash cayenne pepper
- 1½ lb. pork tenderloin cubes
- ¼ bottle caribbean style sauce or marinade
- 1 small jalapeño pepper sliced, seeds removed



ITALIAN CHICKEN & VEGETABLES

- 2 small chicken breasts (1 lb.) cut into 1" cubes
- 1 cup broccoli florets
- 1 cup bell peppers sliced or chopped
- 1 small zucchini sliced
- ½ cup grape tomatoes, cut in half
- ½ cup onion sliced
- 1 Tbsp. olive oil
- 1 Tbsp. Italian seasoning
- 1 tsp. garlic powder or fresh minced garlic
- 1 tsp. paprika
- salt and pepper to taste



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TUPPERWARE



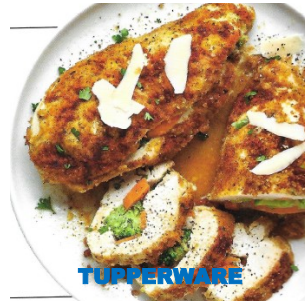
1. Combine flour and seasonings and dredge pork cubes in flour mixture. Place pork in the 1¼-Qt Casserole, microwave on high for 5 minutes.
2. Add sauce and jalapeños, stir.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

1. Combine all ingredients in the 1¼-Qt Casserole, stir to combine.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



ITALIAN MEAT SAUCE

- 1 lb. ground beef
- 1 medium onion, diced
- 1 garlic clove, minced
- 1 medium carrot, finely diced
- 1 rib celery, finely diced
- 1 (6 oz.) can tomato paste
- ¼ cup water
- 2 Tbsp. fresh parsley
- 1½ tsp. dried oregano
- 1 tsp. salt
- 1 (28 oz.) can crushed tomatoes



ITALIAN SEASONED CHICKEN

- 3 cups frozen broccoli or Frozen Italian-style vegetables, slightly thawed
- 4 boneless, skinless chicken breast halves
- 2 Tbsp. mayonnaise
- ½ cup seasoned bread crumbs
- 3 Tbsp. parmesan cheese, grated
- ¼ tsp. paprika



TUPPERWARE

TUPPERWARE



- Place ground beef in the Colander, add vegetables. Place colander in the 1¼-Qt Casserole, microwave on high for 5 minutes. Drain meat. Wipe out 1¼-Qt Casserole and add meat mixture.
- Add remaining ingredients and stir to combine.
- If cooking individually, place in microwave and cook on high for 10-12 minutes.
- If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
- Let stand for 5 minutes.

- Slit each chicken breast on the side to make a pocket. Place 3 tbsp. of vegetables inside each chicken piece, fold over and secure with wooden toothpicks.
- In the 1¼-Qt. Casserole, add remaining vegetables.
- Brush chicken with mayonnaise. Combine bread crumbs and cheese, then roll chicken in crumb mixture. Place chicken on top of veggies with thickest portions toward the edge. Sprinkle with paprika and any remaining crumbs.
- If cooking individually, place in microwave and cook on high for 10-12 minutes.
- If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
- Let stand for 5 minutes.

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JIFFY JAMBALAYA

- 1 (10 oz.) can diced tomatoes with green chili peppers
- 1½ cups quick cooking rice
- 1 (6 oz.) pkg. frozen shrimp, peeled and deveined
- 1 (6.75 oz.) can chunk style ham
- ¾ cup water
- 1 tsp. chili powder



LAZY CHICKEN ENCHILADAS

- 2 (10 oz.) cans enchilada sauce
- 2 Tbsp. Southwest chipotle seasoning*
- 10 (6") corn tortillas, cut into quarters
- 2 cups cooked chicken
- 1½ cup shredded cheddar cheese



TUPPERWARE

TUPPERWARE



- Combine all ingredients in the 1¼-Qt Casserole, stir to combine.
- If cooking individually, place in microwave and cook on high for 8-10 minutes.
- If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
- Let stand for 5 minutes.

- Combine enchilada sauce with seasoning and pour ¼ of the sauce in the 1¼-Qt Casserole.
- Top sauce with ¼ of the tortillas, chicken then cheese, repeat layers, end with sauce and cheese.
- If cooking individually, place in microwave and cook on high for 8-10 minutes.
- If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
- Let stand for 5 minutes.

*Ask your consultant for this recipe or use Taco seasoning

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MEATBALLS, BEEF

- 1 lb. ground beef
- ½ cup breadcrumbs
- 1 egg, lightly beaten
- ½ tsp. coarse kosher salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- 2 Tbsp. water



1. Combine ingredients in a medium bowl and mix until combined.
2. Shape into eight meatballs and place in 1-¾-Qt. Casserole.
3. If cooking individually, place in microwave and cook on high for 10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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MEDITERRANEAN FISH

- 10 cherry tomatoes
- 2 potatoes, thinly sliced
- ½ cup black olives, pitted
- 1 red pepper, diced
- 1 tsp. dried oregano
- 2 garlic cloves, minced
- 1 lb. firm white fish
- ½ lemon, juiced
- 2 Tbsp. olive oil
- Salt and pepper to taste



1. Place tomatoes, olives, ½ the red pepper and ½ the potatoes in the Stack Cooker 1-¾-Qt Casserole.
2. Lay fish on top of the vegetable layer.
3. Mix oregano, garlic, lemon juice, olive oil, salt and pepper, pour over fish.
4. Top with remaining vegetables, season to taste.
5. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
6. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
7. Let stand for 5 minutes.

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PEPPER STEAK

- 1½ lb. sirloin or other tender cut of beef, sliced diagon
- ¼ cup flour
- 3 Tbsp. dry onion soup mix
- 1 Tbsp. Italian seasoning
- 1 green pepper, cut into strips
- 1 (16 oz.) can diced tomatoes
- 1 (8 oz.) can tomato sauce



1. Place beef strips in the Stack Cooker 1-¾-Qt Casserole, toss with flour, onion soup mix and Italian seasoning.
2. Add remaining ingredients, stir to combine.
3. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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PESTO CHICKEN DRUMSTICKS

- 6 chicken drumsticks
- 1 cup fresh basil pesto
- 2 tsp. lemon juice



1. Place chicken legs in the Stack Cooker 1-¾-Qt Casserole, with bones towards the center.
2. Pour pesto over chicken and drizzle lemon juice over pesto.
3. If cooking individually, cover and place in microwave and cook on high for 12-15 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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PINEAPPLE GLAZED HAM

- 1 lb. fully cooked ham steaks, cut into 4 pieces
- 1 (16 oz.) can pineapple tidbits, drained
- ¼ cup barbeque sauce
- ¼ cup brown sugar



PINEAPPLE SALSA LAMB CHOPS

- Salsa*
- 1 (15 oz.) can pineapple tidbits, drained
 - ¼ cup red onion
 - 1 tsp. sugar
 - 1 tsp. apple cider vinegar
 - 1 Tbsp. mint, chopped
- 4 lamb sirloin chops, ¾" thick



TUPPERWARE

TUPPERWARE



1. Place all ingredients in the Stack Cooker 1-¾-Qt Casserole, stir to combine.
2. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.

1. In the 1¾-Qt Casserole, mix salsa ingredients.
2. Add lamb chops, turn to coat in salsa.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



POACHED SALMON

- 3 Tbsp. chicken broth or white wine
- 1 lb. salmon filet
- 2 tsp. fresh ginger, finely chopped
- ½ tsp. salt
- 1 tsp sesame oil
- 2 tsp. soy sauce
- ¼ cup green onion, sliced



POLLO GUISADO

- 2 chicken breasts (1 lb.), cut in half
- 1 tsp. Adobo with pepper seasoning
- ¼ tsp. ground annatto
- 2 Tbsp. tomato sauce
- 1 Tbsp. Sofrito



TUPPERWARE

TUPPERWARE



1. In the 1¾-Qt Casserole add the broth or wine, place salmon filet in ¾-Qt Casserole.
2. Mix together ginger, oil, salt, sesame oil, soy sauce, pour over salmon.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 10-12 minutes.
5. Let stand for 5 minutes.
6. Sprinkle with green onion.

1. Season chicken breasts with Adobo and annatto. Place in 1¾-Qt. Casserole.
2. Pour sauce and sofrito over chicken.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



PORCUPINE MEATBALLS

- 1 lb. ground beef
- 2/3 cup converted white rice, uncooked
- 1/2 cup water
- 1 Tbsp. Worcestershire sauce
- 1/2 tsp. salt
- 1/4 tsp. garlic powder
- 1/8 tsp. black pepper
- 1 (10 3/4 oz.) can condensed tomato soup, divided
- 2 Tbsp. fresh parsley, chopped



TUPPERWARE



1. In a medium bowl mix together, beef, rice, water, Worcestershire sauce, salt, garlic powder, pepper and 1/4 cup soup.
2. Form into meatballs and place in the 1 3/4-Qt. Casserole, stir together remaining soup and water and pour over the porcupines.
3. If cooking individually, place in microwave and cook on high for 12-14 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

PORK WITH OLIVES

- 1 lb. pork loin, cut into filets
- 2 large portobello mushrooms, chopped
- 1/2 cup olives, pitted
- 2 tomatoes, crushed
- 1 Tbsp. tomato paste
- 1 Tbsp. olive oil
- Salt and pepper to taste



TUPPERWARE



1. Place all ingredients in the Stack Cooker 1 3/4-Qt, Casserole, season with salt and pepper. Stir to mix.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



QUICK SAUSAGE SAUCE

- 1 lb. sweet or hot Italian sausage, casing removed
- 1 (20 oz.) jar marinara sauce
- 1/2 cup olives, sliced



TUPPERWARE



1. Place crumbled sausage in the Stack Cooker 1 3/4-Qt, Casserole. Microwave on high for 3-5 minutes. Add remaining ingredients, stir to mix.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.

