

TUPPERWARE TO THE RESCUE!



INVESTMENT COOKING for today's busy families!

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)

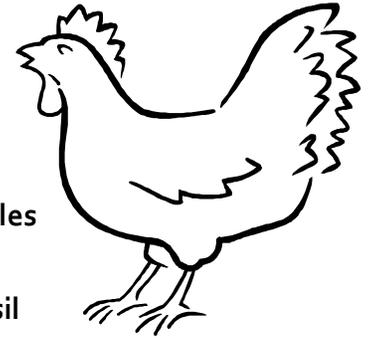
- 2 to 2½ Cups mashed potatoes warm
- 1 pkg. Beef mix, defrosted
- 1 can (10 ½ oz) vegetable or vegetable beef soup, divided
- 3 tsp. Flour
- 1 tsp. Instant beef bouillon, Optional
- 1 pkg. (10 oz) Frozen Peas
- ½ cup Shredded cheddar cheese
- 1 Egg
- 1 tsp. Parsley Flakes
- ⅛ tsp. Paprika

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 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 in Oval Cooker

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

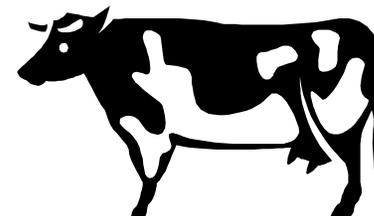
- 1 Clove garlic, pressed and minced
- 2 cups Sliced fresh mushrooms
- 1 cup Sliced Celery
- 1 Medium onion, sliced
- 1 tsp. butter
- 1 pkg. Chicken mix, defrosted
- 1/2 tsp. Paprika
- 1/2 tsp. Sugar
- 1/2 cup Sour Cream

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 Oval Microwave Cooker with the cooking rack, **combine** onions, garlic and oil and **cook** until onions are tender - **stirring** once. **Brown** 1/2 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 twice.

