

# Four Cheese Stuffed Shells

From: pipandebbycom  
Serves: 4

Prep Time: 15 minutes  
Cook Time: 35 minutes

## Instructions

- 1:  
Preheat oven to 350F.
- 2:  
In a medium bowl, combine Ricotta, Asiago, 1 cup Mozzarella, 1/2 cup Parmesan, Italian Seasoning, and salt and pepper.
- 3:  
Pour 1 cup pasta sauce in the bottom of a 9X13 baking dish.
- 4:  
Add a spoonful of cheese mixture to each pasta shell and lay in a single layer in baking dish.
- 5:  
Cover stuffed shells with remaining pasta sauce, and then sprinkle remaining mozza and Parmesan on top.
- 6:  
Bake uncovered for 35 minutes.

## Ingredients

- 20-25  
Jumbo pasta shells, cooked to al dente
- 1 jar  
Pasta sauce
- 15oz container  
Ricotta cheese
- 2 cups  
Grated mozzarella, divided
- 3/4 cup  
Grated Parmesan, divided
- 1/2 cup  
Grated Asiago
- 2 teaspoons  
Simply Italian Seasoning Blend
- Salt and pepper to taste



# Easy Crockpot Mongolian Beef

From: allrecipes.com

Serves: 4-5

Prep Time: 5 minutes

Cook Time: 25 minutes

## Instructions

1:

Use Chop n Prep to mince garlic and ginger. Slice onions using Mandolin. Combine all ingredients except for broccoli into a Tupperware container for freezing.

2:

When you're ready to cook—defrost beef mixture in the refrigerator overnight. Dump all ingredients except broccoli into your Tupperware Microwave Pressure Cooker and microwave for 20 minutes. Allow pressure to fully release (when your orange indicator valve has fully lowered), then add broccoli. Re-seal and return to microwave for an additional 5 minutes.

3:

Serve warm and over rice

## Notes

If using a traditional crockpot instead of the Tupperware Pressure Cooker, cook your fully thawed ingredients (except for broccoli) on low for 6-8 hours. Steam or microwave broccoli to cook and then add before serving.

## Ingredients

1 pound  
Stew meat

2 teaspoons  
Olive oil

1  
Onion

2 cloves  
Garlic, peeled

1/2 cup  
Soy sauce

1/2 cup  
Water

1/2 cup  
Brown sugar

1/2 teaspoon  
Fresh ginger

1/2 cup  
Hoisin sauce

1 small bag  
Frozen broccoli florets



# Slow Cooker Teriyaki Chicken

From: [gimmesomeoven.com](http://gimmesomeoven.com) Prep Time: 10 minutes  
Serves: 4 Cook Time: 20 minutes

## Instructions

- 1:**  
Add chicken breasts to the bottom of your Microwave Pressure Cooker.
- 2:**  
In a small mixing bowl combine garlic, onion, honey, soy sauce, vinegar, ginger, and black pepper. Pour over chicken.
- 3:**  
**Seal Pressure Cooker and microwave on high for 20 minutes. Once the pressure is released, remove chicken and pour sauce into a medium saucepan. Use two forks to shred chicken.**
- 4:**  
In a separate bowl, whisk together water and cornstarch until cornstarch is no longer lumpy. Pour this mixture in with teriyaki sauce and whisk to combine. Bring mixture to a boil on medium-high heat and let boil for 1-2 minutes, until thickened. Remove from heat and pour over shredded chicken. Toss to combine, then serve over rice.

## Notes

If using a traditional Slow Cooker instead, cook on high for 4-5 hours.

## Ingredients

- 3-4  
Boneless skinless chicken breasts
- 2 cloves  
Garlic, minced
- 1  
Small onion, chopped
- 1/2 cup  
Honey
- 1/2 cup  
Soy sauce
- 1/4 cup  
Rice wine vinegar
- 1 Tablespoon  
Fresh ginger, chopped
- 1/8 teaspoon  
Black pepper
- 1/4 cup  
Cold water
- 3 Tablespoons  
Cornstarch



# Pot Roast

From: Tupperware  
Serves: 4

Prep Time: 5 minutes  
Cook Time: 30 minutes

## Instructions

1. Place beef in base of **Tupperware Microwave Pressure Cooker**.
2. Sprinkle seasoning and flour In a small bowl.
3. Whisk stock into flour and pour over beef.
4. Add remaining ingredients to **Tupperware Microwave Pressure Cooker** base and seal.
5. Microwave on HIGH for 30 minutes.
6. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers (about 10 minutes.)
7. Let beef rest for 5 minutes before cutting.

## Ingredients

- 2 pounds  
beef chuck roast – cut into pieces
- 1 ½ teaspoon  
Steak & Chop Seasoning
- ¼ cup  
all purpose flour
- 2 Tablespoons  
apple cider vinegar
- 1  
Onion, peeled and sliced
- 2 cups  
beef stock
- 2  
large carrots, peeled & cut in ½ inch pieces
- ½ pound  
red potatoes cut in half  
(quartered if larger potatoes)



# Cranberry Dijon Pork Chops

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From: The Virtuous Wife  
Serves: 4

Prep Time: 5 minutes  
Cook Time: 20 minutes

## Instructions

- 1:  
Combine all ingredients in a Tupperware container and seal.
- 2:  
**When ready to serve, thaw overnight in fridge. Pour into Tupperware Microwave Pressure Cooker and microwave for 20 minutes. Or, pour into your crockpot and cook on low for 8 - 10 hours. No extra liquid is needed.**

## Ingredients

- 1 can  
Whole cranberry sauce (not jellied)
- 1 package  
Onion soup mix
- 3 – 4  
Pork Chops)
- 2 tablespoons  
Dijon mustard