RISOTTO WITH SHRIMP

- 7 oz. frozen small green peas, thawed
- 2 garlic cloves, minced
- 2 Tbsp. parsley, chopped
- 3 tomatoes, chopped
- 2 Tbsp. white wine
- 3/4 cup arborio rice
- 3/4 cup half and half
- Salt and pepper to taste
- 1/2 lb. shrimp, peeled and deveined



TUPPERWARE



1. Place all ingredients, except shrimp in the Stack Cooker 1 3/4-Qt Casserole and mix well. Place shrimp in circle on the outside edge.
2. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.

ROSEMARY PORK CHOPS

- 8 oz. fresh mushrooms, cut in half
- 2 medium onions, cut into wedges
- 3 Tbsp. olive oil, divided
- ½ tsp. dried rosemary, divided
- ¼ cup balsamic vinegar
- 1 cup Italian flavored bread crumbs
- 2 Tbsp. parmesan cheese, grated
- ¼ tsp. black pepper
- 4 pork loin chops, boneless



SALMON LOAF WITH CREAMED PEAS

- ½ cup onion, diced
- ½ cup celery, diced
- 1 Tbsp. water
- ½ cup herb seasoned stuffing mix
- 1 beaten egg
- 2 (6 oz.) cans boneless skinless salmon, flaked
- 1½ cup frozen peas
- 1 (5 oz.) jar cream cheese spread with pimento
- 2 Tbsp. milk



TUPPERWARE

TUPPERWARE



1. Place mushrooms, onions, 1 Tbsp. oil and ¼ tsp. dried rosemary in the Stack Cooker 1-¾-Qt Casserole stir to combine; set aside.
2. In a shallow bowl combine vinegar and 2 Tbsp. oil.
3. In separate bowl combine bread crumbs and parmesan cheese, ¼ tsp. dried rosemary and pepper.
4. Dip pork chops into vinegar, then bread crumbs and place in the 1-¾-Qt Casserole.
5. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
6. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
7. Let stand for 5 minutes.

1. Place onion, celery and water in the Stack Cooker 1-¾-Qt Casserole microwave on high for 2-3 minutes, transfer to bowl and add stuffing, egg and salmon, mix well, then shape into 4 loaves, place loaves in the cleaned 1-¾-Qt Casserole on the outside edge.
2. Add peas to the center. Combine cheese spread and milk and pour over peas.
3. If cooking individually, cover and place in microwave and cook on high for 7-9 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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SALMON POTATO SCALLOP

- 3 cups hot water
- 1 tsp. butter
- 1 (5.25 oz.) pkg. au gratin potatoes
- 1 tsp. horseradish
- 1 (6 oz.) can salmon, drained, and flaked
- ½ cup frozen peas
- 1 tsp. Fresh parsley, minced



SALMON STEAK WITH DILL

- 4 (4 oz.) salmon steaks
- 3 carrots, peeled
- 1 onion
- ½ cup heavy cream
- 1 bunch of fresh dill
- Salt and pepper to taste



1. Combine all ingredients in the 1¾-Qt Casserole, stir to combine.
3. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

1. Place salmon steaks in the Stack Cooker 1 ¾-Qt, Casserole, season with salt and pepper.
2. Chop onions, carrots and ½ of the dill, sprinkle over salmon.
3. Pour cream over salmon and vegetables. Season with salt and pepper to taste.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Serve with additional dill.

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SAUSAGE & PEPPERS

- 1 onion, peeled
- 1 green bell pepper, cored
- 4 Italian sausages, sliced ¼" thick
- Salt and pepper, to taste



1. Thinly slice onion and green pepper.
2. Place sliced sausages into 1¼-Qt. Casserole and cover with sliced onion and pepper.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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SAUSAGE RAGU

- 1 lb. mild pork sausage
- ½ onion, thinly sliced
- 2 carrots, sliced
- 1 stalk celery, sliced
- ¾ cup red pasta sauce
- ¼ cup water



1. Place all ingredients into 1¼-Qt. Casserole, stir to combine.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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SAUSAGE CABBAGE SUPPER

- 1 lb. pork sausage links, sliced
- ½ cup onion, chopped
- 3 cups cabbage, shredded
- 1 apple, cored, & chopped
- ½ cup sweet & sour sauce
- ¼ cup water
- ½ tsp. caraway seed



1. Crumble sausage into the colander and place colander in the 1¼-Qt casserole. Microwave on high for 5-6 minutes. Drain. Wipe clean 1¼-Qt casserole. Transfer sausage to the 1¼-Qt casserole.
2. Stir in remaining ingredients.
3. If cooking individually, place in microwave and cook on high for 7-9 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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SAUSAGE LINK SANDWICHES

- Sauce*
- ½ cup ketchup
 - 1 Tbsp. brown sugar
 - 1 Tbsp. vinegar
 - 1 Tbsp. Worcestershire sauce
 - ¼ tsp. dry mustard



- 2 medium green peppers, cut into bite sized strips
 - 1 medium onion, cut into thin wedges
 - 1 lb. fully cooked bratwurst, nockwurst, polish sausage or hot dogs
 - 5 Hot dog buns
1. Combine sauce ingredients in the 1¼-Qt casserole.
 2. Add vegetables and sausages, stir to coat.
 3. If cooking individually, place in microwave and cook on high for 4-5 minutes.
 4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
 5. Let stand for 5 minutes.
 6. Serve with buns.

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SAUSAGE STEW

- 1 small onion, sliced
- 1 clove garlic, minced
- 8 oz. fully cooked polish sausage
- 1 (16 oz.) can tomatoes, diced
- 1 (16 oz.) can navy beans, drained
- 1 Tbsp. parsley flakes
- Dash ground cloves



SEAFOOD CASSEROLE

- 2 cups frozen broccoli florets
- 2 cups cooked medium egg noodles, cooked and drain
- 1 (10 3/4 oz) cream of shrimp soup
- 1/2 cup milk
- 1 (6 1/2 oz.) can tuna, crabmeat or salmon, drained
- 1/2 cup cheddar cheese, shredded



TUPPERWARE

TUPPERWARE



1. Combine onion and garlic in the 1 3/4-Qt casserole, microwave on high for 2 minutes.
2. Add remaining ingredients.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

1. Combine broccoli, egg noodles, soup, milk and tuna in the 1 3/4-Qt casserole.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with cheese before serving.

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SEAFOOD STEW

- 1 (16 oz.) can stewed tomatoes
- 1 cup clam juice
- 2 Tbsp. parsley, chopped
- 1 tsp. dried thyme
- 1/2 tsp. black pepper
- 8 oz. shrimp, peeled and deveined
- 4 oz. monk fish, cut into 1" cubes
- 8 small clams, fresh
- 8 mussels, fresh and beards removed



SHRIMP & ASPARAGUS RISOTTO

- 1 cup risotto rice
- 2 cups chicken broth
- 16-20 medium frozen shrimp, peeled and deveined
- 1 cup chopped asparagus
- Salt and pepper, to taste
- 1/2 cup green onions, chopped
- 1/2 cup parmesan cheese, grated



TUPPERWARE

TUPPERWARE



1. Combine all ingredients in the 1 3/4-Qt casserole, stir.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Discard any clams or mussels that did not open.

1. Combine rice and broth in the 1 3/4-Qt casserole.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15 minutes. Add shrimp and asparagus and cook for remaining 10 minutes.
4. Let stand for 5 minutes.
5. Stir in salt and pepper, sprinkle with green onion and cheese.

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SLOPPY JOES

- 1 lb. ground beef, turkey or chicken
- 1 (8-oz.) can tomato sauce
- 2 Tbsp. brown sugar
- 1 Tbsp. yellow mustard
- ¼ cup ketchup
- 1 tsp. coarse kosher salt
- ½ tsp. chili powder
- 6 buns



SOY GINGER TURKEY SLIDERS

- 1 lb. ground turkey
- ¼ cup plain breadcrumbs
- ¼ cup green onions, chopped
- 1 Tbsp. ginger, minced
- 2 garlic cloves minced
- 2 tsp. soy sauce
- ½ tsp. salt
- 1 egg



1. Add meat to Colander and place Colander over 1¼-Qt. Casserole. Cover and microwave on high power 5–6 minutes, stirring halfway through, until meat is cooked through.
2. In a medium bowl, stir together remaining ingredients, except buns. Add meat to mixing bowl and stir to coat meat.
3. Drain and wipe out 1¼-Qt. Casserole, then add meat mixture back into the 1¼-Qt. Casserole.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Serve on buns.



1. In medium bowl, place all ingredients and mix just until combined. Divide mixture in half, then each half into three patties. Place in 1¼-Qt Casserole along the edges, leaving the middle empty.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Serve on buns.

