

### **Mashed Potatoes**

In the stack cooker, place 3-4 potatoes quartered in colander basket with 1 cup water below. Steam for 10 minutes. Place potatoes in Quick Chef Pro & turn handle several time until chopped. Change blade & use paddle. Add 2/3 cup heavy whipping cream and 1/2 cup butter. Blend until potatoes are smooth.

### **Breading for Chicken, Fish, & Pork Chops**

Simply toss some Ritz or Town House crackers into the Quick Chef & add some of the Italian Herb seasoning. You can substitute croutons or bread for the crackers.

### **Salads and Slaw**

Use the Quick Chef Pro to easily chop lettuce or cabbage to be used in all your favorite recipes, especially tacos, tostadas, & coleslaw. Perfectly blends deviled egg mixture.

### **Simple Soft Serve Ice Cream**

In the Quick Chef Pro with the blade attachment, mix 1 cup of very cold heavy whipping cream with 1 cup of frozen chunks of fruit and 3-5 T of sugar (depending on the sweetness of the fruit) until the desired consistency is reached. Can be frozen in LolliTups.

### **More!**

The Quick Chef Pro is also great for chopping nuts & graham crackers for all your favorite dessert recipes. Use the whipping blade to blend cream cheese with other ingredients and to whip cream.

Compliments of Your Tupperware Connection

Try these recipes to become comfortable using the Quick Chef Pro.

Let us demonstrate the many uses of the Quick Chef Pro System, in your home, with a few friends.



## **The Quick Chef Pro**

*A Smarter Way to Chop, Whip or Mix!*

A Quick-and-easy alternative to electric food processors

- A single turn of the handle rotates the blade, basket, or paddle whisk four times, saving time and effort .
- Stainless steel blade effortlessly chops fruits & vegetables
- Paddle whisk quickly whips or mixes cream, dips & salad dressings
- Funnel attachment incorporates oil into mayonnaise, pesto sauce or salad dressing
- Non-skid base prevents sliding
- Standard and metric measurements
- Basket to spin fruit, vegetables, or salad fixings.
- Comes with a seal for easy, convenient storage of leftovers.

### **Cole Slaw**

½ head of regular cabbage, quartered	2 T sugar
½ head of purple cabbage, quartered	½ tsp dill
⅔ cup of Miracle Whip	

Using Quick Chef with blade, shred cabbages to desired size & put aside. Mix together Miracle Whip & sugar, add dill. Combine with cabbage in large serving bowl, refrigerate.

For best results, prepare the night before.

### **Chicken or Tuna Salad**

1 small onion	2 stalks of celery
1 can chicken meat, drained	⅔ cup of mayonnaise
or 1 can tuna, drained	

Cut onion & celery in half. In the Quick Chef, dice onion & celery together. Add drained meat, turning handle about 4 times. Add mayonnaise & blend again. Serve on crackers or croissants. For a delicious salad, use one large tomato, cut in quarters. Serve salad inside of tomato. Top with Italian dressing.

### **Veggie Pizza**

2 tubes crescent rolls	8 oz cream cheese
1 small onion	1 cup mayonnaise

1 T Veggie Delight Seasoning  
Broccoli, Cauliflower and Carrots  
Shredded cheddar cheese

Spread out crescent rolls on silicone wonder mat & pinch together. Bake at 350° for 10 minutes, until golden brown. Chop veggies in Quick Chef Pro, set aside. Chop small onion in Quick Chef Pro, add cream cheese, mayo & Veggie Delight seasoning, Blend well. Spread over cooled crust. Sprinkle generously with assorted cut up veggies, then add shredded cheese.

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### **Chocolate Mint Pie**

Large package instant chocolate pudding mix  
1 chocolate pre-made pie crust  
2 cups milk  
18 Mint Oreo Cookies  
½ pint heavy whipping cream  
¼ to ½ cup sugar (as desired)

Pour 2 cups milk into the Quick Shake. Add pudding mix & shake until set. Pour into pie crust. Crush 10 Oreo Cookies in Quick Chef Pro with chopping blade. Sprinkle crushed Oreos over pudding mix. Pour heavy whipping cream into Quick Chef with whipping blade. Add desired amount of sugar. Blend until set. Stand remaining 8 Oreos along the outer edges to indicate slices. Refrigerate until firm.

