

Banana Bread

- 1½ cup mashed Banana
- ⅓ cup yogurt
- 5 tbsp. melted butter
- 2 eggs
- ½ cup white sugar
- ½ cup brown sugar
- 1 tsp vanilla extract
- 1 ½ cup flour
- ¾ tsp baking soda
- ¼ tsp salt
- ½ tsp cinnamon



1. In a medium bowl, mix together bananas, yogurt, butter, eggs, sugars and vanilla extract.
2. In separate bowl mix together flour, baking soda, salt, add cinnamon add to wet mixture and blend.
3. Spray TupperWave® Stack Cooker 3-Qt./3 L Casserole and Cone with nonstick cooking spray. Pour in batter.
4. Microwave at 70% for 15 minutes. Remove from microwave.
5. Allow bread to cool completely.

Pineapple Upside Down Cake

- 4 tbsp. unsalted butter, room temperature, divided
- 5 pineapple rings
- 5 maraschino cherries
- ¼ cup brown sugar
- Eggs, oil and water according to cake package directions*
- 16.5-oz. package yellow cake mix



1. Use 2 tbsp. butter to coat TupperWave® Stack Cooker 3-Qt./3 L Casserole. Insert Cone and layer pineapple rings around it, in bottom of Casserole. Place a cherry in the center of each pineapple ring.
2. In 1-Qt./1 L Micro Pitcher, microwave brown sugar and remaining butter on high power 30–60 seconds until melted. Drizzle over pineapples.
3. In base of Power Chef™ System, fitted with paddle whisk attachment, combine eggs, oil and water. Cover and pull cord until well blended.
4. Add cake mix to liquids in base of Power Chef™ System, cover and pull cord until well combined. Pour batter into Casserole over pineapples.
5. Microwave at 70% power 10 minutes, or until knife inserted into cake comes out clean. Allow to rest 2 minutes before flipping onto serving dish.

Arroz Con Coco



- 1 cup long-grain parboiled rice
- 1 tsp. Simple Indulgence Cinnamon-Vanilla Seasoning Blend
- 2 cups water
- 15 oz./440 g can light coconut milk
- 2 cups 2% milk
- 2 egg yolks, beaten
- ½ cup granulated sugar
- ½ cup raisins
- 2 tbsp. toasted coconut (optional garnish)
- 2 tbsp. toasted almonds (optional garnish)
- sweetened heavy cream, whipped (optional garnish)

1. Place rice, seasoning blend and water in into Stack Cooker 3-Qt./3 L Casserole.
2. Cover and microwave on high 5 minutes. Reduce power to 50% and continue to microwave 15-20 minutes until rice is tender and water is absorbed.
3. Remove rice from microwave and add coconut milk, 2% milk and sugar.
4. Cover and microwave at 50% 10 minutes.
5. Remove and stir, replace cover and continue to microwave 10 additional minutes, or until mixture comes to a boil and liquid begins to thicken.
6. Remove from microwave. In a small bowl, temper eggs into milk by stirring 1 tbsp. of hot milk into egg yolks. Stir egg mixture into remaining rice.
7. Stir in raisins, top with toasted coconut and almonds, and garnish with whipped cream.
8. Serve warm or cold.

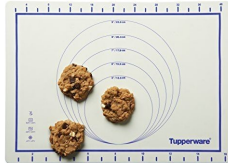
Chocolate Covered Strawberries



- 4 ounces semisweet chocolate, coarsely chopped
- 1 Pound strawberries (about 20), washed and patted dry

Additional optional toppings to add:

- Kraft Caramel Bits (microwave and drizzle)
- Crushed Oreos
- Crushed Candy canes
- Chopped toasted pecans
- Chopped toasted almonds
- Course sugar mixed with cinnamon
- Coarse red sugar, red/pink/white
- Candy sprinkles
- Mini chocolate chips



1. Place chocolate into the base of the Stack Cooker, microwave for 1 minute, stir, and do additional 20 second increments, if needed
2. Line a baking sheet with silicone wonder mat.
3. Holding a strawberry by the stem end, dip it in the melted chocolate, letting the excess drip off, then transfer to the prepared baking sheet. As you set the strawberry down, slide it ½ inch to the side to prevent the formation of a chocolate “foot.” Repeat with the remaining berries.
4. Refrigerate the strawberries on the baking sheet until the chocolate is firm, at least 30 minutes.

Wreath Cake

- Box Cake Mix, any flavor (plus ingredients listed on box)
- Your choice of Icing and/or toppings



1. In a medium bowl, combine cake mix, and ingredients listed on the box.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray. Pour in batter.
3. Microwave at 70% 10-12 minutes. Remove from microwave.
4. Place all ingredients for glaze in Micro Pitcher and microwave 1 minute. Stir and set aside.
5. Allow cake to cool completely.
6. Remove cake to a platter and decorate as you wish

Giant Tupperware Kiss



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- 1-2 Cups Milk Chocolate Chips

Additional optional items to add:

- Mini Marshmallows or Marshmallow cream
- Toasted Sliced Almonds, Macadamia, Walnut or Hazelnut
- Rice Krispie Cereal
- Toffee Chips
- Mint Chocolate Chips
- Peppermint Chips
- M&M Candies
- Peanut Butter
- Caramel
- Coconut

1. Place milk chocolate into the base of the Stack Cooker, microwave for 1 minute, stir, and do additional 20 second increments, if needed
2. Plug the hole of the Tupperware funnel with a mini marshmallow or cover with foil, then place the funnel in a coffee mug to keep it stable
3. Pour the chocolate slowly into the funnel until it almost reaches the top. Allow the chocolate to cool to room temperature, then refrigerate it until it is completely set (at least 5 hours, or overnight).
4. To remove: Flex the funnel slightly to loosen the chocolate, then unmold it by rapping the bottom of the funnel on the counter top. The chocolate should pop right out.
5. Wrap in aluminum foil.



Chocolate Root Beer Float Cake

- 12 ounces Root Beer soda
- Dark Chocolate Cake Mix

TUPPERWARE



1. In the Mix n Stor Plus Pitcher, mix the soda and cake mix together.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray.
3. Pour in cake batter. Do not stir.
4. Microwave (uncovered) at 70% 15 minutes. (or on high for 8-10 minutes) Remove from microwave.
5. The cake will pull away from the sides. You can test with a toothpick.
6. Allow cake to cool for 20-30 min.
7. Place a plate on top of the cake and invert. Allow the cake to drop onto the plate.



Creamsicle Cake

- 12 ounces Sunkist Orange soda
- French Vanilla Cake Mix

TUPPERWARE



1. In the Mix n Stor Plus Pitcher, mix the soda and cake mix together.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray.
3. Pour in cake batter. Do not stir.
4. Microwave (uncovered) at 70% 15 minutes. (or on high for 8-10 minutes) Remove from microwave.
5. The cake will pull away from the sides. You can test with a toothpick.
6. Allow cake to cool for 20-30 min.
7. Place a plate on top of the cake and invert. Allow the cake to drop onto the plate.



Ginger Spice Cake

- 12 ounces Ginger Ale soda
- Spice Cake Mix

TUPPERWARE



1. In the Mix n Stor Plus Pitcher, mix the soda and cake mix together.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray.
3. Pour in cake batter. Do not stir.
4. Microwave (uncovered) at 70% 15 minutes. (or on high for 8-10 minutes) Remove from microwave.
5. The cake will pull away from the sides. You can test with a toothpick.
6. Allow cake to cool for 20-30 min.
7. Place a plate on top of the cake and invert. Allow the cake to drop onto the plate.