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SPICED LAMB PATTIES

- 1 lb. ground lamb
- 3 slices of bread, torn into pieces
- 2 garlic cloves, minced
- 1 tsp. coriander
- 1 tsp. oregano
- 1 tsp. salt
- 1 tsp. pepper
- 1 Tbsp. Worcestershire sauce
- ½ cup plain yogurt
- 1 tsp. garlic powder
- 4 sandwich size pitas
- 4 lettuce leaves
- 2 tomatoes, seeded and chopped



SPICY MEATBALLS

- 1 lb. ground beef
- ½ cup seasoned bread crumbs
- 1 egg
- ½ tsp. cayenne
- 1 Tbsp. hot sauce
- 1 Tbsp. water



1. In a medium bowl, combine, lamb, bread, garlic, coriander, salt, pepper and Worcestershire sauce. Make into 8 meatballs.
2. Place meatballs in the 1¼-Qt. Casserole, flatten slightly.
3. If cooking individually, place in microwave and cook on high for 6-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. In a small bowl combine yogurt and garlic powder.
7. To serve, place two patties in pita, add lettuce, tomatoes and yogurt sauce.

1. Combine all ingredients in a medium bowl and mix until well combined. Shape into eight meatballs.
2. Place meatballs in the 1¼-Qt. Casserole.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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SPINACH STUFFED CHICKEN

- 4 chicken breasts
- 1 tsp. paprika
- 1 tsp. salt divided
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- 4 ounces cream cheese, softened
- ¼ cup grated Parmesan
- 2 Tbsp. mayonnaise
- 1 ½ cups chopped fresh spinach
- 1 tsp. garlic, minced
- ½ tsp. red pepper flakes
- 1 Tbsp. olive oil



STEAK AND ONIONS

- ¼ cup white vinegar
- 2 Tbsp. extra virgin olive oil
- 1 lb. cube steak, quartered
- ¼ tsp. adobo with pepper seasoning
- ¼ tsp. ground annatto
- 2 garlic cloves, chopped
- 1 small onion, sliced into rings



1. Place the chicken breasts on a cutting board. Use a sharp knife to cut a pocket into the side of each chicken breast.
2. Add the paprika, ½ tsp. salt, garlic powder, and onion powder to a small bowl and stir to combine. Sprinkle evenly over both sides of the chicken.
3. Add cream cheese, Parmesan, mayonnaise, spinach, garlic, red pepper and remaining ½ teaspoon of salt to a small mixing bowl and stir well to combine. Spoon the spinach mixture into each chicken breast evenly and place in the 1¼-Qt. Casserole. Drizzle with olive.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.

1. Add vinegar and oil to 1¼-Qt Casserole.
2. Season steaks by rubbing with Adobo, annatto and garlic.
3. Place steaks in 1¼-Qt Casserole over oil and vinegar. Place sliced onion over steaks.
4. If cooking individually, place in microwave and cook on high for 6 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.

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STEAK ORIENTAL

- 1 lb. round steak or cubed steak, thinly sliced
- 2 medium carrots, thinly sliced
- 1 bell pepper, sliced into strips
- 1 onion, thinly sliced
- 6 oz. jar mushroom gravy
- 2 Tbsp. teriyaki sauce



STEWED CHICKEN

- 2 boneless, skinless chicken breasts, cut in half lengthwise
- 1 tsp. Adobo with pepper seasoning
- ¼ tsp. ground annatto
- 2 Tbsp. tomato sauce
- 1 Tbsp. sofrito



1. Add meat to Colander and place Colander over 1¼-Qt. Casserole. Cover and microwave on high power 3 minutes, stirring halfway through. Transfer meat to clean 1¼-Qt Casserole.
2. Add remaining ingredients to the meat.
3. Drain and wipe out 1¼-Qt. Casserole, then add meat mixture back into the 1¼-Qt. Casserole.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.

1. Season chicken breasts with Adobo and annatto. Place in 1¼-Qt. Casserole. Pour sauce and sofrito over chicken.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.

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SUMMER VEGETABLE BAKE

- 1 Tbsp. butter
- 1 garlic clove, minced
- 3 medium zucchini, chopped
- 1 large onion, chopped
- 2 Tbsp. fresh basil, chopped
- 2 tomatoes, seeded and chopped
- 6 slices whole wheat bread, cut into 1" cubes
- 1 cup swiss cheese, shredded, divided
- 2 eggs, slightly beaten
- 1 tsp. hot pepper sauce



1. Add garlic and butter in the 1 1/4-Qt. Casserole. Cover and microwave on high power for 1 1/2 minutes.
2. Stir in zucchini, onion and basil and microwave for 3-4 minutes.
3. Add tomatoes, bread cubes and 3/4 cup of cheese.
4. Stir hot sauce into eggs and pour over vegetables.
5. If cooking individually, place in microwave and cook on high for 8-10 minutes.
6. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
7. Let stand for 5 minutes.
8. Sprinkle remaining cheese over vegetable before serving.

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SWEDISH MEATBALLS

- Meatballs*
- 1 1/2 lb. ground beef
 - 1 egg
 - 2 slices bread, made into crumbs
 - 1/4 cup onion, chopped
 - 1/4 cup parsley, chopped
 - 2 Tbsp. milk
 - 1/2 tsp. Worcestershire sauce
 - 1/4 tsp. salt
 - 1/4 tsp. pepper
 - 1/4 tsp. allspice
 - 4 oz. fresh mushrooms, sliced

- Cream Sauce*
- 1 (10 oz.) can cream of chicken soup
 - 1/2 cup sour cream
 - 1/4 cup milk



1. in a bowl, combine meatball ingredients and shape into meatballs, place in the 1 1/4-Qt Casserole, add mushrooms.
2. If cooking individually, place in microwave and cook on high for 8 minutes, add cream sauce and microwave for 2-3 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 20 minutes add cream sauce and microwave for 5 minutes.
4. Let stand for 5 minutes.

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SWEET & SOUR CHICKEN THIGHS

- 6 chicken thighs
- 1/2 red bell pepper, cubed
- 1 cup snow peas, trimmed and cut in half
- 1 cup pineapple chunks in juice, reserve juice

Sauce

- 3/4 cup reserved pineapple juice
- 3 Tbsp. tomato ketchup or tomato sauce
- 1 tsp. sugar
- 1/4 tsp. crushed red pepper
- 1/2 tsp salt
- 1 tsp. corn starch



1. Place chicken thighs in 1 1/4-Qt. Casserole, cover with chopped vegetables and pineapple chunks.
2. Whisk together sauce and pour over chicken and vegetables.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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SWEET & SOUR MEATBALLS

- Meatballs*
- 1 lb. lean ground beef
 - 1/4 tsp salt
 - 1/4 tsp ground pepper
 - 2 Tbsp. corn starch
 - 2 Tbsp. vegetable oil
 - 1 onion, diced
 - 2 cloves garlic, minced

- 1/2 red bell pepper, cubed
- 1 cup snow peas, trimmed and cut in half
- 1 cup pineapple chunks in juice, reserve juice

Sauce

- 3/4 cup reserved pineapple juice
- 3 Tbsp. tomato ketchup or tomato sauce
- 1 tsp. sugar
- 1/2 tsp salt
- 1 tsp. corn starch



1. Combine ingredients for meatballs in a medium bowl and mix until combined.
2. Shape into meatballs and place in 1 1/4-Qt. Casserole, cover with chopped vegetables and pineapple chunks.
3. Whisk together sauce and pour over meatballs and vegetables.
3. If cooking individually, place in microwave and cook on high for 10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

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TURKEY & WILD RICE CASSEROLE

- 1/4 cup green pepper, finely chopped
- 1 small onion, chopped
- 1 Tbsp. water
- 3/4 cup milk
- 2/3 cup seasoned long grain and wild rice
- 1 1/2 cup cooked turkey, chopped
- 1 (10.75 oz.) cream of mushroom soup
- 1 tsp. poultry seasoning
- 3/4 cup swiss cheese, shredded



TURKEY CURRY IN SQUASH

- 2 small acorn squash
- 2 Tbsp. vegetable oil
- 2 medium carrots, chopped
- 1 medium onion, chopped
- 2 tsp. curry powder
- 1 lb. turkey breast, skinless, boneless, cut into 1" cube
- 1/2 cup quick cooking rice
- 1/4 cup water
- 1/4 cup raisins
- 1 Tbsp. fresh parsley, chopped
- 1/2 tsp. salt
- 1/8 tsp. black pepper



1. Combine green pepper, onion and water in 1 1/4-Qt. Casserole, microwave on high for 2-3 minutes.
2. Stir in milk, rice, turkey, soup, poultry seasoning and 1/4 cup of cheese.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Sprinkle remaining cheese on top.

1. On a paper towel, place squash in microwave and cook for 5-7 minutes, makes squash easier to cut. When cooled, cut in half and remove seeds.
2. Place oil, carrots and onions in 1 1/4-Qt. Casserole, microwave on high for 3-4 minutes, transfer to medium bowl, wipe clean.
3. In the medium bowl with onion mixture add curry powder, turkey, rice, water, raisins, parsley, salt and pepper, stir to combine.
4. Place squash halves in the 1 1/4-Qt casserole and fill with turkey mixture.
5. If cooking individually, place in microwave and cook on high for 12-14 minutes.
6. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
7. Let stand for 5 minutes.



TURKEY MINI LOAVES

- 1 beaten egg
- 1 cup soft bread crumbs
- 1/2 cup onion, finely chopped
- 1/2 cup green pepper, finely chopped
- 1/4 cup milk
- 1 tsp. poultry seasoning
- 1/4 tsp. garlic salt
- 1 lb. raw ground turkey
- 1/4 cup barbecue sauce



TURKEY STROGANOFF

- 1 large onion, chopped
- 4 oz. portobello mushroom, chopped
- 1 lb. cooked turkey breast, cubed
- 2 Tbsp. tomato paste
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. red wine
- 1 Tbsp. cornstarch
- 2 Tbsp. heavy cream
- Salt and pepper, to taste



Serve over hot egg noodles

1. In a bowl combine egg, bread crumbs, onion, green pepper milk, poultry seasoning, garlic salt and turkey, mix well.
2. Shape into 4 loaves and place in 1 1/4-Qt. Casserole, microwave on high for 2-3 minutes.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Pour barbecue sauce on top. Before serving.