### **Chocolate Mousse**

2 T sugar  
2 T cocoa  
8 oz heavy whipping cream (must be COLD)  
1 Oreo cookie  
Graham cracker sticks or vanilla wafers  
Cinnamon-Vanilla Spice Blend

Put the sugar and cocoa or strawberries in the bottom of the Quick Chef Pro. Add the heavy whipping cream (make sure it's cold) Use the paddle in the Quick Chef and whip for about 1 minute until it pulls away from the middle. Serve in cocktail stemware. Garnish with crushed cookies.

### **Strawberry Mousse**

2 T of sugar  
5 Strawberries, tops removed  
8 oz of heavy whipping cream (must be cold)  
Graham cracker sticks

Put the sugar and strawberries in the bottom of the Quick Chef Pro. Add the heavy whipping cream (make sure it's cold)! Use the paddle in the Quick Chef and whip for about 1 minute until it pulls away from the middle. Serve in cocktail stemware. Garnish with crushed cookies.

### **Apricot Sorbet**

15 oz. can apricot halves  
½ lemon, juiced

*Serves 4*  
2 T sugar

Place apricot halves and juice in 2¾ cup Freezer Mates Container. Place in freezer and freeze until solid. Remove from freezer and break into medium chunks and place in Quick Chef Pro with blade attachment. Add sugar and lemon juice. Replace cover and turn handle and process until smooth. Put mixture back in Freezer Mates Container and store in freezer until serving. Allow to soften slightly before serving.

### **Raspberry Ice Cream**

1 cup heavy cream  
½ cup frozen raspberries

*Serves 4*  
½ cup sugar  
2 T raspberry syrup

Pinch of salt

Whip cream, sugar, raspberries, raspberry syrup and salt to soft serve in Quick Chef Pro with blade attachment. Place into 2¾ cup Freezer Mates Container to harden, store in freezer until serving. Allow to soften slightly before serving.

**NOTE:** You may substitute strawberries, blueberries or mixed berries for the raspberries

### **Pineapple Sorbet**

20 oz. can pineapple chunks, undrained  
2 T sugar

*Serves 4*  
½ lemon, juiced

Place pineapple and juice in 2¾-cup Freezer Mates Container. Freeze until solid. Remove from freezer and break into medium chunks and place in Quick Chef Pro with blade attachment. Add sugar and lemon juice. Replace cover, turn handle, and process until smooth. Place back into Freezer Mates Container and freeze until serving. Allow to soften slightly before serving.

### **Oreo Blizzard**

Place 4 Oreos in the Quick Chef & turn handle till chopped. Add 4 scoops of vanilla ice cream, 4 T milk, and turn handle until blended. Yummy!

**NOTE:** Substitute chocolate chip ice cream for vanilla, or use Snickers bars, or M&Ms instead of Oreos.

### **Simple Arugula Pesto**

2 cups Arugula leaves  
2 T freshly grated parmesan cheese

2 T pine nuts  
2 T olive oil

Salt and pepper

Place the arugula into the Quick Chef Pro and process until until fine. Add pine nuts and chop again. Add parmesan cheese and chop some more. Add olive oil and give it another spin. Season with salt and pepper if needed. Serve on top of a wonderful French Baguette and enjoy or add to cooked pasta.

### **Party Arti Dip**

14 oz. can artichoke hearts, drained  
½ cup grated Parmesan cheese  
7 oz. can chillies, drained (optional)

2 green onions  
½ cup mayonnaise

Combine ingredients in Quick Chef and turn handle until chopped. Place in base of Microwave Cooker and microwave on high for 3-5 minutes until hot. Serve with crostini, tortilla chips or spread on pita bread.

### **Guacamole**

3 Avocados  
Southwest Chipotle Seasoning Blend

1 large onion

Cut onion in half & dice in the Quick Chef Pro. Cut avocados in half lengthways around seed & twist. Using a Chef knife, remove seed by putting knife into seed & twisting to remove.

Scoop out the avocado meat and put it into the Quick Chef Pro with the onion. Blend until smooth. Add Southwest Chipotle Seasoning Blend to taste.

