

# Tupperware®

FALL 2021 & WINTER 2022



**Catalog  
Recipes**



# NAVIGATE THIS COOKBOOK

This cookbook has been developed to guide you through the recipes featured within the Tupperware® Fall 2021 & Winter 2022 Catalog.

Looking to make a healthy meal?

Or maybe you want to create a delicious dish your whole family will enjoy?

We created special icons to make it easier than ever to find the right recipe for you.

With options like quick cooking, healthy eating and many more - we make cooking new recipes as *easy as pie*.



Preparation time



Quick cooking



Setting/Steeping time



Healthy eating



Fridge time



Weeknight fave



Stovetop time



Family fave



Oven temperature/time



Microwave time

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Quick cooking



Weeknight fave



Healthy eating



Family fave

# MOZZARELLA SPREAD



Wow your  
guests  
with this easy spread

SuperSonic™ Chopper Compact







TOTAL TIME  
**5'**

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## INGREDIENTS FOR 4 PEOPLE

Serving size: 2 tbsp

- 10 fresh basil leaves
- 2 garlic cloves, peeled
- 4.5 oz. mozzarella ball
- ¼ cup tomato paste
- Salt and pepper to taste

## PREPARATION

1. Place basil and garlic to base of **SuperSonic™ Chopper Compact**. Pull cord until finely chopped.
2. Add remaining ingredients and continue pulling cord until pureed and well combined. Spread over toasted bread and serve.



# RADICCHIO AND WALNUT SALAD



Try this healthy  
and colorful dish

Grate Master® Cones







TOTAL TIME  
**50'**



**375°F / 190°C**



**30'**

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## INGREDIENTS FOR 4 PEOPLE

Serving size: ¼ portion

- 1 beet, peeled and cut into pieces
- 1 tbsp. tarragon
- 2 tbsp. honey or maple syrup
- 1-2 tbsp. red wine vinegar
- 3 tbsp. olive oil
- Salt and pepper to taste
- ½-cup walnuts
- 1 shallot, peeled
- 1 head of radicchio cut into pieces
- ½-cup goat cheese

## PREPARATION

1. Preheat oven to 375°F / 190°C.
2. Assemble **Grate Master** with **Slicer Cone** and slice beetroot. Place into a **UltraPro 2-Qt./2 L Casserole Pan**. Toss with tarragon, honey, red wine vinegar, olive oil and season to taste.
3. Bake in oven for 30 minutes or until fork tender.
4. Use **Coarse Cone** to grind the walnuts. Repeat process with shallot and radicchio.
5. In large bowl mix walnuts, shallots, radicchio and cooked beet. Top with goat cheese and serve with additional red wine vinegar and olive oil if desired.



# RED PEPPER YOGURT SAUCE



Sauce to  
step-up  
any meal

SuperSonic™ Chopper Tall







TOTAL TIME

5'

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## INGREDIENTS FOR 4 PEOPLE

Serving size: 2 tbsp

- 1 red bell pepper, deseeded and cut in pieces
- 2 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. lemon juice
- ¾ cup plain yogurt
- Salt and pepper to taste

## PREPARATION

1. Place bell pepper in base of **SuperSonic™ Chopper Tall**, fitted with blade attachment. Cover and pull cord until finely chopped.
2. Add remaining ingredients and continue pulling cord until well blended. Serve as dipping sauce or as salad dressing.



# VEGETABLE PANCAKES



Make veggies  
fun and delicious



SuperSonic™ Chopper Tall





TOTAL TIME  
**20'**



**15'**

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## INGREDIENTS FOR 4 PEOPLE

Serving size: 2 pancakes

- 1 shallot, chopped
- 3 oz. vegetables of choice such carrots, peppers, etc.
- 4 tbsp all-purpose flour
- 1 large egg
- Salt and pepper to taste
- 1 tbsp vegetable oil



## PREPARATION

1. Add shallot and vegetables in **SuperSonic™ Chopper Tall**. Replace cover and pull cord until roughly chopped. Add in flour, egg and season to taste. Continue pulling cord until well combined.
2. Evenly coat surface of the **Daily Universal 9 ½ "/24 cm Nonstick Frypan** with oil and heat to medium high heat. Drop 1 heaping tbsp of batter in the Frypan. Repeat until no batter remains.
3. Reduce to medium heat and cook for 2-3 min. Flip, then cook for an additional 2-3 min. Serve immediately.