Peach Mango White Cake

- 12 ounces Peach mango-flavored Ginger Ale
- Super Moist White Cake Mix

TUPPERWARE



1. In the Mix n Stor Plus Pitcher, mix the soda and cake mix together.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray.
3. Pour in cake batter. Do not stir.
4. Microwave (uncovered) at 70% 15 minutes. (or on high for 8-10 minutes) Remove from microwave.
5. The cake will pull away from the sides. You can test with a toothpick.
6. Allow cake to cool for 20-30 min.
7. Place a plate on top of the cake and invert. Allow the cake to drop onto the plate.



Purple Cow Cake

- 12 ounces Grape soda
- French Vanilla Cake Mix

TUPPERWARE



1. In the Mix n Stor Plus Pitcher, mix the soda and cake mix together.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray.
3. Pour in cake batter. Do not stir.
4. Microwave (uncovered) at 70% 15 minutes. (or on high for 8-10 minutes) Remove from microwave.
5. The cake will pull away from the sides. You can test with a toothpick.
6. Allow cake to cool for 20-30 min.
7. Place a plate on top of the cake and invert. Allow the cake to drop onto the plate.



Sinless Devils Food Cake

- 12 ounces Diet Coke soda
- Devils Food Cake Mix

TUPPERWARE



1. In the Mix n Stor Plus Pitcher, mix the soda and cake mix together.
2. Spray TupperWave® Stack Cooker 3-Qt./3 L Casserole and Cone with nonstick cooking spray.
3. Pour in cake batter. Do not stir.
4. Microwave (uncovered) at 70% 15 minutes. (or on high for 8-10 minutes) Remove from microwave.
5. The cake will pull away from the sides. You can test with a toothpick.
6. Allow cake to cool for 20-30 min.
7. Place a plate on top of the cake and invert. Allow the cake to drop onto the plate.



Strawberry Shortcake

- 12 ounces Cream Soda
- Strawberry Cake Mix

TUPPERWARE



1. In the Mix n Stor Plus Pitcher, mix the soda and cake mix together.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray.
3. Pour in cake batter. Do not stir.
4. Microwave (uncovered) at 70% 15 minutes. (or on high for 8-10 minutes) Remove from microwave.
5. The cake will pull away from the sides. You can test with a toothpick.
6. Allow cake to cool for 20-30 min.
7. Place a plate on top of the cake and invert. Allow the cake to drop onto the plate.



Very Cherry Cherry Chip Cake

- 12 ounces Cherry Dr . Pepper
- Cherry Chip Cake Mix

TUPPERWARE



1. In the Mix n Stor Plus Pitcher, mix the soda and cake mix together.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray.
3. Pour in cake batter. Do not stir.
4. Microwave (uncovered) at 70% 15 minutes. (or on high for 8-10 minutes) Remove from microwave.
5. The cake will pull away from the sides. You can test with a toothpick.
6. Allow cake to cool for 20-30 min.
7. Place a plate on top of the cake and invert. Allow the cake to drop onto the plate.



Zesty Lemon Cake

- 12 ounces Sprite Soda
- Lemon Cake Mix

TUPPERWARE



1. In the Mix n Stor Plus Pitcher, mix the soda and cake mix together.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray.
3. Pour in cake batter. Do not stir.
4. Microwave (uncovered) at 70% 15 minutes. (or on high for 8-10 minutes) Remove from microwave.
5. The cake will pull away from the sides. You can test with a toothpick.
6. Allow cake to cool for 20-30 min.
7. Place a plate on top of the cake and invert. Allow the cake to drop onto the plate.

Decadent Chocolate Cherry Cake



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- 15.25 oz. package devil's food cake mix
- 2 eggs
- 1 lb. 5 oz. can cherry pie filling
- 1 tsp. almond extract

Glaze

- 1/3 cup heavy cream
- ½ tbsp. cocoa powder
- 1½ tbsp. granulated sugar
- ¼ cup semi-sweet chocolate chips

1. In a medium bowl, combine cake mix, eggs, cherry pie filling, and almond extract.
2. Spray TupperWave® Stack Cooker 3-Qt. Casserole and Cone with nonstick cooking spray. Pour in batter.
3. Microwave at 70% 15 minutes. Remove from microwave.
4. Place all ingredients for glaze in Micro Pitcher and microwave 1 minute. Stir and set aside.
5. Allow cake to cool completely.

Remove cake to a platter before pouring glaze over cake.

Chocolate Cinnamon Pretzels



- 12 oz. small pretzels
- ¼ cup oil
- 3 tbsp. granulated sugar
- 1 tsp. Cinnamon
- 1½ cups chocolate chips



1. Place pretzels into TupperWave® Stack Cooker 3-Qt. Casserole.
2. In small bowl, whisk together oil, sugar and seasoning. Pour over pretzels. Stir until pretzels are thoroughly coated.
3. Microwave, uncovered, on high power 1 minute. Remove and stir. Microwave on high power 1 minute more. Remove and stir.
4. Pour chocolate chips over hot pretzels and stir. Heat from pretzels will melt chocolate. Stir until chocolate is melted and pretzels are well coated.
5. Pour pretzels onto Silicone Wonder® Mat. To set the chocolate quickly, place in freezer 15–20 minutes. For individual covered pretzels, lay pretzels out in a single layer. If allowed to set in a mound or multiple layers, you will need to break apart in chunks



Cranberry Sauce

- 12 oz. fresh cranberries
- 3/4 cup sugar
- 1/4 cup orange juice
- 1 tsp. grated orange rind



1. Place cranberries, sugar, orange juice and orange rind into Stack Cooker 3-Qt./3 L Casserole.
2. Cover and microwave on high for 7-11 minutes, until cranberries pop and sauce has thickened.
3. Let stand, covered until cool.
4. Transfer to serving bowl and chill for 3-4 hours.



Southwest Chicken Chili

- 2 medium yellow onions, peeled and quartered
- 2 garlic cloves, peeled
- 1 red bell pepper, seeded and quartered
- 1 yellow bell pepper, seeded and quartered
- 2 tbsp. extra virgin olive oil
- 2 boneless, skinless chicken breasts, cubed
- ¼ tsp. red pepper flakes
- 1 tsp. coarse kosher salt
- ½ tsp. black pepper
- 28 oz. can whole tomatoes, roughly chopped
- 15.5 oz. can great northern beans, drained and rinsed
- 2 tbsp. Southwest Chipotle Seasoning Blend
- 2 tbsp. cilantro, chopped

1. Place onions, garlic and peppers in base of Quick Chef® Pro System. Cover and turn handle to roughly chop.
2. Place vegetables in TupperWave® Stack Cooker 3-Qt. Casserole and stir in olive oil.
3. Place chicken in Colander, stack on Casserole and cover.
4. Microwave on high 8 minutes or until chicken is no longer pink.
5. Add chicken to onion and pepper mixture along with red pepper flakes through cilantro.
6. Cover and microwave on high 8 minutes.