### **Perfect Salsa**

4 Roma tomatoes  
½ tsp. Lemon or lime juice  
1 can El Pato brand Jalapeno Salsa

½ Red onion  
½ bunch of Cilantro  
Garlic cloves

Clean and quarter Roma tomatoes, garlic and red onion. Place in Quick Chef Pro with lemon or lime juice and cilantro, turn handle until well chopped. Pour salsa into a bowl and stir in El Pato Jalapeno Salsa. Serve with tortilla chips or as a garnish on poultry or fish.

### **Simply Salsa**

1 Tbsp. Southwest Chipotle Seasoning Blend  
1 can diced tomato (15 oz.)  
1 medium onion (peeled and cut in quarters)  
lime juice (1/2 lime)  
2 cloves garlic (peeled and smashed)  
2 fresh cilantro (optional)

Place onion in Quick Chef Pro with blade, cover & turn handle until onion is roughly chopped. Add remaining ingredients; cover & turn handle until desired consistency. Remove blade & place salsa in a dip bowl. Serve with chips or as a topping for tacos!

*Other Optional Ingredients:* Green or red pepper, Jalapeno peppers, green onions, pineapple.

### **Fruit Salsa I**

2 apples, cored & sliced	2 kiwi, peeled & cut
2 strawberries (or more)	1 squirt lemon juice
2 T. apple jelly (any flavor will work)	2 T. brown sugar
1/2 tsp. Cinnamon Vanilla Spice Blend	Graham crackers

Place all ingredients, except graham crackers in Quick Chef Pro Bowl. Turn handle until chopped to desired consistency.

### **Fruit Salsa II**

1 Granny Smith Apple	8 Strawberries
2 Kiwis	2 T Strawberry Jelly

Core and quarter apple. Add to Quick Chef Pro and chop. Add hulled strawberries and peeled kiwis. Chop again. Mix in apple jelly. Serve with Cinnamon Chips.

**NOTE:** Can use sugarless jelly to cut calories

### **Mango-Pineapple Salsa**

1/2 each of red onion, red bell pepper, green bell pepper	
1/4 cup Cilantro	1 Jalapeno Pepper seeded
2 cups of frozen Mango thawed	juice of 1/2 lime
1 8 oz pineapple tidbits, drained	1 T. Chipotle Seasoning

Place onion, peppers and cilantro in Quick Chef Pro and chop. Add remaining ingredients and chop till desired consistency. Serve with Tortilla Chips or over chicken breasts.

### **Cinnamon & Honey Butter**

1/2 pint whipping cream  
1/2 to 1 tsp Cinnamon Vanilla Seasoning Blend  
1 teaspoon Splenda or sugar  
1 to 2 tsp Honey

Whipping Cream should be at room temperature. Place whipping cream & Splenda or sugar in Quick Chef Pro, with paddle attachment. Turn for 4 to 5 minutes. Drain milk and work with spoon until smooth. Add Cinnamon & Vanilla Spice Blend & honey. Mix well. Place in a Tupperware Snack Cup and refrigerate.

### **Peachy Keen Ice Cream**

3 cups frozen peach slices  
3/4 cup fat free half and half

*Serves 6 (2 3/4 cups)*  
1/4 cup sugar  
1/2 tsp. vanilla extract

Combine all ingredients in the base of the Quick Chef Pro with the blade attachment. Replace cover and turn handle until smooth and creamy. Pour into 2 3/4 cup Freezer Mates Container. Cover and freeze until firm. Let soften slightly before serving.

### **Peachy Keen Frozen Yogurt**

5.3 oz container peach flavor Greek Yogurt  
1/4 cup sugar  
3 cups frozen peach slices

*Serves 6 (2 3/4 cups)*  
3/4 cup milk  
1/2 tsp. vanilla extract

Combine all of the ingredients in the base of the Quick Chef Pro with blade attachment. Replace cover and turn handle until smooth and creamy. Pour into 2 3/4 cup Freezer Mates Container. Cover and freeze until firm. Let soften slightly before serving.

