

TUPPERWARE TO THE RESCUE!



INVESTMENT COOKING for today's busy families!

NOTES

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STUFFED GREEN PEPPERS

(Serves 4)

1 pkg. Beef mix, defrosted

1/4 cup Quick cooking rice

1 can (8 oz) Tomato Sauce

1/2 tsp. Basil leaves

1/2 tsp. Salt

1/8 tsp. Pepper

4 Large Green Peppers

1/3 cup Grated cheddar cheese, optional

In a medium mixing bowl, **combine** beef mix, rice, tomato sauce, basil, salt and pepper. **Remove** Tops, pulps and seeds from peppers. **Fill** each with 1/4 of beef mixture. **Place** in the Large Deep Vent-n-Serve. **Cover and microwave** 10 to 15 minutes until peppers are tender and rice is rehydrated. If desired **top** with cheese during the last minute of cooking. **Let stand** covered for 3 minutes.

LAYERED CASSEROLE

(Serves 4)

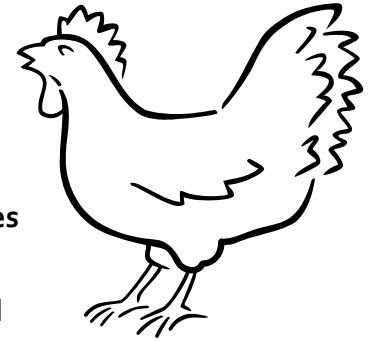
- 2 to 2½ Cups mashed potatoes warm
- 1 pkg. Beef mix, defrosted
- 1 can (10 ½ oz) vegetable or vegetable beef soup, divided
- 3 tsp. Flour
- 1 tsp. Instant beef bouillon, Optional
- 1 pkg. (10 oz) Frozen Peas
- ½ cup Shredded cheddar cheese
- 1 Egg
- 1 tsp. Parsley Flakes
- ⅛ tsp. Paprika

Place beef mix in a Large Deep Vent-n-Serve. **Defrost** if needed. **Pour** ¼ of soup into beef mix. **Stir** flour and bouillon into remaining soup. **Blend** soup mixture into meatsp. **Microwave** for 3 minutes. **Microwave** peas in the Micro steamer for 3½ to 4½ minutes or until peas are warm. **Spread** peas over beef mixture. **Blend** cheese, egg, parsley and paprika into potatoes. **Pipe or spread** potatoes evenly over peas. **Microwave** for 5 minutes rotating once. **Reduce** power to 50% (medium). **Microwave** 10 - 15 minutes or until heated thorough. **Rotating** once or twice.

CHICKEN RECIPES

BASIC CHICKEN MIX

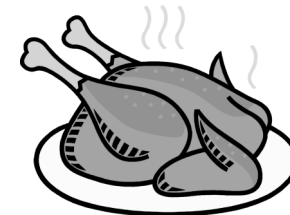
- 6 – 8 pcs Chicken (Split Breast)
- ⅛ cup Flour
- ½ Large Onion, chopped
- ½ Small Carrot, Finely Chopped
- 1 tsp. Instant chicken bouillon granules
- ½ tsp. Parsley flakes
- ½ tsp. Salt
- ¼ tsp. Basil
- ¼ tsp. Marjoram
- ⅛ tsp. Pepper



Combine Chicken pieces and flour in the base of the StackCooker, adding chicken in layers and sprinkling each layer with some of the flour. **Add** remaining ingredients and cover. **Cook** until meat is no longer pink, (6 minutes per pound) stirring pieces 2 or 3 times during cooking. **Cool** slightly to make handling easier. **Remove** meat from bones. **Cut** into bite size pieces, **return** to sauce in StackCooker

To Freeze: Divide evenly into 3 portions (more than 2 cups each). Store in Shallow Medium Vent-n-Serve and label.

To Defrost: Microwave at 50% power (medium) 6 to 12 minutes stirring occasionally to Break up!



QUICK CHICKEN PILAF

1/2 cup Chopped Celery
1/2 cup Chopped Green Pepper
2 tsp. Olive Oil
1 package Chicken Mix defrosted
2 cups Cooking Rice, Quick or instant
1 cup Hot Water
1 tsp. Instant chicken bouillon Granules
1 tsp. Chives
1/4 tsp. Salt
1 Bay Leaf
1/3 cup Seedless raisins (optional)
1/2 cup Cashews

In the Large Deep Vent 'N Serve, **combine** Celery, Green Pepper and Olive oil. **Microwave** 1 - 2 minutes or until tender.

Stir remaining ingredients except raisins and nuts. **Cover** and microwave 7 - 10 minutes or until rice is tender and liquid is absorbed. **Stir** in raisins, if desired. **Sprinkle** with cashews. **Let stand** for 2 to 3 minutes.