1. Place turkey, mushroom and onion in the Stack Cooker 1 3/4-Qt, Casserole, season with salt and pepper. Stir to mix.
2. In the Quick Shake container add the remaining ingredients, shake well, pour over turkey, stir to mix.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

TURKEY WITH SOUR CREAM

- 1 lb. turkey breast, cut into long strips
- ¼ cup bacon bits
- 1 small carrot, thinly sliced
- 1 small can mushrooms, drained
- 1 garlic clove, minced
- 1 Tbsp. cornmeal
- 1 Tbsp. dry white wine
- ¼ cup chicken broth
- Salt and pepper to taste
- Toppings**
- ½ cup sour cream
- 3 sprigs parsley, chopped



TUPPERWARE



1. Place turkey, bacon bits, carrot and mushrooms in the Stack Cooker 1 ¾-Qt. Casserole, season with salt and pepper. Stir to mix.
2. In the Quick Shake container add the remaining ingredients, shake well, pour over turkey, stir to mix well.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Add sour cream, stir and top with chopped parsley.



TUPPERWARE



1. Add beef and onion to Colander. Place Colander in 1¾-Qt. Casserole. Cover and microwave on high power 5–6 minutes, stirring halfway through, or until meat has cooked through.
2. Drain and wipe clean 1¾-Qt. Casserole. Transfer meat to 1¾-Qt. Casserole and add tomatoes, rice and enchilada sauce. Stir to combine.
3. Place peppers, cut side down, on top of meat mixture.
4. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Spoon meat mixture over each pepper quarter and top with cheese.

UPSIDE DOWN STUFFED PEPPERS

- 1 lb. ground beef
- 1 onion, chopped
- 1 (14.5-oz.) can diced tomatoes
- 1 cup quick cooking rice
- 1 (10-oz.) can enchilada sauce
- 1 large green bell pepper, cored and quartered
- ½ cup shredded cheese



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WARM POTATO SALAD

- 4 medium red potatoes, cut into 1" cubes
- ½ tsp salt
- ¼ cup water
- ¼ cup olive or vegetable oil
- 2 Tbsp. cider or red wine vinegar
- 2 Tbsp. fresh parsley, chopped
- 3 slices of bacon, cooked and crumbled



TUPPERWARE



1. Add salt, water and potatoes in 1¾-Qt. Casserole.
2. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain water from potatoes and stir in remaining ingredients.



TUPPERWARE



1. Thoroughly wash greens and pat dry with paper towels.
2. Place garlic and oil in 1¾-Qt. Casserole. Microwave on high power 1-2 minutes.
3. Add greens to oil, add salt and pepper, toss to coat.
4. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.

WILTED GREENS

- 1 bunch fresh greens, swiss chard, escarole, kale, mustard or turnip greens
- 2 Tbsp. olive or vegetable oil
- 5 garlic cloves, slivered
- ½ tsp. salt
- ¼ tsp. pepper



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#3 STACK COOKER 3-QT. CASSEROLE RECIPES

- | | | |
|---------------------------------------|---|--|
| 198. Apple Cabbage Slaw | 230. Dijon Mushrooms | 262. Minted Peas & Onions |
| 199. Apple Crisp Lite | 231. Dilled Carrots | 263. New Potatoes with Herbs |
| 200. Apple Sauerkraut Relish | 232. Dilled Peas | 264. Nutty Brown Rice |
| 201. Arroz Con Griego | 233. Double Corn Stuffing | 265. Peas & Mushrooms |
| 202. Arroz Con Salchichas | 234. Easy Macaroni and Cheese | 266. Perfect Quinoa |
| 203. Asparagus Risotto | 235. Easy Potato Casserole | 267. Pesto Potatoes |
| 204. Au Gratin Potato Casserole | 236. Fiesta Peas | 268. Pineapple Rice |
| 205. Bacon Onion Rice | 237. Fresh Mushroom Stuffing | 269. Polenta |
| 206. Baked New Potatoes | 238. Garlic & Lemon Broccoli | 270. Potato Gratin |
| 207. Barley & Mushroom Bake | 239. Garlic White Beans | 271. Presto Pasta |
| 208. Breakfast Casserole | 240. Greek Green Beans | 272. Quick Basic Rice |
| 209. Broccoli & Cauliflower Casserole | 241. Green Beans Amandine | 273. Ratatouille 2 |
| 210. Broccoli & Pecans | 242. Grits | 274. Rice Fondant |
| 211. Broccoli with Lemon Butter | 243. Harvest Beets | 275. Rice with Sausage |
| 212. Buttered Pasta | 244. Hash Brown Bake | 276. Saffron Rice |
| 213. Cajun Squash | 245. Herbed Orzo | 277. Savory Rice |
| 214. Candied Butternut Squash | 246. Hot Fudge Pudding Cake | 278. Sesame Bok Choy |
| 215. Caraway Red Cabbage | 247. Italian Asparagus | 279. Spanish Rice |
| 216. Cheese Grits | 248. Italian Meatloaf | 280. Spiced Cauliflower |
| 217. Cheesy Orzo | 249. Italian Sausage with Pepper & Onions | 281. Spicy Fettuccini |
| 218. Chili Beans and Rice | 250. Italian Zucchini | 282. Spicy Shells & Cheese |
| 219. Cinnamon Orange Poached Pears | 251. Lentil Stew | 283. Spiral Pasta with Spicy Red Sauce |
| 220. Corn Medley | 252. Lemon Butter Pasta | 284. Squash Corn Medley |
| 221. Couscous | 253. Lemon Parmesan Orzo | 285. Squash Duo |
| 222. Creamed Corn | 254. Loaded Hash Browns | 286. Summer Squash with Dill |
| 223. Creamed Peas | 255. Macaroni & Cheese Casserole | 287. Sweet Potato Casserole |
| 224. Creamy Brussels Sprouts | 256. Marinara | 288. Tomato Rice |
| 225. Creamy Polenta | 257. Marinated Vegetable Salad | 289. Warm Corn Casserole |
| 226. Creamy Spinach & Rice | 258. Mashed Creamy Potatoes | 290. Warm Pineapple Orange Salsa |
| 227. Creamy Tomato Soup | 259. Mashed Potato and Pumpkin | 291. White Rice |
| 228. Cuban Black Beans | 260. Mashed Potatoes | 292. Zucchini & Carrot Ribbons |
| 229. Deviled Succotash | 261. Mashed Sweet Potatoes | |

197



1. Combine all ingredients in Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

APPLE CABBAGE SLAW

- 3 Tbsp. fresh lemon juice
- 2 tsp. apple cider vinegar
- 1 Tbsp. honey
- Salt and black pepper to taste
- 2 tsp. Dijon mustard
- 2 Tbsp. water
- 2 cups cabbage, chopped
- 2 red apples, peeled, cored and sliced



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TUPPERWARE



APPLE CRISP LITE

- 1 (20 oz.) can apple slices in water
- 1 (1.5 oz) pkg. instant oatmeal, any flavor
- 1 Tbsp. brown sugar
- ½ tsp. ground cinnamon
- 1 Tbsp. butter, melted



1. Place apple slices in Stack Cooker 3-Qt. Casserole, sprinkle with oatmeal, brown sugar, and cinnamon, drizzle with butter.
2. If cooking individually, place in microwave and cook on high for 4-5 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

199



TUPPERWARE



1. Combine all ingredients in Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

APPLE SAUERKRAUT RELISH

- 1 (16 oz.) can sauerkraut, rinsed and drained
- 1 small red apple, cored and chopped
- ¼ cup apple juice
- 2 Tbsp. brown sugar
- 1 Tbsp. dried onion, minced
- 1 tsp. caraway seeds
- ⅛ tsp. garlic powder

Great on grilled brats



200

ARROZ CON GREIGO

3 cups instant rice
½ cup chopped ham
1 (10%-oz.) cans French onion soup
1 (10%-oz.) cans beef consommé
¼ cup water



ARROZ CON SALCHICHAS

2 cups instant rice
2 (4.6-oz.) cans Vienna sausages or cooked chorizo
¼ cup green olives, roughly chopped or 2 tsp. capers
2 cups water
1 tbsp. sofrito
½ tsp. oregano
¼ tsp. annato
1 tsp. Adobo seasoning with pepper



1. Combine all ingredients in Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



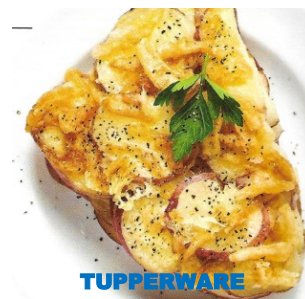
1. Slice sausages into bite-size pieces.
2. Combine all ingredients in Stack Cooker 3-Qt. Casserole, stir.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.

201

202

ASPARAGUS RISOTTO

2 Tbsp. olive oil
1 medium onion, chopped
1 cup arborio rice, uncooked
Dash ground turmeric
1 (16 oz.) can chicken broth, low sodium
¼ cup dry white wine or water
1 cup parmesan cheese, grated
1 (10 oz.) pkg. frozen asparagus



AU GRATIN POTATO CASSEROLE

1 lb. red potatoes, ends removed
¼ cup heavy cream
1 tsp. garlic powder
½ tsp salt
1 cup sharp white cheddar cheese, shredded
¼ cup French fried onions



1. Combine oil and onion in Stack Cooker 3-Qt. Casserole, microwave on high for 2-3 minutes.
2. Add rice, turmeric, broth, wine and asparagus, stir to combine
3. If cooking individually, place in microwave and cook on high for 8-10 minutes at 70% power.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.
6. Stir in cheese.