### **Frozen Orange Cream**

1 cup heavy cream  
2 oranges (juice and zest)

*Serves 4*  
1/2 cup sugar  
pinch of salt

Whip cream, sugar, orange juice and salt to soft peaks in Quick Chef Pro with paddle attachment. Place in 2 3/4 cup Freezer Mates Container to harden, store in freezer until serving. Allow to soften slightly before serving.

### **Garlic Butter**

½ pint whipping cream  
½ - 1 tsp Simply Garlic Gourmet Blend  
1 tsp Splenda or sugar

NOTE: Whipping Cream should be at room temperature  
Place whipping cream & Splenda or sugar in Quick Chef Pro, with paddle attachment, & turn for 4 to 5 minutes. Drain milk and work with spoon until smooth. Add Simply Garlic Spice Blend, mix well. Place in a Tupperware Snack Cup & refrigerate.

### **Italian Brushetta**

1 medium onion (peeled and cut in half)  
2 cloves garlic (peeled and smashed)  
1 T Italian Seasoning Blend  
1 can diced tomato (15 oz)

Quarter onion: Chop in Quick Chef using blade. Add remaining ingredients; cover and turn handle until desired consistency. Serve on toasted Italian bread slices.

### **Creamy Phyllo Straws in Pesto**

*Prep Time: 20 minutes Cook Time: 10 minutes*

8 oz cream cheese, softened  
¼ cup grated Parmesan  
1 box phyllo dough, thawed  
Store-bought pesto, for dipping

1 egg, lightly beaten  
¼ tsp salt  
8 T butter, melted

Preheat oven to 375°F. In Quick Chef Pro, combine the cream cheese, lightly beaten egg, Parmesan, & salt. Spoon mixture into Decorator. Set aside. Lay out thawed phyllo dough. Working quickly to keep dough from drying out: cut phyllo dough in half, melt butter in Vent 'N' Serve Mug, brush top sheet with melted butter, pipe cheese filling down center of phyllo. Fold over end to end & roll up straw. Repeat with remaining sheets of phyllo & place on a baking sheet with Silicone Wonder Mat. Bake until golden, about 10 minutes. Serve warm with pesto for dipping.  
*Yield: 36 straws*

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### **Peachy Salsa**

1 large Granny Smith apples, cored & cut into wedges  
3 peaches, peeled & pits removed  
1 T juice (orange or apple)

Place apple pieces in Quick Chef with blade; turn handle 5 or 6 times. Add peeled peaches and juice; cover and turn handle 5 or 6 more times until fruit is coarsely chopped. Serve with Cinnamon Tortilla Chips or graham crackers.

### **Cinnamon Tortilla Chips**

1-10" flour tortillas cut into strips  
2 tsp. Cinnamon-Vanilla Spice Blend  
Non fat cooking spray  
1 T sugar

Mix together sugar and spice in a Thatsa Bowl. Spray tortillas on both sides, Place in Thatsa Bowl with Spice Blend, seal, and shake to lightly coat. Lay on baking sheet lined with Silicone Wonder Mat. Bake at 300° for 6 minutes, until golden brown.

### **White Salsa**

1 cup real mayonnaise  
1 cup light sour cream  
2 bunches of green onion  
4 oz. black olives

3 cloves of garlic  
Juice of one lime  
Black pepper  
1 tsp. Tabasco

Using Quick Chef Pro with blade attachment, chop onion, garlic & black olives. Using Quick Chef Pro funnel, add lime juice & Tabasco. Add all other ingredients & use the quick paddle whisk to mix. Serve with yellow corn chips.

### **Buffalo Chicken Flatbread**

12"/30 cm crust of your choice  
1 chicken breast, steamed & diced  
3 T bleu cheese dressing

*Serves 16*  
½ cup buffalo sauce  
1 celery stalk, diced

Place chicken and buffalo sauce in base of Quick Chef Pro System with blade attachment. Turn handle to process until finely chopped. Spread chicken over crust placed on a lined baking sheet. Place celery on Quick Chef Pro with blade, chop celery coarsely. Sprinkle celery over chicken. Bake 10 minutes at 425° F/220° C, or until crust is golden. Allow to cool 5 minutes and drizzle with bleu cheese dressing.