Pumpkin Latte

- $\frac{3}{4}$ cup pumpkin puree
- 4 cups reduced-fat (2%) milk
- 3 tbsp. instant coffee
- $\frac{1}{4}$ cup granulated sugar
- 1 cup heavy cream



1. Whisk together pumpkin puree, milk, sugar and instant coffee in Stack Cooker 3-Qt. Casserole. Cover and microwave on high for 5 minutes.
2. Meanwhile, pour 1 cup heavy cream into base of Power Chef. Cover with Whip Accessory and turn handle until stiff peaks form. Whisk whipped cream into hot milk mixture and ladle warm into cups.

Refrigerator Dill Pickles



- 2 cups water
- ½ cup white vinegar
- 1 tbsp. sugar
- 1 tbsp. coarse kosher salt
- 2 cucumbers, halved
- 1 small onion, peeled
- ½ cup fresh dill



1. In the TupperWave® Stack Cooker 1¾-Qt. Casserole, combine water, vinegar, sugar and salt. Cover and microwave on high power 2–4 minutes, stirring halfway through, until sugar and salt are dissolved. Set aside to cool.
2. Set Mandoline round knob to #4, triangular knob to “lock” and select the straight v-shaped blade insert. Attach cucumber to food guider, place at the top of the Mandoline and push down to slice. Set aside.
3. Adjust Mandoline round knob to #2. Using food guider, push down to slice onion. Cut onion rings in half with a knife.
4. Place cucumbers and onions in base of Pick-A-Deli® Container and top with fresh dill. 5. Pour cooled vinegar mixture over cucumbers and onions. 6. Let mixture sit overnight and enjoy. Store in refrigerator up to 2 weeks.



Chipotle Ranch Chili

- 1 lb. 85% lean ground beef
- 1 medium yellow onion, peeled and quartered
- 3 garlic cloves, peeled
- ½ green pepper, seeded and quartered
- ½ red pepper, seeded and quartered
- 16 oz. can pinto beans, undrained
- 16 oz. can seasoned chili beans, undrained
- 16 oz. can yellow corn, undrained
- 2 tbsp. Southwest Chipotle Seasoning Blend
- 1 oz. envelope Ranch dressing mix



1. Place Colander into TupperWare® Stack Cooker 3-Qt. Casserole and crumble ground beef into it.
2. Place onion, garlic and peppers in base of Quick Chef® Pro System. Cover and turn handle to finely chop.
3. Add chopped onions, garlic and peppers to ground beef. Cover and microwave on high 5-7 minutes, or until beef is browned.
4. Drain excess fat and transfer beef mixture into Casserole.
5. Add beans through Ranch dressing mix to mixture and stir to blend.
6. Cover and microwave at 80% 10 minutes.
7. Stir and microwave at 80% an additional 8 minutes.



Cranberry Orange Spice Cake

- 1 cup pecans, chopped
- 2 Tbsp. light brown sugar
- 2 Tbsp. honey
- 2 Tbsp. unsalted butter, room temperature
- 1 $\frac{1}{3}$ cup orange juice, fresh squeezed
- 1-2 tsp orange zest
- 3 eggs
- $\frac{1}{3}$ cup canola oil
- 16 ounce package spice cake mix (don't follow directions on the box)
- 1 cup dried cranberries



1. In 1 quart micro pitcher combine pecans, brown sugar and honey, microwave on high for 45-60 seconds. Use butter to coat 3 quart Stack cooker casserole with cone, and add pecan mixture.
2. Combine orange juice, orange zest, eggs and oil, in base of Power Chef, fitted with the paddle whisk attachment. Add cake mix and cranberries to liquids, cover and pull cord to process until combined.
3. Pour cake batter over pecan mixture, in Stack Cooker. Microwave on 70% power for 10 minutes, or until inserted knife comes out clean. Invert onto desired serving dish and serve warm.

Classic Roast Chicken



- 3–5-lb. whole chicken
- 1 tbsp. paprika
- 1 tsp. coarse kosher salt
- 1 tsp. black pepper
- 1 tsp. onion powder



1. Mix seasonings and coat chicken by sprinkling with seasoning rub.
2. Place in base of TupperWave® Stack Cooker 3-Qt. Casserole breast up and cover.
3. Microwave on 70% power 20–30 minutes.
4. Let chicken rest 5–10 minutes before carving

3-lb. chicken 20–25 minutes

5-lb. chicken 25–30 minutes

Until internal temperature near the breast bone reaches 165° F/75° C.

Taco Soup

- 1 medium onion, peeled and chopped
- 1 lb. ground beef
- 15.25-oz. can corn
- 15.5-oz. can black beans
- 14.5-oz. can diced tomatoes
- 15.5-oz. can red kidney beans
- 10-oz. can diced tomatoes with green chilies
- 1 envelope ranch seasoning
- 1–2 tbsp. Southwest Chipotle Seasoning (based on desired spiciness)
- Black olives, cheddar, sour cream for garnish (optional)



1. Place onion and beef in TupperWave Stack Cooker Colander and place over 1¾-Qt. Stack Cooker Casserole.
2. Cover and microwave on high power 6 minutes or until beef is cooked through.
3. Place cooked beef and onion in base of Quick Chef Pro System fitted with blade attachment, cover and turn handle to break up ground beef into chunks. Place beef into Stack Cooker 3-Qt./ 3 L Casserole.
4. Add remaining ingredients to beef in 3-Qt. Casserole, including liquid from cans, cover and microwave on high power 12 minutes, stirring halfway through. If desired, add water to adjust consistency.
5. Serve topped with sliced black olives, shredded cheddar, and/or sour cream, if desired.



Ombré Cake

- 3 eggs
- 1 cup water
- 1/3 cup vegetable oil
- 16.5 oz. pkg. white cake mix
- Desired food color
- Nonstick cooking spray
- 1 pkg. vanilla instant pudding mix
- 1 cup 2% milk
- 8 oz. container whipped topping



1. Combine eggs, water, and oil in base of Power Chef System, fitted with the paddle whisk attachment. Cover and pull cord to process until combined. Add cake mix to liquids, cover and pull cord to process until combined.
2. Measure 1 1/3 cup of cake batter, add 50 drops (about 1/2 tsp.) of desired food color, mix thoroughly and pour into greased TupperWave® Stack Cooker 3/4-Qt. Casserole/Cover.
3. Measure 1 1/3 cup of cake batter and add 15 drops of desired food color, mix thoroughly and pour into greased TupperWave® Stack Cooker 1 3/4-Qt. Casserole.
4. With the remaining 1 1/3 cup of cake batter, add 5 drops of desired food coloring, mix thoroughly and pour into greased TupperWave® Stack Cooker 3-Qt. Casserole. Stack Casseroles in ascending order and microwave at 70% power for 8 minutes or until a knife inserted into the center of cake comes out clean. *Any uncooked cake layers return back to the microwave and finish cooking at 70% power. Check periodically for doneness. Allow layers to cool thoroughly before frosting.*
5. Pour milk and pudding into Quick Shake Container and shake until pudding thickens. Place whipped topping into a Thatsa® Bowl Medium. Fold pudding into whipped topping. Chill while layers are cooling and assemble. Add about 1 cup of frosting between the middle layers and the remaining frosting to the top of cake.

Cajun Roast Chicken



- 3–5-lb. whole chicken
- 1 tbsp. paprika
- 2 tsp. cayenne
- 1 tsp. black pepper
- 1 tsp. coarse kosher salt
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. garlic powder
- 1 tsp onion powder



1. Mix seasonings and coat chicken by sprinkling with seasoning rub.
2. Place in base of TupperWave® Stack Cooker 3-Qt. Casserole breast up and cover.
3. Microwave on 70% power 20–30 minutes.
4. Let chicken rest 5–10 minutes before carving

3-lb. chicken 20–25 minutes

5-lb. chicken 25–30 minutes

Until internal temperature near the breast bone reaches 165° F/75° C.