1. Place Mandoline on top of 3-Qt. Casserole and place notch on setting #3. Attach potato to food guider and slide down to cut potatoes. Repeat process with remaining potatoes or cut with knife to about ¼" thickness.
2. Add cream, garlic powder and salt, then toss to coat.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.
6. top potatoes with cheese and fried onions.

203

204



BACON ONION RICE

- 3 cups quick cooking rice
- ½ cup bacon bit, or cooked and crumbled
- 1 (10.5 oz.) can French onion soup
- 1 (10.5 oz.) can Beef Consommé
- ¼ cup water



BAKED NEW POTATOES

- 1 lb. medium sized new potatoes
- ¼ cup water
- Salt and pepper, to taste



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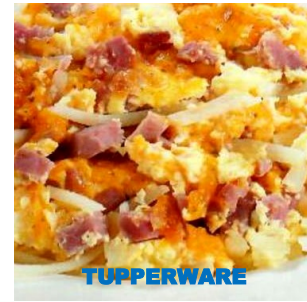
1. Add all ingredients to the base of the Stack Cooker 3 Qt. Casserole, stir to combine.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

1. Wash potatoes, prick with a fork.
2. Place potatoes and water into the Stack Cooker 3-Qt. Casserole.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Drain and season to taste.



BARLEY & MUSHROOM BAKE

- 2 Tbsp. butter, melted
- 2 carrots, diced
- 2 ribs celery, diced
- 1 small onion, diced
- 8 oz. button mushrooms, sliced
- 1 cup quick cooking barley
- 1 tsp. salt
- ¼ tsp. ground black pepper
- 2½ cups chicken broth, low sodium



BREAKFAST CASSEROLE

- 1 cup hash brown potatoes, shredded fresh or thawed
- 1 cup ham, diced
- 1 cup cheddar cheese, shredded
- 4 eggs
- 1 cup milk
- 1 tsp. southwest chipotle seasoning, optional*
- Salt and pepper, to taste



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1. Add butter, carrots, celery, onion and mushrooms into the Stack Cooker 3-Qt. Casserole, microwave on high for 3-4 minutes. Add remaining ingredients, stir to combine.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.

1. Add potatoes to the Stack Cooker 3-Qt. Casserole, top with ham and cheese.
2. In small bowl beat eggs, milk and seasoning, pour over hash browns
3. If cooking individually, place in microwave and cook on high for 5-7 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.

Ask your consultant for this recipe or use Taco seasoning.



BROCCOLI & CAULIFLOWER CASSEROLE

- 1 (2.4 oz.) packet Instant cream of chicken soup mix
- 1/3 cup milk
- Dash ground nutmeg
- 3 cups frozen broccoli & cauliflower
- 1/4 cup swiss cheese, shredded
- 2 Tbsp. crushed Ritz crackers
- 1/8 tsp paprika



1. Combine soup mix, milk and nutmeg in the Stack Cooker 3-Qt. Casserole, add vegetables and cheese, stir to combine.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with crackers and paprika.

209

BROCCOLI & PECANS



- 4 cups frozen broccoli
- 1/3 cup water chestnuts, chopped
- 1/4 tsp. onion salt
- 2 Tbsp. butter, melted
- 1/4 cup pecans, chopped
- 1/4 tsp. orange peel, finely diced, optional



1. Combine all ingredients in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

210



BROCCOLI WITH LEMON BUTTER

- 1 head broccoli, chopped into florets
- 1/4 cup water
- 1 lemon, juiced and zested
- 1 Tbsp. butter, melted



1. Combine broccoli and water in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Combine lemon and butter, pour over broccoli.

211



BUTTERED PASTA

- 4 oz. spiral pasta or elbow macaroni
- 1 1/2 cup water
- 1 Tbsp. butter
- Salt and pepper, to taste



Optional additions, parmesan cheese, poppy seeds, ga

1. Place pasta and water into the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, cover and place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain, add butter and season with salt and pepper to taste.

212

CAJUN SQUASH

- 1 medium zucchini, cubed
- 1 cup butternut squash, cubed
- 1 medium tomato, seeded and chopped
- ¼ small onion, chopped
- ¼ tsp. Cajun seasoning
- ⅛ tsp. garlic salt



TUPPERWARE



#3 3-Qt Casserole



1. Combine all ingredients in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

213

CANDIED BUTTERNUT SQUASH

- 1 lb. butternut squash, peeled and cut in 1" wedge slices
- ¼ cup orange juice
- 3 Tbsp. brown sugar
- ¼ tsp. nutmeg
- 1 Tbsp. butter
- ¼ cup pecans



TUPPERWARE



1. Combine all ingredients in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

214

CARAWAY RED CABBAGE

- 1 (2 lb.) head red cabbage, cored and cut into 8 wedge
- ¼ cup water
- ¼ cup cider or red wine vinegar
- 1 Tbsp. caraway seeds
- ½ tsp. salt
- 2 Tbsp. butter, melted
- 1 Tbsp garlic, minced



TUPPERWARE



#3 3-Qt Casserole



1. Place cabbage in the Stack Cooker 3-Qt. Casserole.
2. In a small bowl mix remaining ingredients and pour over cabbage.
3. If cooking individually, place in microwave and cook on high for 15-17 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.

215

CHEESE GRITS

- ¼ cup quick cooking grits
- ½ cup cheddar or Monterey cheese, shredded
- 2 Tbsp. butter, melted
- 2 Tbsp. green chili peppers
- ¼ tsp. chicken bouillon granules
- Dash of garlic powder
- 1½ cups boiling water
- 1 egg, beaten



TUPPERWARE



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

216



CHEESY ORZO

- 1/2 tsp. garlic salt
- 1 (14 oz.) can chicken broth
- 1 cup orzo pasta
- 1/2 cup parmesan cheese, grated
- 1 Tbsp. fresh basil, chopped
- Salt and pepper, to taste



CHILI BEANS & RICE

- 1/2 cup boiling water
- 1/2 cup quick cooking rice
- 1/2 cup onion, chopped
- 1/2 green pepper, chopped
- 1/2 tsp. chicken bouillon granules
- 1/2 tsp. chili powder
- 1 cup chili beans, canned or Black Beans
- 1/2 cup cheddar cheese, shredded



1. Place garlic salt, broth and orzo in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Stir in cheese, basil, salt and pepper.



1. Add water, rice, onion, green pepper, chicken bouillon and chili powder into the Stack Cooker 3-Qt. Casserole, stir and microwave for 2-3 minutes. Stir in beans.
2. If cooking individually, place in microwave and cook on high for 4-6 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with cheese.



CINNAMON ORANGE POACHED PEARS

- 4 pears, peeled, cored, and cut into quarters
- 1 orange, sliced, do not peel
- 1/2 cup orange juice
- 1 tsp. ground cinnamon



CORN MEDLEY

- 1 onion, thinly sliced
- 1 garlic clove, minced
- 1 Tbsp. butter
- 3 small tomatoes, peeled, seeded and diced
- 1 (15 oz.) bag of frozen corn
- 1 Tbsp. parsley, chopped



1. Place pears the Stack Cooker 3-Qt. Casserole, top with orange slices, orange juice and cinnamon.
2. If cooking individually, place in microwave and cook on high for 5-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



1. Place all ingredients, except parsley in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle chopped parsley and serve.

COUSCOUS

- 1 cup couscous
- 1½ cups water
- ¼ tsp. coarse kosher salt
- ½ small onion, chopped



TUPPERWARE



1. Place all ingredients in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

221

CREAMED CORN

- 1 (8½ oz.) can cream style corn
- 1 (8½ oz.) can whole kernel corn, drained
- ¼ cup milk
- ¼ tsp. paprika
- Dash black pepper
- 2 slices bacon cooked and crumbled



TUPPERWARE

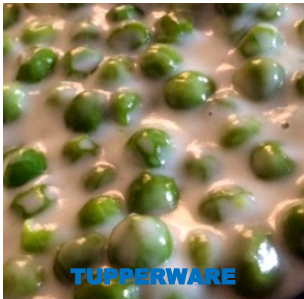


1. Combine both cans of corn, milk, paprika and black pepper in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with cooked bacon.

222

CREAMED PEAS

- 1 (2 oz.) pkg. instant vegetable soup mix
- 1 cup water
- 1 (10 oz.) pkg. frozen peas
- ¼ cup sour cream



TUPPERWARE



1. Combine soup mix, water and peas in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Stir in sour cream.

223

CREAMY BRUSSELS SPROUTS

- 1 (10 oz.) pkg. frozen brussels sprouts, half thawed and
- 1 (5 oz.) jar cream cheese with pimento spread
- 2 Tbsp. milk
- 2 slices bacon, cooked and crumbled



TUPPERWARE



1. Combine brussels sprouts, cream cheese and milk in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with bacon.

224



CREAMY POLENTA

- 1 cup yellow cornmeal
- 3 cups hot water
- ¼ tsp. salt
- ¼ tsp. fennel seed
- 2 Tbsp. butter, melted
- ¼ cup parmesan cheese, grated
- ¼ cup sundried tomatoes, chopped
- 2 Tbsp. fresh basil chopped



CREAMY SPINACH & RICE

- 1 (10 oz.) pkg. frozen spinach, thawed and drained
- ¼ cup quick cooking rice
- ¼ cup sour cream
- ¼ cup water
- 1 Tbsp. milk
- 2 tsp. beef bouillon granules
- 1 tsp. dried minced onion
- ¼ tsp. ground nutmeg
- 2 Tbsp. parmesan cheese



1. Combine cornmeal, water, salt and fennel in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Stir in remaining ingredients.