LASAGNA

4 Lasagna noodles, divided
1 pkg. Beef mix, defrosted
1/2 cup chopped green pepper
1 can (8 oz) Tomato Sauce
1 can (6 oz) Tomato paste
1/2 tsp. Oregano
1 Bay leaf
1 pkg. (15 oz) Ricotta Cheese, divided
4 tsp. Parmesan cheese, divided
1 cup (4 oz) Shredded mozzarella cheese

Cook noodles conventionally while microwaving sauce. **Combine** beef mix, green pepper, tomato sauce, tomato paste, oregano and bay leaf. **Cover and microwave** for 10 minutes or until hot and bubbly. **Remove** bay leaf. **Place** noodles on the bottom of the Large Deep Vent-n-Serve. **Layer** with beef mixture. **Spread** two thirds of ricotta cheese over meat and **top** with half the parmesan cheese. **Repeat** with remaining noodles, beef mixture and ricotta cheese. **Sprinkle** with mozzarella. **Top** with remaining parmesan cheese. **Microwave** for 5 minutes **rotating** 1/2 turn after 3 minutes. **Reduce** power to 50% (medium) and **microwave** 6 - 9 minutes or until hot and bubbly.

STROGANOFF

4 to 6 servings of rice or noodles
1 pkg. Beef Mix, defrosted
1 can (4 oz) button mushroom drained
1/2 cup Cool Water
3 tsp. Flour
2 tsp. Instant beef bouillon granules
1 tsp. Worcestershire sauce
6 oz. Cream Cheese

Cook rice or noodles conventionally while microwaving sauce. In a Large Deep Vent-n-Serve, **combine** beef mix and mushrooms. **Stir** flour into water until smooth. **Blend** flour mixture, bouillon and Worcestershire sauce into meat mixture. **Microwave** 3 - 6 minutes or until hot and thickened. **Stir** in cream cheese until melted. If necessary, **microwave** 1/2 to 1 minute, until heated. **Serve** over rice or noodles.

CHICKEN CASSEROLE

1/2 cup Frozen cut green beans
1/2 cup Frozen cauliflowerettes
2 tsp. Water
1 pkg. Chicken Mix, defrosted
1/2 cup Cooked Macaroni
1 cup Shredded Cheddar Cheese, divided
1 can (10 3/4 oz) Cream of Mushroom soup
1 tsp. Parsley flakes
1 tsp. lemon Juice
1/2 tsp. poultry seasoning
1/2 tsp. Dry Mustard
1/2 tsp. Salt
1/8 tsp. Pepper
1 tsp. Dry bread crumbs

In a Large Deep Vent-n-Serve, **combine** green beans, cauliflowerettes and water. **Microwave** uncovered 6 to 9 minutes or until tender. **Drain. Cut** large cauliflowerettes into smaller pieces. **Stir** in chicken mix, macaroni, 3/4 cup cheese, soup, Parsley Flakes, Lemon Juice and seasoning. **Microwave** 7 minutes. **Stir.**

Sprinkle bread crumbs and remaining cheese over top. **Microwave** 2 - 3 1/2 minutes or until heated through and cheese is melted.

CHICKEN STEW WITH DUMPLINGS

(Serves 4)

1 pkg. Chicken Mix, Defrosted
3 tsp. Flour
3 medium carrots, thinly sliced (about 1+ cups)
2 Large potatoes, peeled and cut into 1 inch cubes (about 3+ cups)
1 cup (10 3/4 oz) chicken broth
1/4 cup Water
1/2 tsp. Salt
1/8 tsp. Rosemary
1/8 tsp. Pepper
1 cup Frozen Peas

Dumplings

1/2 cup Buttermilk baking mix
2 tsp. Poppy seeds
1 tsp. Parsley Flakes
1/2 cup Milk
1 tsp. Wheat germ

Toss chicken mix with flour in the Large Vent Rock-n-Serve. **Add** remaining stew ingredients except peas. **Cover** and **Microwave** 20 - 25 minutes or until vegetables are tender, stirring once. **Stir** in frozen peas. **Re-cover** and **microwave** 2 - 4 minutes or until peas are tender.

(**Prepare** Dumplings while stew is cooking)

Combine, in a Mix-n-Stor Plus pitcher, buttermilk baking mix, poppy seeds, parsley flakes and milk. **Drop** 8 Tablespoonfuls around the top of stew. **Sprinkle** with Wheat Germ if desired. **Microwave** 4 - 6 minutes or until Dumplings are set, rotating dish 1/2 **turn** after half the cooking time.