Lemon Curry Roast Chicken

- 3–5-lb. whole chicken
- 1 tbsp. lemon pepper seasoning
- 1 tbsp. curry powder



1. Mix seasonings and coat chicken by sprinkling with seasoning rub.
2. Place in base of TupperWare® Stack Cooker 3-Qt. Casserole breast up and cover.
3. Microwave on 70% power 20–30 minutes.
4. Let chicken rest 5–10 minutes before carving

Optional: Before cooking chicken with Lemon Curry Rub, squeeze half a lemon over chicken and place rind in cavity of the chicken.

3-lb. chicken 20–25 minutes

5-lb. chicken 25–30 minutes

Until internal temperature near the breast bone reaches 165° F/75° C.

Mexican Mole Roast Chicken



- 3–5-lb. whole chicken
- 1 tablespoon water
- 2 teaspoons instant espresso powder
- 2 teaspoons smoked paprika
- 1 teaspoon unsweetened cocoa
- 1 teaspoon ground cumin
- 1 teaspoon olive oil
- 1/4 teaspoon salt



1. Mix seasonings and coat chicken by rubbing with seasoning rub.
2. Place in base of TupperWare® Stack Cooker 3-Qt. Casserole breast up and cover.
3. Microwave on 70% power 20–30 minutes.
4. Let chicken rest 5–10 minutes before carving

Optional: Before cooking chicken with Lemon Curry Rub, squeeze half a lemon over chicken and place rind in cavity of the chicken.

3-lb. chicken 20–25 minutes

5-lb. chicken 25–30 minutes

Until internal temperature near the breast bone reaches 165° F/75° C.

Moroccan Roast Chicken



- 3–5-lb. whole chicken
- 1 teaspoon Hungarian sweet paprika
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¼ teaspoon ground ginger
- ¼ teaspoon ground red pepper
- ¼ teaspoon freshly ground black pepper



1. Mix seasonings and coat chicken by rubbing with seasoning rub.
2. Place in base of TupperWare® Stack Cooker 3-Qt. Casserole breast up and cover.
3. Microwave on 70% power 20–30 minutes.
4. Let chicken rest 5–10 minutes before carving

Optional: Before cooking chicken with Lemon Curry Rub, squeeze half a lemon over chicken and place rind in cavity of the chicken.

3-lb. chicken 20–25 minutes

5-lb. chicken 25–30 minutes

Until internal temperature near the breast bone reaches 165° F/75° C.

Malaysian Curry Roast Chicken



- 3–5-lb. whole chicken
- 1 tablespoon canola oil
- 1 teaspoon ground turmeric
- 1 teaspoon Madras curry powder
- 2 teaspoons finely chopped fresh cilantro
- 1 teaspoon grated lemon rind
- 1 teaspoon minced fresh garlic
- ¼ teaspoon kosher salt



1. Mix seasonings and coat chicken by rubbing with seasoning rub.
2. Place in base of TupperWare® Stack Cooker 3-Qt. Casserole breast up and cover.
3. Microwave on 70% power 20–30 minutes.
4. Let chicken rest 5–10 minutes before carving

Optional: Before cooking chicken with Lemon Curry Rub, squeeze half a lemon over chicken and place rind in cavity of the chicken.

3-lb. chicken 20–25 minutes

5-lb. chicken 25–30 minutes

Until internal temperature near the breast bone reaches 165° F/75° C.



Spinach Lasagna

- 15 ½ oz. jar of spaghetti sauce
- 1 tsp. Italian seasoning
- ½ cup water
- 1 cup ricotta cheese, part skim
- 2 cups 2% mozzarella cheese, reserve ½ cup for top
- 1 cup parmesan cheese, divided
- 10 oz. pkg. frozen chopped spinach, thawed and well drained
- 1 egg
- 9 oz. pkg. no boil lasagna noodles



1. Combine spaghetti sauce, Italian seasoning, and water in a medium bowl.
2. Combine 1 cup ricotta, 1 ½ cups mozzarella cheese, spinach, and egg in a medium bowl.
3. Pour ½ cup of sauce on the bottom of the TupperWare® 1 ¾-Qt. Large Rectangular Container.
4. Place 2 noodles side by side, overlapping slightly over sauce. Top with ¾ cup of cheese mixture. Layer the remaining noodles, cheese mixture and sauce, in that order, sprinkle with ½ cup reserved mozzarella cheese and parmesan cheese.
5. Cover container, and Microwave covered on medium power (50%) or until noodles are tender. Let stand 5-10 minutes before serving.



Apple Cinnamon Monkey Bread

- 2 (12 oz.) packages Biscuit dough
- 1 cup sugar
- 1 stick butter
- 1½ tsp. cinnamon
- 1 tart apple, peeled and chopped fine



1. Place butter, sugar, cinnamon and apple in base of TupperWave® Stack Cooker 1¾-Qt. Casserole, cook for 1-2 minutes, to soften apples.
2. Cut biscuits into quarters add to cinnamon sugar mixture and mix to coat.
3. Place Cone in 3-qt./3 L Casserole and add biscuits around it.
4. Pour cinnamon sugar mixture over the biscuits.
5. Cover and microwave on high (about) 12 minutes. Let stand at least five minutes before inverting onto cover and serving.



Tilapia Coconut Rice & Cayenne Sauce

- 2 tilapia fillets
- salt and pepper to taste
- ½ of a 14 oz. bag frozen broccoli florets
- 1 cup instant white rice
- 1 cup water
- 1 tsp. chicken stock
- 2 tsp. water
- ½ cup low fat plain yogurt
- ¼ tsp. prepared mustard
- ½ tsp. cayenne pepper
- ¼ cup slivered almonds ¼ cup toasted coconut

1. Place fillets in the TupperWave® Stack Cooker ¾-Qt. Casserole/Cover.
2. Add 2 tbsp. water. Place broccoli florets in the Stack Cooker Colander and rinse with water.
3. Place rice and water in the 3-Qt./3 L Casserole. Stack with 3-Qt./3 L Casserole on the bottom, Colander in the center and the Casserole/Cover on top.
4. Cover with the 1¾-Qt./1.75 L Casserole, place in the microwave and cook on high for 10 minutes.
5. Place chicken stock, water, yogurt, prepared mustard and cayenne pepper in the Micro Pitcher, cover and microwave on high for 1 minute. Remove and stir mixture.
6. Add coconut and almonds to the rice and fluff with a fork.



Hot Fudge Oreo Cake

- Deviled Food Cake Mix
- 3 eggs
- $\frac{1}{3}$ cup mayonnaise
- 1 cup water
- 1 jar hot fudge
- 5 oreo cookies
- 1 chocolate bar, cold



1. Mix cake mix, eggs, mayonnaise and water in a medium bowl.
2. Pour into in the 3-Qt./3 L Casserole with cone.
3. Microwave on high for 8-10 minutes, until cake pulls from sides and a toothpick in center comes out clean.
Invert onto a cake plate.
4. Scoop hot fudge into the MicroPitcher and microwave for 1 minute, pour over cake.
5. Chop oreo cookies in Power Chef and sprinkle over hot fudge.
6. Shave candy bar with peeler on top of cake.