1. Combine spinach, rice, sour cream, water, milk, beef bouillon, onion and nutmeg in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with parmesan cheese.

225

226



CREAMY TOMATO SOUP

- 1 lb. ripe tomatoes
- 1 garlic clove, minced
- 2 Tbsp. tomato paste
- ¼ cup chicken stock
- 5 basil leaves
- 1 Tbsp. heavy cream Salt and pepper to taste



CUBAN BLACK BEANS

- 2 Tbsp. olive oil, divided
- ¼ cup bell pepper, chopped
- ¼ cup red onion, chopped
- 2 garlic cloves, minced
- 2 (16 oz.) cans black beans, drained and rinsed
- 2 Tbsp. apple cider or white vinegar
- ¼ tsp. dried oregano
- 2 slices cooked bacon, crumbled



1. Place all ingredients except heavy cream in the Power Chef using the blade attachment, pull cord until well blended.
2. Pour into the Stack Cooker 3-Qt. Casserole, and cover.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Stir in heavy cream.



1. Place 1 Tbsp. oil, bell pepper, onion and garlic in the Stack Cooker 3-Qt. Casserole, microwave on high for 2-3 minutes. Add remaining ingredients, stir to combine.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.

227

228



DEVILED SUCCOTASH

- 2 Tbsp. water
- 1 Tbsp. horseradish mustard
- 1 Tbsp. butter, melted
- 1 (10 oz.) pkg. frozen lima beans
- 1 cup frozen whole kernel corn



DIJON MUSHROOMS

- 2 Tbsp. butter, melted
- 2 Tbsp. Dijon mustard
- ½ tsp. dried savory
- 8 oz. white button mushrooms, sliced
- 2 portabella mushroom cap, sliced
- 1 tsp. parsley, minced



1. Combine all the ingredients in the Stack Cooker 3-Qt. Casserole, and cover.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



1. Combine all the ingredients in the Stack Cooker 3-Qt. Casserole, stir to combine.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

229

230



DILLED CARROTS

- 1 lb. carrots, peeled and sliced diagonally
- 2 Tbsp. butter, melted
- 2 Tbsp. fresh dill, chopped
- 1 tsp dried dillweed



DILLED PEAS

- 1 (16 oz) pkg. Frozen Peas
- 1 Tbsp. water
- 1 Tbsp. butter
- ½ tsp. dried dillweed
- ½ tsp. chicken bullion granules



1. Combine all the ingredients in the Stack Cooker 3-Qt. Casserole, and cover.
2. If cooking individually, place in microwave and cook on high for 12-15 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



1. Combine all the ingredients in the Stack Cooker 3-Qt. Casserole, and cover.
2. If cooking individually, place in microwave and cook on high for 6-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

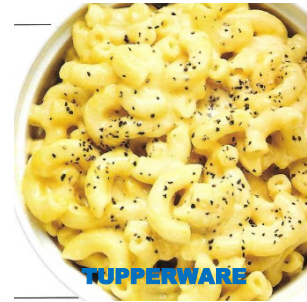
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DOUBLE CORN STUFFING

- 1 1/4 cup water
- 1 cup frozen corn kernels
- 1 (6 oz.) pkg. cornbread stuffing mix
- 1/4 cup butter, melted



EASY MACARONI AND CHEESE

- 4 oz. elbow macaroni
- 1 1/2 cups water
- 1/4 cup heavy cream
- 8 oz. shredded cheese
- 1 tsp. garlic powder
- 1 tsp salt



1. Combine all the ingredients in the Stack Cooker 3-Qt. Casserole, and cover.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



1. Place macaroni and water in 3-Qt. Casserole and cover.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Strain macaroni using Colander and stir in remaining ingredients.



EASY POTATO CASSEROLE

- 2 cup frozen southwest style hash browns, thawed
- 1 (10 oz.) can cream of chicken soup
- 1 cup cheddar cheese, grated
- 1 cup cornflakes, crushed
- 2 Tbsp. butter, melted
- 1 tsp. southwest chipotle seasoning, optional*



FIESTA PEAS

- 1 (4 oz.) can mushrooms
- 1 (10 oz.) bag peas
- 1 small onion, chopped
- 1/2 cup celery, chopped
- 1 Tbsp butter
- 1 (2 oz.) jar pimientos, drained & chopped
- 1/2 tsp. salt
- 1/8 tsp. pepper



1. Combine all the ingredients in the Stack Cooker 3-Qt. Casserole, and cover.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



1. Combine all the ingredients in the Stack Cooker 3-Qt. Casserole, and cover.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

Ask your consultant for recipe or use Taco seasoning.



FRESH MUSHROOM STUFFING

- 1½ cups fresh mushrooms, thinly sliced
- ¼ cup onion, chopped
- ¼ cup celery, chopped
- ¼ cup butter, melted
- 2 cups herb stuffing mix
- ½-¾ cup chicken broth



GARLIC & LEMON BROCCOLI

- 1 (2 lb.) head of broccoli, cut into florets, stems sliced
- 2 cloves garlic, minced
- ¼ cup water
- 1 lemon, juiced and zested
- 1 Tbsp. butter, melted



- Place mushroom, onion, celery and butter in the Stack Cooker 3-Qt. Casserole and microwave on high for 2-3 minutes.
- Stir in stuffing mix and add enough broth to make very moist.
- If cooking individually, place in microwave and cook on high for 3-5 minutes.
- If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
- Let stand for 5 minutes.



- Place broccoli, garlic and water in the Stack Cooker 3-Qt.
- If cooking individually, place in microwave and cook on high for 10-12 minutes.
- If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
- Let stand for 5 minutes.
- Mix together, lemon juice, zest and butter, pour over broccoli.

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GARLIC WHITE BEANS

- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1 (16 oz.) can tomatoes, chopped, drained
- 2 Tbsp. fresh parsley, chopped
- 2 (16 oz.) cans white beans, cannellini or white kidney



GREEK GREEN BEANS

- 1 small onion, thinly sliced
- 1 garlic clove, minced
- ¼ cup olive oil
- 1 lb. fresh green beans, end removed
- 1 tsp. fennel seeds
- 1 Tbsp. fresh parsley, chopped
- 1 tsp. dried mint
- 8 cherry tomatoes, cut into quarters



- Place garlic and oil in the Stack Cooker 3-Qt, microwave on high for 1-1½ minutes, add remaining ingredients stir.
- If cooking individually, place in microwave and cook on high for 10-12 minutes.
- If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
- Let stand for 5 minutes.



- Place onion, garlic and oil in the Stack Cooker 3-Qt, microwave on high for 2-3 minutes, add beans, fennel, parsley and mint, stir.
- If cooking individually, place in microwave and cook on high for 10-12 minutes.
- If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
- Let stand for 5 minutes.
- Add tomatoes and stir.

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GREEN BEANS AMANDINE

- 1 (16 oz.) pkg. frozen green beans
- 2 Tbsp. water
- 1 Tbsp. butter
- 1 tsp. lemon juice
- 2 Tbsp. almonds, slivered



GRITS

- 1 cup grits
- 4 cups water
- ¼ tsp. coarse kosher salt



1. Combine all ingredients in the Stack Cooker 3-Qt.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

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HARVEST BEETS

- 2 (16 oz.) cans beets, sliced
- 1 green apple, cored and diced
- ¼ cup apple juice
- 2 Tbsp. golden raisins
- 2 Tbsp. butter, melted
- Dash nutmeg or allspice



HASH BROWN POTATO BAKE

- 2 cups loose-pack frozen hash brown potatoes
- ¼ tsp. garlic powder
- ½ cup (1 oz.) shredded cheddar cheese
- ½ cup milk
- 3 oz. cream cheese, softened and cut up
- ¼ cup crushed cornflakes



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



1. In large strainer, rinse potatoes with cold water until slightly thawed; drain.
2. Place all ingredients except cornflakes into the Stack Cooker 3-Qt. Casserole, stir.
3. If cooking individually, place in microwave and cook on high for 6-9 minutes.
4. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
5. Stir and top with cornflakes. Let stand for 5 minutes.

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HERBED ORZO

- ¾ cup orzo
- 1 cup water
- ¼ tsp. salt
- 1 tsp. dried basil



1. Add all ingredients in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

HOT FUDGE PUDDING CAKE



- ¾ cup sugar
- ¾ cup all purpose flour
- 2 Tbsp. unsweetened cocoa powder
- 1½ tsp. baking powder
- ½ cup milk
- ¼ cup margarine or butter, melted
- 1½ tsp. vanilla
- ¾ cup sugar
- ¼ cup unsweetened cocoa powder
- 1 cup hot water



1. In a medium Thatsa bowl stir together, sugar, flour, 2 Tbsp. cocoa and baking powder.
2. Add milk, margarine and vanilla to the flour mixture, stir to mix.
3. Pour batter into the Stack Cooker 3-Qt. Casserole.
4. In a small bowl mix, sugar, cocoa powder and hot water, pour evenly over batter. (Do not stir)
5. If cooking individually, place in microwave and cook on high for 5-8 minutes.
6. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
7. Let stand for 15-20 minutes.