CHILI

(Serves 4 to 6)

1 pkg. Beef mix, defrosted
1 can (16 oz) Tomato sauce
1 can (16 oz) Kidney Beans, drained
1/2 to 2 tsp. Chili powder
1/2 tsp. Crushed red pepper, optional
Sour cream, optional

In a Large deep Vent-n-Serve, **combine** all ingredients. **Cover and microwave** 6 - 10 minutes or until hot and bubbly, **stirring** once. **Serve** with crackers or topped with cheese and a dollop of sour cream.

SPAGHETTI BEEF MIX

(Serves 4 - 6)

6 Servings Spaghetti

1 pkg. Beef Mix, defrosted

1 can (15 oz) Tomato puree

1 can (6 oz) Tomato paste

1/2 cup Water

2 tsp. Italian seasoning

1/2 tsp. Basil

1/2 tsp. Salt

1/4 tsp. Sugar

1/8 tsp. Pepper

1 Small Bay Leaf

Cook spaghetti conventionally while microwaving Sauce. **Combine** all ingredients in a Large Deep Vent-n-Serve. **Microwave** 5 minutes. **Stir and reduce** power to 50 % (medium). **Microwave** 20 minutes to allow flavor to blend. **Serve** over hot spaghetti.

CHICKEN & BROCCOLI OVER SPAGHETTI

1 pkg. (6 to 7 oz) Spaghetti cooked and drained

1 pkg. (10 oz) Frozen chopped broccoli

1/4 cup Butter

1/4 cup Flour

3/5 tsp. Salt

1/2 tsp. Onion Powder

1/8 tsp. Pepper

Dash garlic powder

2 1/2 cup Milk

1 pkg. Chicken Mix, defrosted

1/4 cup Grated parmesan cheese

Cook spaghetti conventionally while microwaving sauce. **Micro-wave** broccoli in Micro steamer on 4 - 6 minutes or until tender, then set aside. **Place** butter in Large Deep Vent-n-Serve. **Melt** butter for 60 seconds. **Stir** in flour, seasonings then milk. **Microwave** on 6 - 11 minutes or until thickened, stirring several times. **Add** broccoli and chicken mix. **Add** Spaghetti and mix well. **Sprinkle** with parmesan cheese. **Microwave** 5 minutes or until heated through, **rotating** dish 1/2 turn after half the time.

CHICKEN PAPRIKASH

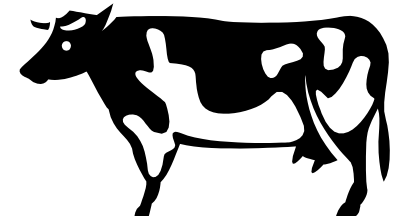
- 1 Clove garlic, pressed and minced
- 2 cups Sliced fresh mushrooms
- 1 cup Sliced Celery
- 1 Medium onion, sliced
- 1 tsp. butter
- 1 pkg. Chicken mix, defrosted
- 1/2 tsp. Paprika
- 1/2 tsp. Sugar
- 1/2 cup Sour Cream

In the Large Shallow Vent 'N Serve, **combine** garlic, mushrooms, celery, onions and butter. **Cover** and **microwave** 3 - 5 minutes or until tender. **Drain**. **Mix** in remaining ingredients except sour cream. **Cover** and **microwave** 2 - 5 minutes or until thoroughly heated, **stirring** once during cooking. **Blend** in sour Cream. **Reduce** power to 50% (medium) and **microwave** 30 seconds to 1/2 minutes to heat thoroughly if needed.

BEEF RECIPES

BASIC BEEF MIX

- 4 Medium onions, sliced
- 3 Cloves of garlic, minced
- 1 tsp. Olive Oil
- 5 lb. Lean Ground Beef
- 1 Bottle (12 oz) Chili sauce
- 1 Envelope (.75 oz) Onion Soup Mix
- 1 Envelope (.75 oz) Brown Gravy Mix
- 2 tsp. Salt



Using the base of the StackCooker , **combine** onions, garlic and oil and **cook** until onions are tender - **stirring** once. **Set Aside** cooked contents and use base of StackCooker with colander inserted to **brown** 1/2 of the ground beef mixture at a time. **Place** the ground beef in the Colander of the StackCooker so the grease and fat drain through while cooking. **Cover and cook** until meat loses its pink color, (6 minutes per pound) **stirring** to break up the meat 2 or 3 times a few minutes at a time. **Drain** fats and juices, place cooked meat in base of Stack-Cooker and **Stir** in remaining ingredients. **Cover and cook** until heated thoroughly. (If you like your browned meat finely chopped simply use the quick chef.)

To Freeze: Divide cooked mixture into Medium Deep Vent-n-Serve containers (approx. 2 1/3 cups each). Cover, Label and freeze.

To Defrost: Microwave at 50% (medium) power 8 to 11 minutes or until defrosted, breaking apart with Tupperware Utensils once or twice.