# BUTTERNUT SQUASH STEW



Comfort  
food made fast



Microwave Pressure Cooker



TOTAL TIME  
**30'**



**15'**

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## INGREDIENTS FOR 4 PEOPLE

Serving size: 2 cups

- 1 cup dry yellow split peas, rinsed
- 1 ½ lb. butternut squash, peeled & cubed
- 1 tomato, diced
- ½ cup shredded coconut
- 4 cups vegetable stock
- 1 ½ tsp. salt
- 1 tbsp. honey
- 1 lime, juiced
- ½ cup cilantro, finely chopped

## PREPARATION

1. Place peas, butternut squash, tomato, coconut and vegetable stock in base of the **Microwave Pressure Cooker**. Cover, lock in place and microwave on high power 15 minutes.
2. At the end of the cooking time, allow pressure to release naturally.
3. Stir in remaining ingredients and serve.





# CAULIFLOWER TABBOULEH



Light and airy  
cauliflower  
dish is calling your name

SuperSonic™ Chopper Extra





TOTAL TIME

**30'**

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## INGREDIENTS FOR 4 PEOPLE

Serving size: 1 cup

- 18 oz. cauliflower florets
- ½ cucumber, deseeded and cut in pieces
- 2 shallots, peeled and cut in pieces
- 1 bunch herbs of choice (parsley, mint, etc.)
- 3 tbsp. olive oil
- 2 tbsp. lemon juice
- Salt and pepper to taste



## PREPARATION

1. In **SuperSonic™ Chopper Extra** fitted with blade attachment, add cauliflower. Cover and chop in two batches until texture looks like rice then transfer in a large mixing bowl.
2. Place cucumber, shallots and herbs in base of Chopper, cover and pull cord until finely chopped. Add to cauliflower and mix to combine.
3. Replace the blade attachment with the paddle and add remaining ingredients. Pull cord until well blended. Pour mixture over cauliflower and toss until fully coated. Cover and place in fridge for 30 minutes before serving.

# CHICKEN POZOLE



Warm up  
on a cold day

Tupperware® Daily Universal Cookware  
7.4-Qt./7L Stockpot with Glass Cover







TOTAL TIME  
**90'**



**65'**

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## INGREDIENTS FOR 8 PEOPLE

Serving size: 1 cup

- 2 lb. chicken breasts
- 2 tbsp. salt
- 3 garlic cloves, peeled
- ¼ onion
- 5L water
- 2 lb. precooked pozole corn
- 2 dry guajillo peppers
- 2 dry ancho peppers
- 34 oz. water
- 3 tbsp. chicken broth powder

### For serving (optional)

- Lime slices
- Diced onion
- Sliced radish
- Lettuce



## PREPARATION

1. Place chicken breasts, salt, garlic and onion in **Daily Universal 7.4-Qt./7L Stockpot**. Add 5L water, cover and cook for 20 mins on medium high heat. Once boiling reduce heat to medium low heat.
2. Remove cover and continue cooking for 10 mins. Rinse precooked corn with water in colander.
3. In the **Daily Universal 4.2-Qt./4 L Stockpot**, cook the dry peppers in 34 oz. of water on medium high heat until they become soft, approximately 5-8 minutes.
4. Transfer cooked onion, garlic, and 1 cup chicken broth from the 7L Stockpot to the 4L Stockpot. Add ¼ cup precooked corn into the 4L Stockpot.
5. Blend the contents of the 4L stockpot. Strain mixture into the 7L Stockpot. Add the remaining corn and chicken broth powder to the 7L Stockpot.
6. Cover and cook on medium high heat for 30-40 minutes. Serve with desired toppings.