ITALIAN ASPARAGUS

- 1 lb. asparagus, trimmed
- 1 large tomato, seeded and chopped
- ¼ tsp. oregano
- ¼ tsp. garlic salt
- ¼ tsp. ground black pepper
- 1 tsp. parmesan cheese, grated or Goat cheese



1. Combine asparagus, tomato, oregano, garlic salt and pepper the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with parmesan cheese.



ITALIAN MEATLOAF

- 1½ lb. ground beef and pork mixture
- 1 egg, slightly beaten
- ½ cup milk
- ½ cup bread crumbs
- 1 tsp. Italian seasoning
- 1 tsp. garlic powder



- Topping*
- ¾ cup marinara sauce
 - ¼ cup parmesan cheese, grated
 - ½ tsp Italian seasoning

1. Combine ground meat egg, milk, bread crumbs, Italian seasoning and garlic powder. Press into bottom of the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 12-14 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Pour marinara sauce over meatloaf and sprinkle with seasoning and cheese. Can be heated in the microwave for 1 minutes if desired.



ITALIAN SAUSAGE WITH PEPPERS & ONIONS

- 1½ lb. Italian sausage, sweet or hot, pierced with fork
- 2 medium onions, cut into wedges
- 2 bell peppers, cut into wedges
- 1 (16 oz.) can stewed tomatoes



1. Place Colander in the Stack Cooker 3-Qt. Casserole, add sausages and microwave on high for 5-7 minutes.
2. Discard fat in 3-Qt. Casserole. Cut sausage into 3-4" pieces, add to 3-Qt. Casserole, add remaining ingredients.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.

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LENTIL STEW

- 1 (15.5 oz) can lentils
- ½ tsp. cumin
- 1 tsp. garlic powder
- ½ red bell pepper, chopped
- ½ onion, chopped
- ½ cup crushed fire roasted tomatoes



1. Place all ingredients in 3-Qt. Casserole and mix well to combine.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes at 70% power.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

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ITALIAN ZUCCHINI

- 2 cups zucchini, sliced
- 1 large tomato, seeded and chopped
- 1 Tbsp. olive oil
- ¼ tsp. dried basil
- ¼ tsp. garlic powder
- ¼ tsp. dried thyme
- 1 Tbsp. parmesan cheese



1. Combine zucchini, tomato, oil, basil, garlic powder and thyme the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with parmesan cheese.

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LEMON BUTTER PASTA

- 8 oz. fusilli pasta
- 3½ cups water
- 1 Tbsp. unsalted butter
- ¼ cup parmesan cheese, grated
- 1 tsp. salt
- Juice and zest of one lemon



1. Place pasta and water in 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Strain using Colander and stir in remaining ingredients.

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LOADED HASH BROWNS

- 14 oz. frozen hash browns
- ¼ cup water
- ½ tsp. paprika
- 1 tsp. onion powder
- 1 tsp. salt
- ½ tsp. black pepper
- 1 green bell pepper
- ½ cup shredded cheddar cheese

Desired toppings
(sour cream, bacon bits, and green onions)



LEMON PARMESAN ORZO

- 1 lemon, zested and juiced
- 2 cups hot water
- ½ tsp. salt
- 8 oz. orzo pasta
- ¼ tsp. ground black pepper
- 2 Tbsp. parmesan cheese, grated



1. Add all ingredients except cheese to 3-qt. Casserole and stir to combine.
2. If cooking individually, place in microwave and cook on high for 5-8 minutes.
3. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 15-20 minutes.
5. Top with desired toppings.



1. Add lemon juice, water, salt and orzo in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain any water, stir in lemon zest, pepper and cheese, stir to combine.

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MACARONI & CHEESE CASSEROLE

- ¾ cup elbow macaroni
- ¾ cup American cheese, shredded
- ½-¾ cup milk
- ¼ cup green and/or red pepper, diced



MARINARA

- 1 (28-oz.) can crushed tomatoes
- 1 (14.5-oz.) can diced tomatoes
- 1 small onion, finely chopped
- 1 garlic clove, minced or ½ tsp. garlic powder
- 1 Tbsp. Italian Herb Seasoning
- ½ tsp. coarse kosher salt



1. Combine all ingredients in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

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MARINATED VEGETABLE SALAD

- 2 (16 oz.) pkg. frozen vegetables, such as carrots, cauliflower, red peppers, snow peas
- 1/3 cup Italian dressing
- 1/8 cup parmesan cheese
- 1/4 tsp. ground black pepper



MASHED CREAMY POTATOES

- 4 russet potatoes
- 1/2 cup water
- 1 tsp. salt
- 1/4 cup sour cream
- 2 tbsp. butter
- Salt and pepper, to taste
- 1 Tbsp. parsley



TUPPERWARE

TUPPERWARE



1. Add vegetables in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Toss vegetables with dressing, cheese and pepper.

1. Wash, peel and dice potatoes in large chunks, place potatoes in the Stack Cooker 3-Qt. Casserole. Add water and salt.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain the potatoes, add butter, while mashing, stir in sour cream, season with salt and pepper, garnish with chopped parsley.

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MASHED POTATO & PUMPKIN

- 1 (14 oz.) can pumpkin puree
- 1/2 lb. Yukon gold potatoes, peeled and cubed
- 1/2 cup sour cream
- 3 Tbsp. butter
- Salt and pepper to taste



MASHED POTATOES

- 3-4 russet potatoes, peeled
- 1/2 tsp. coarse kosher salt
- 1/4 cup water
- Salt and pepper, to taste
- 2 tbsp. butter
- 1/2 cup whole milk



TUPPERWARE

TUPPERWARE



1. Place potato, pumpkin and sour cream into the Stack Cooker 3-Qt. Casserole, and mix.
2. If cooking individually, place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Add butter and seasonings, mash and serve.

1. Wash, peel and dice potatoes in large chunks, place potatoes in the Stack Cooker 3-Qt. Casserole. Add salt and water.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain the potatoes, season with salt and pepper, add butter, while mashing, stir in milk.

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MASHED SWEET POTATOES

1 lb. (2-3 medium) sweet potatoes, peeled
¼ cup water
¼ tsp. coarse kosher salt



TUPPERWARE



1. Wash, peel and dice potatoes in large chunks, place potatoes in the Stack Cooker 3-Qt. Casserole. Add water and salt.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain the potatoes and mash.

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MINTED PEAS & ONIONS

2 (10 oz.) pkg. frozen peas
1 (10 oz.) pkg. frozen pearl onions
2 Tbsp. butter, melted
1 tsp. dried mint



TUPPERWARE



1. Combine all ingredients in the Stack Cooker 3-Qt. Casserole..
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

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NEW POTATOES WITH HERBS

1 lb. new potatoes
¼ cup water
1 Tbsp. herbs, chopped (*Mix lemon-thyme, oregano and rosemary*)
Salt and pepper to taste
2 Tbsp. butter



TUPPERWARE



1. Place the potatoes and water in the Stack Cooker 3-Qt. Casserole. Sprinkle with chopped herbs.
2. If cooking individually, place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
4. Drain, season with salt and pepper, and add butter.

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NUTTY BROWN RICE

¼ tsp. salt
2½ cups hot water
2 cup quick cooking brown rice
1 Tbsp. butter, melted
¼ cup fresh chives or parsley
¼ cup toasted pecans, chopped



TUPPERWARE



1. Place salt, water and rice in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes. Let stand for 5 minutes.
4. Let stand for 5 minutes before serving.
5. Stir in butter, chives and pecans.

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PEAS & MUSHROOMS

- 2 (10 oz.) pkg. frozen peas
- 1 (4 Oz.) can mushrooms, sliced
- ¼ cup green onions, sliced
- ⅛ tsp. marjoram
- ⅛ tsp. ground black pepper
- ¼ cup water



PERFECT QUINOA

- 1½ cups quinoa, rinsed
- 3 cups chicken stock
- ½ tsp. salt



1. Combine all ingredients in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes. Let stand for 5 minutes.
4. Let stand for 5 minutes before serving.



1. Combine all ingredients in the Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes. Let stand for 5 minutes.
4. Let stand for 5 minutes before serving.

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PESTO POTATOES

- 1 lb. baby red potatoes, halved
- ¼ tsp. coarse kosher salt

Pesto

- 1 cup spinach leaves
- ½ Tbsp. lemon juice
- ¼ tsp. coarse kosher salt
- 1 Tbsp. pine nuts



PINEAPPLE RICE

- 1 (8 oz.) can crushed pineapple
- ¾ cup quick cooking rice
- ¼ cup water
- ¼ cup green onions, sliced
- ¼ tsp. salt
- 2 Tbsp. peanuts, chopped, optional



1. Toss potatoes with salt and place in base of Stack Cooker 3-Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.
5. Combine spinach, lemon juice, salt and pine nuts in base of Chop 'N Prep Chef. Cover and pull cord until ingredients are combined.
6. Toss the potatoes with the pesto.



1. Place all ingredients in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

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POLENTA

- 3 cups water
- 1 cup yellow cornmeal
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper
- 1 cup shredded cheese (parmesan or cheddar)



POTATO GRATIN

- 1 lb. potatoes
- 2 garlic cloves, minced
- ¼ cup heavy cream
- Salt and pepper to taste



TUPPERWARE

TUPPERWARE



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

1. Wash, peel and thinly slice potatoes. Place potatoes in the Stack Cooker 3-Qt. Casserole.
2. Add remaining ingredients and toss to coat.
3. If cooking individually, place in microwave and cook on high for 12 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.

