

Serves 4 • Serving size: 1 cup



PREP: 5 minutes
COOK: 10 minutes without meat
15 minutes with meat
(tested in 900 watt microwave)

date
me

Tupperware®

One Pot PASTA

1 onion, peeled and quartered
1 garlic clove, peeled
1 tsp. Italian Herb Seasoning
8 oz./225 g penne pasta
24-oz./680 g jar marinara
1 cup beef broth

Without meat

1. Add onion and garlic to base of Chop 'N Prep Chef. Cover and pull cord to finely chop.
2. Combine onion and garlic with seasoning, pasta, marinara and broth in base of Microwave Pressure Cooker. Seal and microwave on high power 10 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 2–4 minutes, before opening.
3. Serve topped with Parmesan cheese and basil, if desired.

Nutritional Information (per serving):

Calories: 350 Total Fat: 8g Saturated Fat: 2g Cholesterol: 0mg Carbohydrate: 58g Sugar: 14g Fiber: 6g Protein: 11g Sodium: 910mg Vitamin A: 15% Vitamin C: 10% Calcium: 6% Iron: 10%

With 8-oz./225 g beef (chuck or sirloin)

1. Place Microwave Pressure Cooker base underneath Fusion Master™, fitted with the coarse mincer disc. Fill hopper with beef and turn handle to begin processing. Once there is room in the hopper, add remaining beef followed by onion and garlic until all have been processed.
2. Add seasoning, pasta, marinara and broth to meat in Pressure Cooker base and microwave on high power 15 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 3–5 minutes, before opening.
3. Serve topped with Parmesan cheese and basil, if desired.

Nutritional Information (per serving):

Calories: 420 Total Fat: 10g Saturated Fat: 3g Cholesterol: 30mg Carbohydrate: 58g Sugar: 14g Fiber: 6g Protein: 22g Sodium: 940mg Vitamin A: 15% Vitamin C: 10% Calcium: 6% Iron: 15%

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