

Serves: 4 • Serving size: about 2 cups



PREP: 15minutes

COOK: 20 minutes + 10 minute stand time

## Tamale Spoon PIE

For the filling:

- ½ green bell pepper, seeded, roughly chopped
- ½ poblano pepper, seeded, roughly chopped
- ½ small onion, peeled, cut in half
- 4 garlic cloves, peeled
- ¼ cup tomato paste
- 1 lb./455 g ground beef
- 3 tbsp. DIY Taco Seasoning Blend (found on our blog)
- 2 tbsp. instant masa or finely ground instant cornmeal
- ½ tsp. kosher salt

For the dough:

- 1 cup instant masa or finely ground instant cornmeal
- 2 tsp. baking soda
- 1 tbsp. granulated sugar
- 3 tbsp. butter, melted
- ¼ tsp. kosher salt
- 1 cup chicken stock

1. In the base of the Power Chef® System fitted with blade attachment, combine bell pepper, poblano, onion and garlic. Cover and pull cord until well minced.
2. Transfer pepper mixture to a medium bowl. Add tomato paste, ground beef, taco seasoning, and salt. Mix until well combined, transfer to the base of the Microwave Pressure Cooker.
3. In the base of the same Power Chef, combine masa, baking soda, butter, salt and chicken stock. Cover and pull cord until dough forms, scraping down sides of the base with a spatula as needed. Spread dough evenly over beef mixture.
4. Cover and seal Pressure Cooker. Microwave on high power 20 minutes. Remove from microwave and let stand until pressure indicator fully lowers, about 10 minutes. Remove cover, spoon portions into bowls, serve warm.

*Note: Garnish with fresh chopped cilantro, crema, minced red bell pepper, chopped red onion, minced jalapeno.*

*Nutritional Information (per serving):*

Calories: 380 Total Fat: 15g Saturated Fat: 7g Cholesterol: 80mg  
Sodium: 1100mg Carbohydrate: 37g Fiber: 4g Sugar: 8g Protein: 26g  
Vitamin A: 25% Vitamin C: 30% Calcium: 6% Iron: 25%

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Tupperware®



TO DEMO



Power Chef® System



Microwave Pressure  
Cooker



Thatsa® Medium Bowl

OPTIONAL



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula

Serves: 4 • Serving size: about 8 wings



PREP: 10 minutes  
COOK: 20 minutes + 10  
minute stand time

## Super Stacked WINGS

- 2 tbsp. maple syrup
- 2 tbsp. mustard
- 2–3 dashes hot sauce
- ½ tsp. kosher salt, divided
- 4 tsp. corn starch, divided
- 3 tbsp. honey
- 2 tbsp. orange juice
- 1 tbsp. DIY Southwest Chipotle Seasoning Blend (found on our blog)
- 3 lbs./1.3 kg chicken wings, divided

1. In the 3-Qt./3 L TupperWave® Stack Cooker Casserole, stir together maple syrup, mustard, hot sauce, ¼ tsp. salt and 2 tsp. corn starch. In the 1¾-Qt./1.75 L Casserole, stir together honey, orange juice, Southwest Chipotle Seasoning, remaining salt and remaining corn starch. Stack casseroles, cover and microwave on high 2 minutes.
2. Remove from microwave. Divide chicken evenly between two casseroles, stir to coat chicken in sauce.
3. Restack casseroles on top of each other. Cover and microwave on high power 18 minutes, or until chicken registers 160° F/70° C on an instant-read thermometer. Remove from microwave, let stand 10 minutes before serving; sauce will thicken.

*Note: Garnish with thinly sliced green onions, and make an extra serving of sauce for dipping.*

*Nutritional Information (per serving):*  
Calories: 850 Total Fat: 54g Saturated Fat: 14g Cholesterol: 255mg  
Sodium: 630mg Carbohydrate: 20g Fiber: 0g Sugar: 16g Protein: 62g  
Vitamin A: 10% Vitamin C: 0% Calcium: 0% Iron: 15%

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Tupperware®

TO DEMO



Tupperware®  
Stack Cooker

OPTIONAL



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula



Serves: 4 • Serving size: 2 tacos



PREP: 10 minutes  
COOK: 12 minutes

## Tilapia Street TACOS

2 cups packaged raw broccoli or cabbage slaw  
2 cups water  
1 tsp. kosher salt, divided  
4 tilapia fillets, fresh or frozen (thawed)  
1 tbsp. DIY Southwest Chipotle Seasoning Blend (found on our blog)  
1 cup Chipotle Cream Sauce (found on our blog)  
16 (6 7/15 cm) corn tortillas  
fresh cilantro, kale or chard, queso fresco, lime wedges,  
pumpkin seeds and chopped jalapeno for garnish

1. In the base of the Tupperware® Smart Multi-Cooker stir together slaw, water and ½ tsp. of the salt. Place shielded colander into base. Add tilapia fillets and sprinkle with remaining salt and Southwest Chipotle seasoning. Cover and microwave on high 12 minutes.
2. Meanwhile in the shallow colander, layer tortillas; set aside.
3. Remove Smart Multi Cooker from microwave. Place shallow colander with tortillas on top of shielded colander. Cover and let stand 5 minutes to warm tortillas.
4. Remove cover, transfer tilapia to a cutting board and flake into large pieces. Using the shielded colander, drain slaw.
5. To build the tacos, layer two tortillas on top of each other. Add tilapia, slaw, chipotle cream sauce, and garnish with cilantro, queso fresco, lime juice and jalapeno.

*Note: Garnish with fresh chopped cilantro, crema, minced red bell pepper, chopped red onion, minced jalapeno.*

*Nutritional Information (per serving):  
Calories: 310 Total Fat: 12g Saturated Fat: 6g Cholesterol: 65mg  
Sodium: 400mg Carbohydrate: 36g Fiber: 6g Sugar: 1g Protein: 19g  
Vitamin A: 40% Vitamin C: 60% Calcium: 10% Iron: 10%*

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Tupperware®



TO DEMO



Tupperware® Smart  
Multi-Cooker

OPTIONAL



Measuring  
Cups



Measuring  
Spoons



Cutting Board

Serves: 2 • Serving size: 2 fajitas



PREP: 10 minutes  
COOK: 6 minutes

## Fiesta FAJITAS

½ lb./225 g chicken tenderloins, sliced into thin strips  
½ green bell pepper, sliced into thin strips  
½ red bell pepper, sliced into thin strips  
½ large onion, sliced into thin strips  
1 tbsp. DIY Cilantro Mojo Seasoning Blend (found on our blog)  
4 flour tortillas

1. In a medium bowl toss together chicken, peppers, onion and seasoning until well blended. Transfer chicken and vegetables to the base of the MicroPro™ Grill.
2. Place cover on MicroPro™ Grill in the grilling position. Microwave on high 4 power minutes. Remove from microwave, drain accumulated juices. Cover in the grilling position and microwave on high power 2 additional minutes.

*Note: Adult supervision recommended when using the MicroPro Grill.*

*Nutritional Information (per serving):*

*Calories: 330 Total Fat: 9g Saturated Fat: 2.5g Cholesterol: 20mg  
Sodium: 720mg Carbohydrate: 47g Fiber: 4g Sugar: 5g Protein: 19g  
Vitamin A: 20% Vitamin C: 100% Calcium: 8% Iron: 15%*

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Tupperware®



TO DEMO



Tupperware® Smart  
Multi-Cooker

OPTIONAL



Measuring  
Spoons