

## Freeze-It Workshop

Two 1 ¼ Cup (Small Square)

Two 3 ½ Cup (Small Deep Square)

Two 2 ½ Cup (Medium Shallow Rec)

Two 5 Cup (Medium Deep Rec)



### Grocery List:

<b>Pantry</b>		<b>Produce</b>		<b>Dairy</b>	
<input type="checkbox"/>	CATSUP	<input type="checkbox"/>	SMALL ONION (5)	<input type="checkbox"/>	BUTTER
<input type="checkbox"/>	VINEGAR	<input type="checkbox"/>	CELERY	<input type="checkbox"/>	WHIPPING CREAM
<input type="checkbox"/>	SUGAR	<input type="checkbox"/>	CILANTRO (2)	<input type="checkbox"/>	PARMESAN CHEESE
<input type="checkbox"/>	WORCESTERSHIRE SAUCE	<input type="checkbox"/>	MUSHROOMS	<input type="checkbox"/>	
<input type="checkbox"/>	CORN STARCH	<input type="checkbox"/>	LIMES (2)	<input type="checkbox"/>	
<input type="checkbox"/>	CELERY SEED	<input type="checkbox"/>	ORANGE	<input type="checkbox"/>	
<input type="checkbox"/>	DRIED OREGANO	<input type="checkbox"/>	CARROT	<input type="checkbox"/>	
<input type="checkbox"/>	DRIED CUMIN	<input type="checkbox"/>	GARLIC HEAD	<input type="checkbox"/>	
<input type="checkbox"/>	RED PEPPER FLAKES	<input type="checkbox"/>	GREEN BELL PEPPER	<input type="checkbox"/>	
<input type="checkbox"/>	HOT PEPPER SAUCE	<input type="checkbox"/>	RED BELL PEPPER (2)	<input type="checkbox"/>	<b>Meat</b>
<input type="checkbox"/>	SALT AND PEPPER	<input type="checkbox"/>	YELLOW BELL PEPPER	<input type="checkbox"/>	GROUND BEEF (2LBS)
<input type="checkbox"/>	TOMATO PASTE	<input type="checkbox"/>		<input type="checkbox"/>	BEEF TOP ROUND ROAST
<input type="checkbox"/>	CANNED TOMATOES, CRUSHED	<input type="checkbox"/>		<input type="checkbox"/>	PORK ROAST (2-3 LBS)
<input type="checkbox"/>	CANNED TOMATOES, DICED (2)	<input type="checkbox"/>		<input type="checkbox"/>	CHICKEN BREASTS (4-6)
<input type="checkbox"/>	BEEF STOCK	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	SW CHIPOTLE SEASONING	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	REDUCED SOD SOY SAUCE	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	GROUND GINGER	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	OLIVE OIL	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	LRG CAN WHOLE TOMATOES	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	BLACK BEANS	<input type="checkbox"/>		<input type="checkbox"/>	

## Barbeque Sauce (Small Square)

1 C catsup  
½ C water  
1 small onion  
½ C vinegar  
1-2 tbs sugar  
1 tbs Worcestershire sauce  
¼ tsp celery seed  
¼ tsp salt  
hot pepper sauce to taste

Chop onion in the Chop N Prep. Set aside.

In the TupperWave Stack Cooker casserole, combine catsup, water, onion, vinegar, sugar, Worcestershire sauce, celery seed, salt and hot pepper sauce. Cover and microwave on high for 3 minutes. Stir and allow to cool before covering and freezing.

## Alfredo Sauce (Small Square)

2 TBS butter  
1 C whipping cream  
½ tsp salt  
1/8 tsp black pepper  
a pinch of red pepper flakes  
½ Parmesan Cheese

Shred parmesan cheese using the Tupperware Grate Master, with the fine shred cone attachment.

In your 2.6 Chef Series Sauce Pan, melt the butter over medium heat. Add cream, salt, pepper, and red pepper flakes. Bring to boiling. Reduce heat and boil gently for 3-5 minutes, or until mixture begins to thicken. Remove from heat and stir in cheese. Once melted, place in the small square container and let cool before freezing.

## Salsa Chicken (Small Deep Square)

2-3 lbs of boneless, skinless chicken breasts  
Simply Salsa (made for the beef tacos)

Place chicken in the bottom of the Microwave Pressure Cooker and cover with salsa. Microwave on high for 20 minutes. Allow pressure to release and place chicken in the Quick Chef Pro to shred.

Shredded chicken should be cooled completely before freezing. Best served warm over rice or in tortillas.

## Bolognese (Small Deep Square)

- 1 lb ground beef
- 2 Tbs corn starch
- 1 onion
- 1 carrot
- 2 celery sticks
- 3 large Portobello mushrooms
- 2 Tbs tomato paste
- 1 can crushed tomatoes
- 1 tsp oregano
- salt and pepper to taste

Place beef and cornstarch in the TupperWave Stack Cooker 1 ¾ quart casserole and mix well. Cover and cook on high for 4 minutes.