Beefy Zucchini Boats

- 1 lb. ground beef
- 1 small onion, chopped
- 1 tbsp. Southwest Chipotle Seasoning
- 14.5-oz. can diced tomatoes
- 2 large zucchinis
- ¼ tsp. coarse kosher salt
- 1 cup shredded mozzarella



1. Place TupperWave Stack Cooker Colander in 1¾-Qt. Casserole. Place beef, onion and seasoning in Colander. Cover and microwave on high power 5–6 minutes, or until cooked, stirring halfway through.
2. Add tomatoes to ground beef and stir.
3. Half zucchinis lengthwise and remove seeds with a spoon. Sprinkle each half with salt.
4. Place zucchinis in 3-Qt. Casserole and in the inverted ¾-Qt. Casserole/Cover. Spoon beef mixture over each zucchini boat and top with cheese.
5. Stack inverted ¾-Qt. Casserole/Cover above 3-Qt. Casserole and microwave on high power 5–8 minutes or until cheese is melted and zucchinis have softened slightly. Serve warm.

Black Bean & Chicken Chilaquiles



- 2 cups chicken breast, cooked, shredded
- 1 15 oz. can black beans, drained and rinsed
- 1 cup low-sodium chicken broth
- 2 cups prepared salsa
- 2 tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend
- 10 - 6 " corn tortillas cut into eighths
- 2 cups queso blanco, shredded or Mexican Blend Shredded Cheese



1. Place salsa, broth, beans, chicken and seasoning blend in medium bowl. Stir and combine ingredients.
2. Place a layer of 16 tortillas at the bottom of the TupperWave® Stack Cooker 3-Qt. Casserole then cover. Layer $\frac{1}{4}$ of the chicken mixture and top with a handful of cheese. Continue layering tortillas, chicken mixture and cheese. Use remaining tortillas and top with chicken mixture. Sprinkle with remaining cheese.
3. Cover and place TupperWave® Stack Cooker 3-Qt. Casserole in the microwave on high power for 10—12 minutes or until cheese is melted and casserole is heated.



Black Forest Cake

- Package dark chocolate cake mix
- 1 can cherry pie filling
- 3 eggs
- 1 pint heavy cream
- 2 oz. powdered sugar or granulated sugar



1. In a medium bowl, combine ingredients together until blended and moist. Spray TupperWave® Stack Cooker 3Qt. Casserole and Cone with nonstick cooking spray. Pour in batter. Microwave at 70% for 10 minutes. Remove from microwave and let sit for 3–5 minutes. Invert on serving plate.
2. Using the Quick Chef® Pro System with blender attachment or Whip 'N Prep™ Chef, mix cream and sugar together until peaks form. Frost cake with whipped cream topping.

Cinnamon Vanilla Monkey Bread



TUPPERWARE



- 1 stick unsalted butter
- 2 12 oz. packages refrigerated biscuit dough
- 1 cup granulated sugar
- 2 tbsp. Simple Indulgence Cinnamon-Vanilla Seasoning Blend

1. Place butter in 1 Qt./1 L Micro Pitcher and microwave on high power 45-60 seconds or until melted.
2. Cut each individual section of biscuit dough into quarters.
3. Combine butter and biscuit dough in medium bowl and toss to coat. Combine sugar and seasoning blend in Quick Shake® Container and pour over biscuits and butter. Seal bowl and toss to combine. Use Saucy Silicone Spatula to mix, ensuring all biscuits are thoroughly coated.
4. Pour biscuits into TupperWave® Stack Cooker 3 Qt. Casserole fitted with Cone. Microwave on high power 6 minutes or until cooked through. Allow to cool slightly before turning out onto serving dish.

Chicken Burrito Bowl



- 1 lb. boneless skinless chicken breasts
- 1 tsp. Southwest Chipotle Seasoning
- 2 cups instant white rice
- 2 cups water
- 15-oz. can black beans, drained and rinsed



1. Slice chicken breasts into long strips and sprinkle with seasoning blend.
2. Place rice and water in TupperWare® Stack Cooker 3-Qt./3 L Casserole.
3. Stack 1¾-Qt. Casserole on top of 3-Qt. Casserole. Place black beans in center of 1¾-Qt. Casserole. Surround black beans with chicken strips.
4. Invert ¾-Qt. Casserole/Cover to create a third layer and add remaining chicken strips.
5. Microwave all three stacked layers of the Stack Cooker on high power 8–10 minutes, until chicken is cooked through (internal temperature reaches 165° F/75° C or meat is white and juices run clear). Allow to rest 2 minutes.
6. Serve with desired toppings and condiments.

Classic Caramel Corn



- 2 bags microwave popcorn
- 1 stick unsalted butter
- 1 cup light brown sugar
- ¼ cup light corn syrup
- 1 tsp. baking soda
- 1 large brown paper bag



1. Pop popcorn according to package directions, and pour both bags into the large brown paper bag.
2. In TupperWare® Stack Cooker 1¾-Qt./1.75 L Casserole, microwave butter, brown sugar and corn syrup on high power 3–5 minutes until melted, stirring halfway through to combine.
3. Stir baking soda into caramel mixture. Foaming is normal.
4. Pour caramel mixture over popcorn and shake to coat popcorn.
5. Place bag in microwave and heat on high power 1 minute, shake.
6. If popcorn still isn't evenly coated, return to microwave and heat 1 more minute on high power and shake again.
7. Allow to cool before enjoying.

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- 1 stick unsalted butter
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2. In TupperWare® Stack Cooker 1¾-Qt./1.75 L Casserole, microwave butter, brown sugar and corn syrup on high power 3–5 minutes until melted, stirring halfway through to combine.
3. Stir baking soda into caramel mixture. Foaming is normal.
4. Pour caramel mixture over popcorn and shake to coat popcorn.
5. Place bag in microwave and heat on high power 1 minute, shake.
6. If popcorn still isn't evenly coated, return to microwave and heat 1 more minute on high power and shake again.
7. Allow to cool before enjoying.



Indian Style Chicken Curry

- 2 tsp vegetable oil
- 1 onion, diced
- 4 garlic clove, crushed
- 1 Tbsp. ginger, peeled and grated
- 2 tsp ground cumin
- 1 tsp fennel seeds
- 1 tsp chilli flakes
- ½ tsp ground tumeric
- 14 oz can crushed tomatoes
- 1 pound chicken thigh fillets, cut into even pieces
- 1 cinnamon stick
- 1 tsp garam masala Sea salt

Serve with: Yogurt, Coriander, Steamed rice Pappadums

1. Combine oil, onion, garlic, ginger, cumin, fennel, chilli and turmeric in the Stack Cooker 3 Qt. Base. Mix well. Cover and microwave on High for 2 minutes.
2. Stir in tomatoes, chicken pieces and cinnamon. Return covered to microwave on High for 4 minutes. Stir well, cover and cook a further 4 – 6 minutes until chicken is cooked through.
3. Stir in the garam masala and salt. Cover and allow to sit for 5 minutes before removing.
4. Serve with yogurt, rice and pappadums.



Tacos al Pastor

- 3 guajillo peppers, soaked in hot water, cored and deseeded
- ½ onion, peeled and halved
- 1 adobo pepper + 1 tbsp. of adobo sauce
- 2 garlic cloves, peeled
- 1 tsp. oregano
- 1 tsp. cumin
- ½ tsp. cinnamon
- 2 tsp. coarse kosher salt
- 1 tbsp. white vinegar or lemon juice
- 1½-lb. pork tenderloin
- Tortillas

Suggested toppings: Diced pineapple, chopped onion.

