

TUPPERWARE TO THE RESCUE!

BASIC BEEF MIX

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

- > Using the base of the Oval Microwave Cooker with the cooking rack, combine onions, garlic and oil and cook until onions are tender - stirring once.
- > Brown ½ of the ground beef mixture at a time.
- > Place the ground beef in the Oval Microwave Cooker 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.
- > 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

CHILI

1 pkg. Beef mix, defrosted	½ to 2 t. Chili powder
1 can (16 oz) Tomato sauce	½ t. Crushed red pepper, optional
1 can (16 oz) Kidney Beans, drained	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.

BASIC CHICKEN MIX

6 - 8 pcs Chicken (Split Breast)	½ T. Parsley flakes
1/8 Cup Flour	½ t. Salt
½ Large Onion, chopped	1/4 t. Basil
½ Small Carrot, Finely Chopped	1/4 t. Marjoram
1 T. Instant chicken bouillon granules	1/8 t. Pepper

- > Combine Chicken pieces and flour in the base of the Oval Microwave Cooker with the cooking rack, 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 Cooker

To Freeze: Divide evenly into 3 portions (more than 2 cups each) and 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

½ C. Chopped Celery	1 t. Instant chicken bouillon Granules
1/2 C. Chopped Green Pepper	1 t. Chives
2 t. Olive Oil	1/4 t. Salt
1 pkg. Chicken Mix defrosted	1 Bay Leaf
2 C. Cooking Rice, Quick or instant	1/3 C. Seedless raisins (optional)
1 c. Hot Water	1/2 C. Cashews

- > In the Large Deep Vent-n-Serve, combine Celery, Green Pepper and Olive oil.
- > Microwave 1 - 2 minutes or until tender.
- > Stir in 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.



INVESTMENT COOKING for today's busy families!