While that is cooking, chop remaining ingredients in the Power Chef. Once the beef is finished cooking, add the chopped veggies and mix well. Cover and place in microwave on high for 8-10 minutes.

Place in the 3 ½ C container and let cool before covering and freezing.

## Carnitas Tostadas (Medium Shallow Rec)

- 2-3 lb pork butt, cut into 2 inch pieces
- 1 tsp oregano
- 1 tsp cumin
- 1 small onion, peeled and quartered
- 1 lime, juiced using the Zest N Press
- 4 garlic cloves, peeled
- 1 orange, quartered
- 2-3 C low-sodium beef stock

Season cut pork with oregano and cumin. Place in base of Microwave Pressure Cooker. Add onion, lime juice and garlic cloves.

Squeeze juice from orange into base of Pressure Cooker and after squeezing add orange quarters to base.

Add water until max fill line is reached. All food should be submerged beneath liquid.

Seal and microwave on high power 30 minutes. Remove from microwave and allow pressure to release. Remove pork from liquid and place in the Quick Chef Pro. Shred meat and place into Medium Shallow Rec.

Serve on tostadas with sour cream, jalapenos, etc.

## Beef Taco Night (Medium Shallow Rec)

- 1 pound of ground beef
- 1 large onion, quartered
- 3 cloves of garlic
- 1 large bunch of cilantro
- 2 cans of tomatoes
- 2 limes
- 4 TBS Southwest Chipotle Seasoning

Place ground beef into the colander piece of the TupperWave Stack Cooker. Stack on large Casserole and cover. Place in microwave on high for 6 minutes. Check and stir at 3 minutes.

While meat is cooking, place onion, garlic and cilantro into the Power Chef. Pull cord 4-5 times until finely minced. Add both cans of tomatoes (including juice) to power chef. Using the Tupperware Zest N Press, squeeze lime juice into the Power Chef. Cover and pull cord 2-3 times to combine.

Remove meat from microwave and discard drippings/grease. Place meat into the casserole base and toss with about half of the salsa. Place in 2 ½ Cup container.

*The other half of the salsa is for the Salsa Chicken.*

## Pepper Steak (Medium Deep Rec)

- 1 beef top round roast (3 lbs)
- 1 large onion
- 1 large green pepper
- 1 large sweet red pepper
- 1 C water or beef stock
- 4 garlic cloves
- 1/3 C cornstarch
- ½ C reduced sodium soy sauce
- 2 tsp sugar
- 2 tsp ground ginger

Slice onion and peppers on the Tupperware Mandoline, on slice setting 3. Chop the garlic in the Chop N Prep and set aside.

Place roast in the bottom of the Tupperware Microwave Pressure Cooker. Place onions, peppers, garlic on top of the roast. Pour water/beef stock on top of the roast. Seal and lock the Tupperware Microwave Pressure Cooker and microwave for 30 minutes on high.

Allow the pressure to release, and lift the roast out onto the Tupperware cutting board to rest. Add the cornstarch, soy sauce, sugar and ginger in the Quick Shake container. Seal and shake until smooth. Whisk into the remaining liquid and veggies in the Microwave Pressure Cooker.

Using a Chef's Knife, cut beef into slices. Stir gently into the sauce and veggies and let cool. Place in the 5 C Freeze-It container. Best served over rice.

## Southwest Chicken and Black Bean Chili (Medium Deep Rec)

- 2 medium onions, peeled and quartered
- 2 garlic cloves, peeled
- 1 red bell pepper, cored, seeded and quartered
- 1 yellow bell pepper, cored, seeded and quartered
- 2 tbsp extra virgin olive oil
- 28-oz can whole tomatoes
- 1 tsp coarse kosher salt
- 2 cups chicken, cubed
- 15-oz can black beans, rinsed and drained
- 1 tbsp Southwest Chipotle Seasoning
- 2 tbsp cilantro

Place onion, garlic and peppers into base of Power Chef. Cover and pull cord until roughly chopped. Set aside.

Place 2 chicken breasts in the colander of the TupperWave Stack Cooker, stacked on the casserole.

Transfer onion mixture to base of TupperWave Stack Cooker 3-Quart casserole along with oil, stirring well to combine. Cover and microwave on high power for 3 minutes.

Place tomatoes into base of Power Chef, fitted with blade attachment, cover and pull cord to process until chopped.

Stir tomatoes, salt, chicken, black beans, and season into onion mixture in TupperWave Stack Cooker Casserole. Cover and microwave on high power for 10-12 minutes. Place in 5 C container and let cool before freezing.