1. Combine the first 9 ingredients in the in base of Power Chef™ System fitted with blade attachment. Cover and pull cord until combined.
2. Pour marinade over tenderloin, refrigerate for 2 hours.
3. Place tenderloin in TupperWare® Stack Cooker 1¾-Qt. Casserole. Cover and microwave at 70% power 10–12 minutes or until pork reaches an internal temperature of 145° F/63° C.
4. Thinly slice pork and serve on your choice of tortilla with desired toppings.



Porks Chops & Pigeon Pea Rice

- 4 pork chops
- 1 tsp. adobo seasoning
- 1 tsp. (1 packet) sazón seasoning
- 2 cups quick cooking rice
- 15-oz./425 g can pigeon peas, drained
- 1 cup water
- 2 tbsp. tomato sauce
- 2 tbsp. sofrito
- ½ tsp. adobo seasoning
- ½ tsp. (about ½ packet) sazón seasoning

1. Sprinkle pork chops with seasonings.
2. Fold each in half and place in TupperWave® Stack Cooker 1¾-Qt. Casserole. Place folded edge towards outside of Casserole.
3. Combine Pigeon Pea Rice ingredients in 3-Qt. Casserole. Stir to combine.
4. Place 1¾-Qt. Casserole containing seasoned pork chops above 3-Qt. Casserole containing rice, cover and microwave on high power 15–20 minutes or until pork chops are cooked through.
5. Let sit for 5 minutes, serve warm.



Flan

- 1 14-oz. can sweetened condensed milk
- 12 oz. evaporated milk
- 4 eggs
- 8 oz. softened cream cheese
- 1 tbsp. vanilla extract
- ½ cup caramel sauce



1. Pour caramel sauce into base of TupperWave® Stack Cooker 1¾-qt./1.75 L Casserole.
2. Combine sweetened condensed milk, evaporated milk, eggs, cream cheese and vanilla extract in base of Power Chef™ System.
3. Cover with Whip Accessory and turn handle until mixture is combined. Pour over caramel.
4. Microwave on high power 10 minutes.
5. Let sit for 5 minutes and then place in refrigerator until set and cooled.



Caramel Nut Monkey Bread

- ½ stick Butter
- 4 Tablespoons Karo Syrup
- 1 cup brown sugar small pack pecan pieces
- 1 (10oz) can of biscuits (Texas Biscuits work the best)



1. Place butter in 1 Qt./1 L Micro Pitcher and microwave on high power 45-60 seconds or until melted. Pour into TupperWave® Stack Cooker 3 Qt. Casserole fitted with Cone.
2. Pour Karo syrup, pecans and ½ cup brown sugar over butter.
3. Cut each individual section of biscuit dough into quarters.
4. Combine ½ cup brown sugar and biscuit dough in medium bowl and toss to coat, ensuring all biscuits are thoroughly coated. Pour biscuits into TupperWave® Stack Cooker.
5. Microwave on high power 6 minutes or until cooked through. Allow to cool slightly before turning out onto serving dish.

Frosted Cauliflower



- 1 head of cauliflower, leaves and hard part of core removed
- ½ cup mayonnaise
- 1 tsp. mustard
- 1 cup grated cheddar cheese
- Paprika (optional)



1. Remove woody base of cauliflower, leaving cauliflower in whole head. Aerate (pierce with knife) the core to make porous.
2. Place cauliflower in the base of the TupperWave® Stack Cooker 3 Qt., cover and microwave on high for 6 minutes per pound.
3. Mix mayonnaise and mustard, spread over cauliflower, sprinkle with cheese, microwave on high for 1 minute to melt cheese.
4. Sprinkle with paprika.

Easy Potato Soup

- ½ Cup Frozen Chopped Onions
- ½ of a 22-oz. Pkg. Frozen Mashed Potatoes
- 1 Can (14 ½ Oz). Reduced-Sodium Chicken Broth
- 1 Pint Half and Half or Milk
- Salt, Pepper, and Dried Parsley Flakes to Taste

Optional: Shredded Cheddar Cheese, Bacon Bits, Chopped Chives



1. In the TUPPERWAVE 3QT. Casserole, place butter and onions. Microwave on high 4-5 minutes, until onion is softened, but not browned.
2. Add frozen mashed potatoes to casserole, then stir in broth. Microwave on high 4-6 minutes, until mixture is bubbling at edges.
3. Stir briskly with wire whisk, then stir in half and half. Microwave on medium-high (70% power) 5-7 minutes until bubbling, but do not allow mixture to boil.
4. Season to taste with salt, pepper and parsley.
5. To serve, ladle into soup bowls and top, if desired, with cheese, bacon bits and/or chives.



Chicken Fajitas

- 2 large chicken breasts, cut into thin, bite-size strips
- 1 green bell pepper strips
- 2 small onions, cut into thin strips
- Fajita Seasoning
- 4 -7 inch flour tortillas
- 1/2 cup cheddar cheese
- 1 cup shredded lettuce

Optional Toppings: Sour cream, salsa and avocado.



1. Slice chicken, bell pepper and onion into strips.
2. Place chicken, bell peppers and onions in TupperWare 3 Qt casserole dish & sprinkle ½ pkg of Fajita seasoning . Cover and microwave for 10 minutes at medium power (times may vary with microwaves).
3. Add rest of Fajita seasoning, mix and cook for another 3-5 min.

Serve with warm flour tortillas, grated cheddar cheese.

Herbed Chicken & Vegetables



- 1 Tbsp. Italian seasoning
- ½ tsp. garlic powder
- ½ tsp. black pepper
- 1 tsp. paprika
- ½ tsp dried minced onion
- 4 medium Yukon gold potatoes, chunks
- ½ med onion, chopped
- 1 tbsp. Vegetable oil
- 2 lbs. chicken
- 1 bag frozen California Mix (broccoli/carrots/cauliflower mix)

1. Mix together, Italian seasoning, garlic powder, black pepper, paprika and minced onion, set aside.
2. Cut potatoes and onions in chunks, put into base of the TupperWave Colander dish, add California vegetable mixture & sprinkle ¼ of the seasoning mixture. Mix well.
3. Drizzle oil over chicken pieces, then coat with seasoning mix, place on top of vegetables.
4. Place colander onto the 3 qt. Stack Cooker base. Cover.
5. Microwave on high, 8 minutes per pound, approximately 15-18 minutes. Check to make chicken is no longer pink.

Family Style Chicken



4 lbs. whole chicken
2 tsp. paprika
1 tsp. dried oregano
2 Tbsp. dried cilantro leaves
1 tsp. ground thyme
1 tsp. ground cumin
1/8 tsp. cayenne pepper
1/2 tsp. ground black pepper
1 tsp. garlic powder
1 tsp. onion powder
Zest of 1 lemon

1. Mix together all seasonings, and rub on chicken, season chicken on all sides.
2. Place chicken in TupperWare® Stack Cooker 3-Qt. Casserole, Cover and microwave on high 18 minutes, or until juices run clear.
3. Allow to rest 5 minutes.