# ORANGE GINGER BRAISED CHICKEN



Zesty  
and full of flavor

Tupperware® Daily Universal Cookware  
4.2-Qt./4L Stockpot with Glass Cover





TOTAL TIME  
**55'**



**45'**

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## INGREDIENTS FOR 7 PEOPLE

Serving size: 1 piece

- 1 tbsp. vegetable oil
- 4 lbs. chicken thighs and drumsticks
- Salt and pepper to taste
- 1-inch piece of fresh ginger, chopped
- 1 cube chicken bouillon, crumbled
- 1 ⅔ cup orange juice
- 1 tbsp. cornstarch
- 2 tbsp. cold water



## PREPARATION

1. Heat oil in the **Daily Universal 4.2-Qt./4 L Stockpot** on medium high heat. Season chicken with salt and pepper.
2. Add chicken thighs to Stockpot and sear for 2 minutes on each side until golden brown. Remove from Stockpot. Sear chicken drumsticks and leave in Stockpot.
3. Add chopped ginger, chicken bouillon over drumsticks and place seared chicken thighs on top of the drumsticks.
4. Pour orange juice on top and reduce heat to medium low. Cover and cook for 40 minutes.
5. Mix cornstarch cold water until well combined and add into the sauce. Allow to simmer for 2-3 minutes or until sauce has thickened. Serve with rice or noodles.



# SPICED CORNBREAD, CHICKEN PICATTA AND TOMATO RICE



Hearty,  
whole foods ready to  
please

TupperWave® Stack Cooker





TOTAL TIME  
**30'**



**15'-20'**

## INGREDIENTS FOR 4 PEOPLE

Serving size: ¼ portion

### Spiced Cornbread

- ¾ cup self-rising flour
- ¾ cup yellow cornmeal
- ½ cup granulated sugar
- ½ cup vegetable oil
- ¾ cup whole milk
- ½ cup pumpkin puree
- 1 tsp. cinnamon
- ½ tsp. ground nutmeg

- 1 tbsp. all-purpose flour
- Juice of 1 lemon
- 2 tbsp. capers
- ¼ cup white wine
- 2 tsp. unsalted butter

### Chicken Picatta

- 1.25 lb chicken breasts, thinly sliced
- 1 tsp. salt

### Tomato Rice

- 2 cups quick cooking brown rice
- 2 cups water
- 1 ½ tsp. garlic, minced
- ½ cup diced tomatoes
- 1 tsp. salt
- 1 tsp. dry parsley



## PREPARATION

1. For Cornbread: Mix all ingredients in medium bowl until smooth. Transfer to inverted cover and set aside.

2. For Chicken Picatta: Place chicken in **1 ¾-qt./1.75 L Casserole**. Cover and season with salt. Toss chicken in flour to coat. Add remaining ingredients except butter. Set aside.

3. For Tomato Rice: Mix all ingredients in **3-Qt./3 L Casserole** and set aside.

4. Assemble by stacking the chicken picatta casserole on top of tomato rice, then place the inverted cover with spiced cornbread batter on top.

5. Cook in microwave for 15-20 minutes or until all levels are fully cooked. If top layer is cooked first, remove it and continue cooking remaining layers. At the end of cooking time add in the butter to the chicken and mix well. Serve immediately.

# TERIYAKI TEMPEH BALLS



Meal that begs  
for seconds

Master System Base and  
Fusion Master® Mincer Accessory





TOTAL TIME  
**35'**



**475°F / 245°C**



**13'**

## INGREDIENTS FOR 4 PEOPLE

Serving size: 5 balls

- 1 green onion
- 2 garlic cloves, chopped
- 14 oz. Tempeh, cut into cubes
- 1 tbsp. soy sauce
- 2 tbsp. milk of choice
- 2 tbsp. vegetable oil
- Salt and pepper to taste
- 2 tbsp. plain breadcrumbs

### Teriyaki sauce:

- 1 garlic clove, chopped
- 1 tbsp. ginger, minced
- 4 tbsp. soy sauce
- 3 tbsp. maple syrup
- 1 tbsp. rice vinegar
- 2 tsp. cornstarch