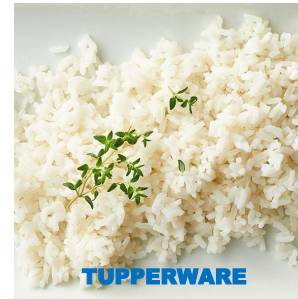
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PRESTO PASTA

- 3 cups hot water
- ½ tsp. salt
- 1 garlic clove, minced
- 8 oz. pasta, uncooked, rotini or bowties
- 2 Tbsp. olive oil
- ¼ cup parmesan cheese, shredded
- 2 Tbsp. fresh parsley, chopped
- 1 tsp. crushed red pepper flakes



QUICK BASIC RICE

- 2 cups quick cooking rice
- 2 cups water
- 1 tsp. coarse kosher salt



TUPPERWARE

TUPPERWARE



1. Add water, salt, garlic and pasta in the Stack Cooker 3-Qt. Casserole.
2. Add remaining ingredients and toss to coat.
3. If cooking individually, place in microwave and cook on high for 8-11 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Drain and stir in remaining ingredients.

1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Fluff with fork.

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RATATOUILLE 2

- ½ red pepper, diced
- 1 cup eggplant, diced
- 1 onion, diced
- 1 small zucchini, diced
- 1 small tomato, peeled, seeded and diced
- 1 Tbsp. tomato paste
- Salt and pepper, to taste



TUPPERWARE

RICE FONDANT

- 1 cup long grain rice
- 1½ cup chicken stock
- 1 (8 oz.) can of pineapple chunks, drained
- 1 onion, chopped
- ¼ cup cashew nuts
- 1 Tbsp. oil
- Salt and pepper to taste



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, toss to combine.
2. If cooking individually, place in microwave and cook on high for 3 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, and mix.
2. If cooking individually, cover and place in microwave and cook on high for 8 minutes, stir, cook 5 more minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Fluff rice with fork.

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RICE WITH SAUSAGE

- 2 cups quick-cooking rice
- 1 cup Vienna sausages or cooked chorizo
- 2 cups water
- 1 Tbsp sofrito
- ½ tsp. oregano
- ¼ tsp. ground annatto
- 1 tsp. adobo seasoning with pepper



TUPPERWARE

SAVORY RICE

- 1½ cups water
- 1½ cups quick cooking rice
- 1 Tbsp. butter
- 1 tsp. chicken bouillon granules
- 1 tsp. dried parsley flakes
- ¼ tsp. dried thyme



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, and mix.
2. If cooking individually, cover and place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Fluff rice with fork.



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, and mix.
2. If cooking individually, place in microwave and cook on high for 3-5 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

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SAFFRON RICE

- 1 1/4 cups rice
- 1/2 cup parmesan cheese, grated
- 1 lemon, zested and juiced
- 2 saffron threads
- 2 cups chicken broth
- 1 shallot, thinly sliced
- 2 Tbsp. olive oil
- Salt and pepper to taste



Sesame Bok Choy

- 1 head Bok choy, washed and chopped
- 1/2 tsp. sesame oil
- 2 Tbsp. water
- 1 (12 oz) can straw mushrooms, drained
- 1 Tbsp. toasted sesame seed



- Place all ingredients into the Stack Cooker 3-Qt. Casserole, and mix.
- If cooking individually, place in microwave and cook on high for 22 minutes.
- If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
- Let stand for 5 minutes.
- Fluff with fork.



- Add Bok choy, sesame oil, water and mushrooms into the Stack Cooker 3-Qt. Casserole, and stir to combine.
- If cooking individually, place in microwave and cook on high for 22 minutes.
- If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
- Let stand for 5 minutes.
- Sprinkle with sesame seeds.



SPANISH RICE

- 1 cup long grain rice
- 1 (14 oz.) can tomatoes with green chilis and water to make 2 cups
- 2-3 tsp. southwest chipotle seasoning*



SPICED CAULIFLOWER

- 2 Tbsp. water
- 1/2 tsp. garlic salt
- 1/2 tsp. ground ginger
- 3 1/2 cups cauliflower florets
- 1/4 cup green onions, sliced



- Add all ingredients in the Stack Cooker 3-Qt. Casserole, and stir to combine.
- If cooking individually, place in microwave and cook on high for 14-16 minutes.
- If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
- Let stand for 5 minutes.



- Place all ingredients into the Stack Cooker 3-Qt. Casserole, and stir.
- If cooking individually, place in microwave and cook on high for 6-9 minutes.
- If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
- Let stand for 5 minutes.

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

SPICY FETTUCCINI

- 4 oz. spinach or regular fettuccini, cooked and drained
- 1 Tbsp. butter
- ¼ cup salsa
- ¼ cup sour cream
- 3 Tbsp. parmesan cheese grated
- ½ tsp. black pepper
- 1 Tbsp. fresh parsley, chopped



SPICY SHELLS & CHEESE

- 8 oz. cooked pasta, shells, elbow or penne
- ¼ cup milk
- 4 oz. jalapeño cheese, shredded
- ¼ tsp ground black pepper



1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, and mix.
2. If cooking individually, place in microwave and cook on high for 3-5 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, and stir.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

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SPIRAL PASTA WITH SPICY RED SAUCE

- 4 oz. spiral pasta
- 1 (7½ oz.) can diced tomatoes
- ¼ cup chicken broth
- 1 garlic clove, minced
- 1 Tbsp. dried parsley flakes
- ½ tsp. dried basil
- ¼ tsp. black pepper
- Dash crushed red pepper



SQUASH CORN MEDLEY

- 1½ cups zucchini and yellow squash, diced
- 1 (8 oz.) can whole kernel corn, drained
- ¼ cup onion, chopped
- ¼ cup red pepper, chopped
- 1 clove garlic, minced
- 2 Tbsp. butter, melted

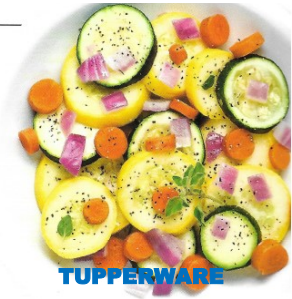


1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

1. Place all ingredients into the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 4-6 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

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SQUASH DUO

- 1 medium zucchini, sliced diagonal ½" thick
- 1 medium yellow squash, sliced diagonal ½" thick
- 1 small red onion, thinly sliced
- 1 carrot, sliced ¼" thick
- 1 Tbsp. olive oil
- 1 tsp. salt
- ¼ tsp. ground black pepper



SUMMER SQUASH WITH DILL

- 2 medium zucchini, sliced diagonal
- 2 medium yellow squash, sliced diagonal
- 1 small red onion, thinly sliced
- 2 Tbsp. olive oil
- 1 Tbsp. fresh dill, chopped
- ¼ tsp. salt
- ¼ tsp. ground black pepper



TUPPERWARE

TUPPERWARE



1. Place zucchini, squash, onion and carrot in 3-Qt./3 L Casserole.
2. If cooking individually, place in microwave and cook on high for 4-6 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Add olive oil, salt and pepper, then mix to coat.

1. Add zucchini, squash, onion, oil and dill in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 6-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Stir in salt and pepper.

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TOMATO RICE

- 2 cups instant brown rice
- 2 cups water
- 1½ tsp. minced garlic
- ½ cup diced tomatoes
- 1 tsp. salt
- 1 tsp. parsley



SWEET POTATO CASSEROLE

- 1 (17 oz.) can sweet potatoes in heavy syrup, drained
- 2 Tbsp. brown sugar
- 1 Tbsp. butter, melted
- ¼ tsp. ground cinnamon
- Dash ground cloves, optional
- 1 tsp. orange peel, finely shredded
- ¼ cup pecans, chopped



TUPPERWARE

TUPPERWARE



1. Add all ingredients in the Stack Cooker 3-Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 6-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

1. In the Stack Cooker 3-Qt. Casserole, mash potatoes with ¼ cup of syrup, add brown sugar, butter, cinnamon, cloves and orange peel, stir to combine.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with pecans.

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WARM CORN CASSEROLE

- 1 (16 oz.) pkg. frozen corn kernels
- 1 bell pepper, seeded and cut into 1" cubes
- 1/3 cup honey
- 1/3 cup spicy brown mustard
- 2 Tbsp. apple cider vinegar
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper
- 1 Tbsp. flour
- 1 avocado, cut into 1" cubes



WARM PINEAPPLE ORANGE SALSA

- 1 (11 oz.) can mandarin oranges, drained
- 1 (15 oz.) can pineapple chunks, drained and reserve juice
- 1 (3 o.) pkg. vanilla pudding mix, cook and serve



1. Add corn, bell pepper, honey, mustard, vinegar, salt, pepper and flour in the Stack Cooker 3-Qt. Casserole, stir to combine.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Add avocado, stir to combine.



1. Add enough water to pineapple juice to make 1 cup to the Stack Cooker 3-Qt. Casserole, add pudding mix, stir in pineapple and oranges.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



WHITE RICE

- 1 cup white rice
- 2 cups water
- 1 Tbsp. butter, melted
- 1 tsp. salt



ZUCCHINI & CARROT RIBBONS

- 3 carrots, peeled into ribbons
- 2 medium zucchini, peeled into ribbons
- 1 Tbsp. olive oil
- 2 Tbsp. fresh oregano, chopped
- 1 garlic clove, minced
- Salt and pepper to taste



1. Add all ingredients in the Stack Cooker 3-Qt. Casserole, stir to combine.
2. If cooking individually, place in microwave and cook on high for 15-20 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Fluff with fork.



1. Add all ingredients in the Stack Cooker 3-Qt. Casserole, stir to combine.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.