Heavenly Hummingbird Cake



- Butter spray
- 1½ cups pecans, divided
- 2 ripe bananas, mashed
- 8-oz. can crushed pineapple, with liquid
- 1 tsp. Cinnamon-Vanilla Seasoning Blend
- 3 eggs
- ½ cup canola oil
- 16.5-oz. package yellow cake mix
- 16 oz. cream cheese, softened
- 2 sticks unsalted butter, softened
- 2 cups confectioners' sugar
- 1 tsp. vanilla extract

1. Place pecans, in the Power Chef™ System and finely chop.
2. In 12-cup mixing bowl, whisk together 1 cup chopped pecans with bananas, pineapple, Cinnamon-Vanilla, eggs and oil.
3. Add yellow cake mix until fully combined.
4. Coat TupperWave Stack Cooker ¾-Qt. Cover/Casserole, 1¾-Qt. Casserole and 3-Qt. Casserole with butter spray and divide batter evenly among three layers.
5. Stack Casseroles in ascending order and microwave at 70% power 14 minutes, or until knife inserted in cake comes out clean. Allow to settle 2 minutes before flipping onto serving dish.
6. Place cream cheese, butter, confectioners sugar and vanilla in a Thatsa bowl, whisk all ingredients until fluffy and combined.
7. Ice cooled layers with cream cheese frosting and stack. Top with remaining chopped pecans.



Ginger Sesame Chicken with Rice Noodles

- 2 cups chicken stock
- 2 tbsp. corn starch
- 1 tsp. five-spice powder
- 4 slices fresh gingerroot
- 1/4 tsp. coarse kosher salt + additional, to taste
- 4 (4-oz.) boneless, skinless chicken breasts,
cut into 1/2" pieces
- 4 cups frozen Asian style vegetable blend
- 1/2 lb. dried rice noodles
- 2 green onions, thinly sliced
- 1 cup loosely packed cilantro, chopped
- 2 tbsp. sesame seeds



1. In the base of the Quick Shake® Container, combine chicken stock, corn starch, five-spice powder, gingerroot and salt; shake until well combined.
2. Place chicken in the TupperWave® Stack Cooker 3-Qt./3 L Casserole and place noodles on top of chicken. Pour sauce from Quick Shake® over noodles and chicken.
3. In the Stack Cooker colander, add vegetables and sprinkle with salt to taste.
4. Place cover on Stack Cooker and microwave on high power 8 minutes, or until chicken reaches an internal temperature of 160° F/70° C.
5. Remove from microwave and let stand 5 minutes.
6. Remove cover. Transfer chicken, noodles and vegetables to large bowl and toss to coat, serve warm.
7. Garnish with green onion, cilantro and sesame seeds.

Spicy Vegetable Soup



- 4 cups chicken or vegetable broth
- 4 oz. angel hair pasta
- 4 button mushrooms, thinly sliced
- 1 zucchini, halved and thinly sliced
- 1 red bell pepper, diced
- ½ tsp. crushed red pepper
- ¼ tsp. coarse kosher salt
- ⅛ tsp. cracked black pepper



1. Add broth and pasta to the TupperWave® Stack Cooker 3-Qt. Casserole and stir.
2. Place cover on Stack Cooker. Microwave on high power 6 minutes. Remove from microwave.
3. Stir in mushrooms, zucchini, pepper, crushed red pepper, salt and pepper.
4. Place cover on Stack Cooker, microwave high power 3 minutes or until vegetables are tender.
5. Season with salt and pepper to taste. Serve warm.



Chocolate Peanut Butter Cake

- 1 cup creamy peanut butter
- 1 $\frac{1}{3}$ cups water
- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{2}$ tsp. vanilla
- 3 eggs
- 1 package devil's food cake
- $\frac{2}{3}$ cup English toffee bits
- For ganache and topping:
 - $\frac{1}{2}$ cup heavy cream
 - $\frac{3}{4}$ cup semi-sweet chocolate chips
 - $\frac{1}{2}$ tsp. vanilla
 - 1 tbsp. unsalted butter
 - 6 mini peanut butter cups, roughly chopped

1. Place peanut butter in 2-cup Micro Pitcher and microwave on high power 30 seconds.
2. Place water, vegetable oil, vanilla and eggs in base of the Power Chef, with the whip attachment, blend until smooth.
3. Pour cake mix in the medium Thatsa Bowl, add liquid mixture, peanut butter and mix until well combined; fold in English toffee bits.
4. Spray the TupperWave® Stack Cooker 3-Qt. Casserole with cooking spray. Place a square of waxed paper (12x 12") on the bottom of the casserole. Place the cone in the center and spray lightly with cooking spray. Microwave on high power for 11 minutes or until a wooden toothpick inserted into center comes out clean. Allow to rest 5 minutes, then invert onto a serving platter, remove waxed paper and cone, and cool completely.
5. Place the heavy cream in Stack Cooker 1 $\frac{3}{4}$ -Qt Casserole and microwave on high for 1 minute or until it starts to bubble. Add chocolate chips, vanilla and butter and mix until melted and smooth. Allow to cool. Pour over the cake. Top with the chopped peanut butter cups

Death by Chocolate Cake



- 1 (2 layer-size) chocolate cake mix
- 1 pkg (4-serving size) chocolate instant pudding mix
- 1 cup chopped pecans, optional
- 1 cup milk
- 2 eggs
- 1 bag chocolate chips
- Optional: powdered sugar



1. Sprinkle chocolate chips in the TupperWare® Stack Cooker 3-Qt. Casserole.
2. In a medium That'sa bowl, combine the cake mix, pudding mix, nuts, milk, and eggs until well combined. Gently pour over the chocolate chips in the cooker.
3. Microwave on high for 13 minutes or until a wooden toothpick inserted into center comes out clean. Allow to rest 5 minutes, then invert onto a cake plate.

Sprinkle powdered sugar if desired

Blueberry French Toast Casserole



- 8 slices white bread
- 3 large eggs
- 1½ cups whole milk
- ¼ cup maple syrup
- 1 tbsp. Simple Indulgence Cinnamon-Vanilla Seasoning Blend
- ½ cup fresh blueberries
- pinch of salt



1. Slice the bread into large triangles. Set aside.
2. Crack eggs into TupperWave® Stack Cooker 3 Qt. Casserole. Add milk, syrup, seasoning blend and salt. Whisk until combined.
3. Sprinkle blueberries on top. Add bread slices and press bread down into the custard to submerge.
4. Place Cover over Casserole and microwave at 50 percent power for 12 minutes, or until the casserole has puffed and risen, and a toothpick inserted in the middle comes out clean. Let rest, covered, five minutes.
5. Serve with additional maple syrup.