## PREPARATION

1. Preheat oven to 475°F/245°C.
2. Separate the green and white part of the green onion. Chop the white part of green onion.
3. In medium bowl, add garlic, white parts of green onion, tempeh, soy sauce and mix well.
4. Assemble **Fusion Master Mincer** with coarse mincer disc. Mince tempeh mixture.
5. To the minced tempeh, add milk, 1 tbsp. of oil, season to taste and breadcrumbs. Mix until a consistent mixture that sticks together forms.
6. Form 20-25 balls using the **Small Portioning Scoop**, drizzle with remaining 1 tbsp. of oil and mix gently to coat. Place in base of **UltraPro 2-Qt./2 L Casserole Pan**
7. Bake uncovered for 10 minutes.
8. Make the sauce by mixing all ingredients in **SuperSonic™ Chopper Tall** until well combined.
9. Pour the sauce over the tempeh balls immediately after the 10 minutes of baking time, stir gently, cover and bake for 3 minutes. Serve with green onions.



# APPLE SPAGHETTI PIE



## Apple a day!

Tasty and healthy fruit  
spirals your kids will love

Fusion Master® System base  
with Spiralizer Accessory





TOTAL TIME  
**60'**



**400°F / 200°C**



**22-25'**

## INGREDIENTS FOR 8 PEOPLE

Serving size: 1 piece

- 1 cup all-purpose flour
- ½ tsp. baking powder
- ½ cup granulated sugar
- ¼ tsp. salt
- ¾ cup unsalted butter
- 4 large egg yolks

### Topping:

- ¼ cup granulated sugar
- 2 tbsp. water
- 2 tbsp. lemon juice
- 3 apples, spiralized with thin spaghetti blade
- ¼ cup roughly chopped pecans



## PREPARATION

1. Remove oven rack and preheat to 350°F/ 180°C. Place **Silicone Rectangular Form** on oven rack and set aside.
2. In medium bowl add flour, baking powder, sugar, salt, butter and egg yolks. Mix with **Silicone Spatula** until a consistent dough forms and no visible pieces of butter remain.
3. Add dough to Silicone Rectangular Form and flatten to form a single layer.
4. Bake for 20 minutes and let rest for 10 minutes.
5. Increase oven temperature to 400F/200C.
6. Make topping by mixing sugar and water in the **2-cup Micro Pitcher**. Cover and microwave for 1 minute or until sugar has dissolved. Add lemon juice and allow to cool.
7. Place spiralized apples and pecans in large bowl and add sugar water mixture. Mix gently until coated.
8. Drain apples and layer the apple spaghetti evenly on the pre-cooked dough.
9. Bake for 22-25 mins.
10. Let cool slightly, unmold and serve.

# CHOCOLATE CHIP COOKIE MIX



Toasty, tasty  
and oh so easy

Universal Jar 0.8-Qt./825 ml  
with Simple Cover





TOTAL TIME  
**10'**



**350°F / 180°C**



**10'-12'**

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## INGREDIENTS FOR 10 PEOPLE

Serving size: 2 cookies

- 1 ½ cups all-purpose flour
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ cup dark brown sugar
- ¼ cup granulated sugar
- 1 cup semi-sweet chocolate chips

### Liquid ingredients

- ½ cup unsalted butter, softened
- 1 large egg
- 1 tsp. vanilla extract

## PREPARATION

1. Layer dry ingredients in **Universal Jar 0.8-Qt./825 ml with simple cover** and give as gift or store until ready to bake.
2. When ready to bake, preheat oven to 350°F/180°C. Pour contents into bowl, make a well in center and add liquid ingredients. Mix until dough comes together and is well combined.
3. Scoop dough onto **Silicone Baking Sheet with Rim**, evenly spaced and bake for 10-12 minutes. Repeat with remaining cookie dough and serve warm.





