

Serves: 4 • Serving size: 1½ cups



PREP: 5 minutes
COOK: 9 minutes

Spicy Vegetable SOUP

4 cups chicken or vegetable broth
4 oz./115 g angel hair pasta
4 button mushrooms, thinly sliced
1 zucchini, halved and thinly sliced
1 red bell pepper, diced
½ tsp. crushed red pepper
¼ tsp. coarse kosher salt
⅓ tsp. cracked black pepper

1. Add broth and pasta to the TupperWave® Stack Cooker 3-Qt./3 L Casserole and stir.
2. Place cover on Stack Cooker. Microwave on high power 6 minutes. Remove from microwave.
3. Stir in mushrooms, zucchini, pepper, crushed red pepper, salt and pepper.
4. Place cover on Stack Cooker, microwave high power 3 minutes or until vegetables are tender.
5. Season with salt and pepper to taste. Serve warm.

Nutritional Information (per serving):

Calories: 150 Total Fat: 1g Saturated Fat: 0g Cholesterol: 0mg
Carbohydrate: 25g Sugar: 4g Fiber: 2g Protein: 11g Sodium: 0mg
Vitamin A: 15% Vitamin C: 60% Calcium: 2% Iron: 6%

date
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Tupperware®



TO DEMO



TupperWave® Stack Cooker
3-Qt./3 L Casserole

OPTIONAL



Measuring
Cups



Measuring
Spoons



Silicone
Spatula