

MICROWAVE BASICS FOR YOUR STACK COOKER!

BASICS

- The oven vs. microwave ratio is 4 to 1. What takes 40 mins. in the oven takes 10 in the micro!
- The microwave is a real money saver since it is a smaller appliance and much more efficient.
- 85% of what you normally cook on your stove or in your oven can be converted to microwaving!
- All cooking in the stack cooker is on high temperature unless otherwise noted.
- Remember, all microwaves are a little different, just like stoves and ovens. You will have to experiment a little and adjust the times to your microwave. It is best to start with a shorter amount of time until you have more knowledge.

MEATS AND EGGS

- Cooking times: Meats- 6 mins per lb. Fish-3 mins per lb. Eggs-1 min per egg (poke eggs to prevent explosions!) You can make terrific scrambled eggs in the microwave!
- Hamburger browned in the colander has the same amount of fat as chicken.
- Brown hamburger in the colander, discard the fat and cholesterol. Add Sloppy Joe mix, taco seasoning, spaghetti sauce, chili or prepare a casserole and microwave accordingly.
- Cook a whole chicken in the stack cooker, set the chicken onto the cone, sprinkle with paprika (the chicken will be golden brown) Cover and Cook 6 min per lb. Yummy & quick!

BAKING

- Use regular box mixes, follow box directions to mix, in general 10-12 minutes microwave time.
- Use the 3-qt bowl with the cone
- Do not grease or flour, the casserole is nonstick.
- To cut out fat & calories, substitute equal amounts of applesauce for the oil.
- Items with leavening ingredients need to sit 5 minutes BEFORE you put in the microwave, so the ingredients can "activate".
- Let stand 5 minutes after cooking and removing from the pan.
- Cakes will pull away from the edge of the pan when done.

BAKING IDEAS

- Take any powdered cake mix plus a can of pie filling and 3 eggs. Mix together and cook 14 mins.
- Angel Foods – buy one-step box mix. Split the batter in half, cook 15 min in large bowl, repeat for the other half of batter.
- Rice Krispie Bars – put 40 marshmallows and 2 TBSP margarine in 3 qt casserole. Cook 2 min uncovered. Stir, cook 1 min stir, and pour over 6 cups of rice krispies. Stir and pat into pan.
- Almond Bark – 1½ lb pkg almond bark. Put in 1 ¾ stack cooker cover, cook 3 min stir, stays creamy and workable approx 20 mins.

VEGETABLES, PASTA & RICE

- For pasta & noodles, put just enough water to cover. Cook covered. It usually takes 7-9 minutes for about 2 cups of pasta.
- Corn on the cob takes approx. 2 minutes per ear.
- Fresh & Frozen vegetables take very little water to cook, just rinse before cooking. Most vegetables take 7-8 minutes for 2 ½ to 3 cups. Green beans are denser and take a bit longer.
- Instead of boiling potatoes on the stove, use the stack cooker. It will only take 8-10 mins for approx. 6 med. potatoes. You can use a little water that is left and mash it right into the potatoes.
- Instant Rice – 2 cups rice plus 2 cups water stir and cook approx 8 - 9 minutes.
- Long cooking rice – boil 1 cup water, add ¾ cup of rice, cook 6 - 7 min.

Compliments of your Tupperware Consultant:



Tupperware T.A.C.O. Night

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Soft Tacos

Chicken

Choice of 4 boneless skinless chicken breasts OR 1 whole fryer

If using a whole fryer, simply remove "tidbits" bag from cavity, rinse. Using Stack Cooker 3-qt and Cone, place on cone, wings up, and rub lightly with cooking oil and some southwest chipotle seasoning. Cover with the 1¾-qt and cook in microwave 30 minutes on 80% power.

Let stand, then remove skin. Pull off all meat, shred, use in your tacos!

If using chicken breasts: Rinse and place in the 3qt with the colander in place. Rub a small amount of oil and some southwest chipotle seasoning on each. Arrange around the edges with meatier portion close to the sides. Approx 6 min per pound. Rearrange and rotate the breasts about 1/2 way through. Let Stand. If juices are clear, then slice or shred and serve!

Beef

Ground Beef

Southwest chipotle or a Pkg Taco Seasoning

1 jar of Red Taco sauce

1-2 pounds of ground beef. Crumble and arrange in the 3-qt casserole **WITH the colander in place**. Keep in mind the 6-minutes-per-pound concept. Cook at 80% power for about half of the cooking time. Rearrange meat and complete until done. Lift Colander with cooked meat out, set aside, clean and rinse the 3qt base. You can then put the cooked meat into your Quick Chef and grind it into very fine texture if you choose in several batches, placing the ground cooked beef then back into the 3qt base. Add Southwest Chipotle, or a package of taco seasoning (make according to directions) and a Jar of Taco Sauce. Blend and Cook 2 more minutes.

Tortillas

WARM the FLOUR TORTILLAS in the 1¾-qt casserole with the cover for a minute or two.

Simply Salsa

1 medium onion

2 cloves garlic

Juice of 1/2 lime

1 (15 oz.) can diced tomatoes

1 Tbsp. Southwest Chipotle Seasoning Blend

Optional: 2-3 Tbsp. fresh cilantro

Peel and slice onion into 4 pieces; place in Quick Chef with blade, cover and turn handle until onion is roughly chopped. Peel and smash two garlic cloves and add to Quick Chef. Add remaining ingredients; cover and turn handle until desired consistency. Serve with chips or as a topping for tacos!

Guacamole

4 avocados, ripe

2 garlic cloves

1/4 yellow onion, chopped

1 jalapeno pepper, chopped

1 lime

1 oz. olive oil, optional

14.5 oz. can, fire roasted tomatoes, drained

1-2 tbsp. Southwest Chipotle Seasoning Blend

Pit and peel the avocados. In the Quick Chef, blend the garlic, onions, jalapeno pepper, lime juice, olive oil, and Southwest Chipotle Seasoning Blend until all ingredients are well chopped. Add the avocados and tomatoes and mix until ingredients are well incorporated. Season with additional Southwest Chipotle Seasoning Blend if desired.

Unexpected Margaritas

1 12oz frozen Can Lime-aid

12 oz Tequila

1 Can 7-up

1 Corona Beer

Juice of 1 Lime

Lime for Garnish

Crushed ice



Mix all ingredients in your Ice Prisms or Sheerly Elegant Pitcher fill the rest of the pitcher with ice. Then serve over ice. To rim the glass with salt, rub lime wedge around the rim of the glass and dip into Margarita salt.

(Remember to always have a designated driver!)

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