# HAZELNUT CAKE WITH CHOCOLATE FROSTING



Oozing with  
chocolate delight

Whip 'N Mix Chef and  
Silicone Small Round Forms





TOTAL TIME  
60'



350°F / 175°C



30'

## INGREDIENTS FOR 8 PEOPLE

Serving size: 1 slice

### Cake

- 1 cup all-purpose flour
- ½ cup granulated sugar
- ½ cup hazelnuts, finely ground
- 2 tsp. baking powder
- ¼ tsp. salt
- 4 large eggs
- 1/3 cup whole milk
- 1/3 cup vegetable oil
- 1 tsp. vanilla extract



### Frosting

- ¼ cup unsalted butter, softened
- ¼ cup chocolate-hazelnut spread
- 2 ½ cup powdered sugar
- 1 tbsp. cocoa powder
- ¼ tsp. salt
- 2 tbsp. heavy cream

### Ganache

- 1/3 cup heavy cream, hot
- 4 oz. semisweet chocolate bar, roughly chopped

## PREPARATION

1. Preheat oven to 350°F. Place three **Silicone Small Round Forms** on metal baking sheet and set aside.

2. In large bowl, whisk first five ingredients until well combined. Add remaining ingredients in **Quick Shake Container** cover and shake well until combined. Make well in center, add liquid ingredients into dry mixture, and whisk until smooth.

3. Pour batter evenly into Silicone Small Round Forms and bake for 10-12 minutes or until toothpick inserted in center comes out clean. At the end of baking let cool 5 minutes before unrolling.

4. While cake bakes, make the frosting in **Whip 'N Mix Chef**. Add butter and hazelnut spread to base of Whip N Mix and turn handle on gear I

until creamy and well combined. Add powdered sugar 1 cup at a time, adding heavy cream to mixture and switching to gear II if handle will not turn. Continue adding all frosting ingredients and turning handle on gear II until fully combined.

5. To assemble: Place one cake on cake plate then spread 1/3 of the frosting on top. Stack second layer on top and add more frosting, repeat with remaining cake layer and frosting. Place cake in fridge for at least 30 minutes.

6. To decorate, mix hot heavy cream with chocolate and mix until smooth. Let cool slightly then spread ganache all over top of cake letting it drip down the sides. Decorate with additional chocolate on top and serve.

# NO BAKE PEANUT BUTTER CHEESECAKE



So  
scrumptious!

It's a no bake, with all the taste

Universal Jars 0.3-Qt./325ml  
with Simple Cover





TOTAL TIME  
**10'**



**2h**

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## INGREDIENTS FOR 1 PEOPLE

Serving size: 1 jar

- 1/3 cup heavy whipping cream
- 3 oz. cream cheese, softened
- 1/4 cup creamy peanut butter
- 1/4 tsp. vanilla extract
- 1/4 cup powdered sugar
- 1 tbsp. milk of choice
- 1 tbsp. roasted peanuts, finely chopped

## PREPARATION

1. Beat heavy creams in **Whip 'N Mix Chef** on Gear I until stiff peaks and set aside.
2. In small bowl, mix remaining ingredients except peanuts until well combined. Gently fold in whipped cream until thoroughly combined.
3. Add mixture to **Universal Jar 0.3-Qt./325 ml with Simple Cover** and top with roasted peanuts. Place in fridge for 2 hours or until set.





# SPICED ICED APPLE MOCKTAIL



Serve up  
the taste of fall

Clearly Elegant®  
Pitcher and Tumblers





PREPARATION TIME  
**10'**



STEEPING TIME  
**24h**

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## INGREDIENTS FOR 4 PEOPLE

Serving size: 1 cup

- 5 cups apple juice
- 4 cinnamon sticks
- 3 whole cloves
- A pinch of ground nutmeg
- 3 tbsp. granulated sugar
- 1 tbsp. ground cinnamon
- Water for coating rim of glass



## PREPARATION

1. Add apple juice to the **Clearly Elegant® Pitcher**.
2. Add cinnamon, cloves and nutmeg. Stir to combine. Place in fridge to infuse for 24 hours.
3. Prepare cinnamon sugar rim: Combine sugar and cinnamon together then pour onto a plate. Fill a small bowl with water and dip the rim of your tumbler into the water, then dip into cinnamon sugar. Repeat with remaining tumblers. Set aside.
4. Add soda water to the Clearly Elegant® Pitcher and serve in cinnamon sugar rimmed glasses.\*

\*If not serving immediately, add soda water prior to serving.

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