### **Jaiba Ceviche**

1 lb imitation crab	1 tomato, diced (not in quick chef)
½ onion, peeled & halved	1 cucumber, peeled & quartered
1 bunch of cilantro	Juice of 3 lemons
1 bag Tortilla chips	1 avocado (optional)

Rinse and drain imitation crab. Add onion and cucumber to Quick Chef Pro and chop to desired consistency. Remove from Quick Chef Pro into medium size bowl. Add imitation crab and cilantro to Quick Chef and chop to desired consistency. Add to cucumber and onion mixture in bowl. Mix tomato and lemon juice with all ingredients in bowl. Ready to serve with chips. Enjoy!

### **Cauliflower Ceviche**

1 lb cauliflower	1 ½ tomatoes
1-2 lemons	½ bunch cilantro
1 small onion, quartered	2 hot peppers

Cut cauliflower into medium size pieces and place in a microwavable container. Heat in microwave for 6 minutes. Remove from microwave and place the cauliflower in the Quick Chef Pro with the blade attachment. Turn until cauliflower is chopped. Place the cauliflower in a bowl to cool off. Next, place the tomato, onion, cilantro, and peppers in Quick Chef Pro and stir until chopped. Add this mixture to the cooled cauliflower. Squeeze lemon juice over the mixture and stir. Serve with chips.

### **Ceviche Shrimp Cups**

4 cucumbers	<i>Makes 24 "cups"</i>
2 cloves garlic, minced	juice of 2 lemons
	3 T fresh cilantro

1 lb. shrimp, cooked, peeled, deveined, w/o tail, & cut in half  
2 tsp. Latin Sensations Seasoning (divided)

In a 10 cup bowl, place shrimp, juice, garlic, cilantro, and 1 tsp. seasoning; mix together, seal and set aside. Peel cucumbers leaving thin areas unpeeled for striped effect. Cut the ends off each cucumber, and slice into six thick slices (at least 1" thick). Using a teaspoon, scoop out seeds in center of cucumber, creating a small cup; sprinkle each cup with remaining seasoning; set aside. Fill each cucumber with shrimp mixture. Chill until time to serve. The longer the shrimp marinates, the stronger the citrus and garlic flavor will become.

### **Eggplant Dip with Pita Chips**

4 pitas	<i>Serves 8</i>
½ tsp. garlic salt	1 tsp. olive oil
2 cloves garlic, smashed	1 large eggplant, about 1 pound
1 T lemon zest	½ cup low fat sour cream
	2 T lemon juice
2 T Simple Indulgence Southwest Chipotle Seasoning Blend	

Preheat oven to 350°F. Cut pitas in half, then cut each half into quarters. Place on baking sheet and drizzle with olive oil. Sprinkle with garlic salt. Toast in oven 10-12 minutes or until golden brown and crisp. Set aside to cool. Meanwhile, peel the eggplant using the Twistable Peeler and then cut into cubes. Put cubes in the Stack Cooker 3-Qt Casserole. Add the Simple Indulgence Southwest Chipotle Seasoning Blend, garlic, and lemon zest. Cover and microwave on high power 10 minutes. Remove from microwave and let cool, covered. Put eggplant mixture in the base of the Quick Chef Pro with blade

attachment and process until finely chopped. Add the lemon juice and sour cream and process until well combined. Serve with pita chips.

### **Stuffed Tomatoes**

6 medium beefsteak tomatoes	<i>Serves: 6</i>	<i>Serving size: 1 tomato</i>
1 cup hot water		
6.25 oz./180 g pre-packaged stuffing mix		
¼ cup butter or margarine, sliced into 1-inch/2.5 cm cubes		

Cut off tops of tomatoes; scoop out seeds and pulp with a spoon, making a hollowed-out cup. Discard tomato tops and seeds. Chop pulp in the Quick Chef Pro with blade attachment.

Drain and set aside for later use. Invert tomatoes on paper towels to drain. Combine water and butter or margarine in a bowl. Add stuffing mix, reserved tomato pulp and stir. Let stand 5 minutes for liquid to absorb. Fill tomatoes evenly with stuffing mix and place in SmartSteamer Steamer Base. Fill Water Tray with water to water line, place the Steamer Base over the Water Tray and cover. Microwave on high power 10 minutes, or until tomatoes are tender and stuffing is heated through.