Apple Upside Down Cake



- 4 Granny Smith apples, peeled and cored
- 1¼ tsp. Cinnamon
- ½ cup packed light brown sugar
- 3 tbsp. unsalted butter
- 1 pkg. yellow cake mix (18.25 oz) with eggs, water and oil according to package directions



1. Place cinnamon, brown sugar and butter in 2-cup Micro Pitcher. Microwave on high power 1 minute; stir to melt and set aside.
2. Cut apples into 1/4-inch thick slices and place into Steamer Base of Tupperware SmartSteamer. Fill Water Tray with 1 3/4-cups of water, cover and microwave on high power 8-10 minutes or until apples are tender.
3. Remove apples and place in Thatsa® Bowl Jr. and toss with cinnamon/ sugar/butter mixture to coat.
4. Place cake mix in Thatsa® Bowl. Add remaining ¼ tsp. of cinnamon along with eggs, water and oil and mix with a wire whisk until smooth.
5. Apply cooking spray to TupperWave® Stack Cooker 3 Qt. Casserole with Cone. Spread apple mixture on bottom and pour cake batter over top. Microwave on high power 10 minutes or until toothpick comes out clean when inserted near cake center. Cool 5 minutes, invert cake onto platter of Round Cake Taker. *If desired, drizzle with caramel sundae syrup. Serve warm or at room temperature.*



Walking Tacos

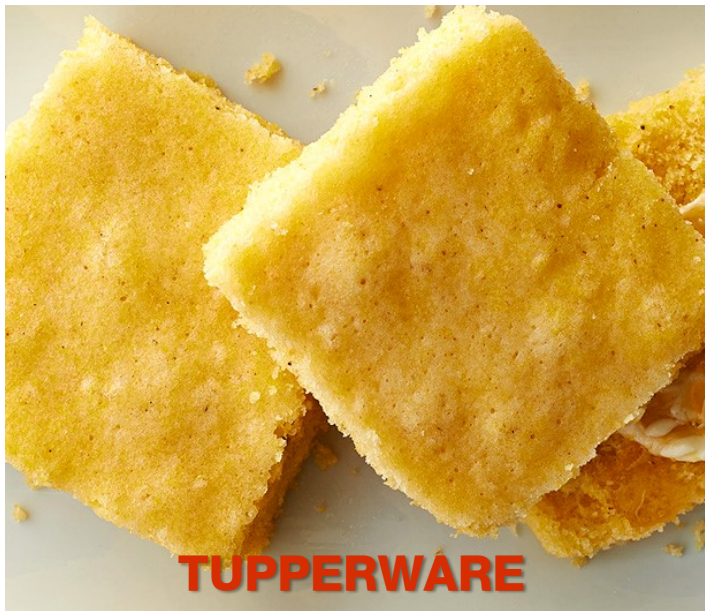
- 1lb ground beef
- 1packet taco seasoning mix
- individual lunch-sized bags of chips (Doritos, Fritos)

Optional Toppings

- tomatoes, chopped
- lettuce, shredded
- onion, chopped
- black olives, sliced
- shredded cheese (Mexican blend, cheddar, Colby)
- sour cream
- taco sauce or picante sauce
- avocado



1. Place beef and taco seasoning in TupperWare® Stack Cooker Colander, inserted into 1¾-Qt. Casserole. Cover and microwave on high power 8–10 minutes, or until beef has completely cooked through. Stir halfway through.
2. Carefully open a bag of corn chips along the sealed direction being careful not to "tear" the bag (because it is your bowl!!).
3. Add beef to bags of chips and serve with desired toppings.



5 Minute Cornbread

- ½ cup all-purpose flour
- ½ cup cornmeal
- 2 tablespoons white sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg
- ½ cup milk
- 2 tablespoons vegetable oil



1. Whisk together Mix the flour, cornmeal, sugar, baking powder, salt, egg, milk, and vegetable oil in a medium Thatsa bowl.
2. Pour batter into greased, inverted TupperWave® Stack Cooker ¾-Qt. Casserole/Cover. .
3. Microwave at 70% power 5 minutes or until a toothpick inserted into the center comes out clean .

(This can also be cooked on high for 3 minutes)

Butterfinger Caramel Chocolate Cake



- 1 box of Devil's Food Cake Mix
- 1 (15 oz.) jar caramel ice cream topping
- 1 (14 oz.) can sweetened condensed milk
- 1 (8 oz.) tub of Cool Whip
- 8 fun size Butterfingers (or 2 king sized bars) crushed up



1. Prepare the cake mix according to the package directions in a medium Thatsa bowl.
2. Pour batter into TupperWave® Stack Cooker 3-Qt. Casserole.
3. Microwave at high for 8 minutes or until a toothpick inserted into the center comes out clean .
4. While still warm poke holes in cake with a fork.
5. Combine sweetened condensed milk and caramel ice cream topping. Pour over cake.
6. Chill for 2 hours in refrigerator.
7. When chilled, spread Cool Whip over the cake. Sprinkle candy bar pieces over top.

Stacked Chicken Enchilada



- 1½ cups cooked chicken, diced or shredded
- 2 Tablespoons Southwest Chipotle Seasoning or Taco Seasoning
- ½ cup red pepper, chopped
- ½ cup green pepper, chopped
- ½ cup onion, chopped
- 1 can of enchilada sauce
- flour tortillas
- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup shredded cheddar cheese

1. Season chicken with Chipotle or Taco seasoning.
2. Add onion and peppers into TupperWave® Stack Cooker Colander, set inside the 3-Qt. Casserole.
3. Place cover and microwave on High for 5 minutes or until vegetables are tender, drain.
4. In the base of the TupperWave® Stack Cooker 3-Qt. Casserole add ¼ of the enchilada sauce on the bottom, layer 1 flour tortilla, layer of vegetables, layer of chicken, layer of beans, layer of cheese, repeat until you have 4 layers.
5. Cover and microwave on 70 % for 7-10 minutes. Let stand a few minutes before serving.

Home Style Meatloaf



- 2 lb. ground beef
- 1 medium onion chopped
- 2 cloves garlic, minced
- 2 eggs well beaten
- ¼ cup tomato catsup
- 5 crackers, crushed
- ½ t black pepper
- ½ t salt
- 1-2 tsp. Worcestershire sauce

- ¼ cup tomato catsup (spread over meatloaf)
- ⅛ tsp. chili powder

1. In a medium Thatsa bowl, mix together all ingredients, except ¼ cup tomato catsup and chili powder.
2. In the base of the TupperWave® Stack Cooker 3-Qt. Casserole with cone inserted add meatloaf mixture cover and microwave on full power approximately 14 minutes.
3. Top Meatloaf with remaining catsup and sprinkle chili powder, cover and return to the microwave for an additional 2-3 minutes.

Cheesy Bacon Garlic Monkey Bread



- 1 pkg. (8 oz.) shredded sharp cheddar cheese
- 3 Tbsp. butter, melted
- 2 cloves garlic, minced
- 1 Tbsp. chopped fresh parsley
- 4 slices cooked bacon, crumbled
- 1 can (16.3 oz.) refrigerated big buttermilk biscuits, quartered



1. Place garlic and butter in 2-cup Micro Pitcher. Microwave on high power 1 minute; stir to melt and set aside.
2. Cut each individual section of biscuit dough into quarters.
3. Combine butter mixture, parsley, bacon and biscuit dough in medium bowl, seal bowl and toss to combine. Use Saucy Silicone Spatula to mix, ensuring all biscuits are thoroughly coated.
4. Pour biscuits into TupperWave® Stack Cooker 3 Qt. Casserole fitted with Cone. Microwave on high power 6 minutes or until cooked through. Allow to cool slightly before turning out onto serving dish.

Zucchini Bread



- 3 eggs
- 2 cups sugar
- 3 tsp cinnamon
- 1 tsp. salt
- ½ cup walnuts, chopped
- 1 cup vegetable oil
- 2 tsps. vanilla
- 3 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 2 cups grated zucchini



1. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
2. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined.
3. Spray TupperWave® Stack Cooker 3-Qt./3 L Casserole and Cone with nonstick cooking spray. Pour in batter.
4. Microwave at 70% for 15 minutes. Remove from microwave.
5. Allow bread to cool completely.

Spinach Artichoke Dip



- 1 cup spinach, packed
- ½ cup artichoke hearts, drained
- 4 oz. cream cheese, softened
- ¼ cup sour cream
- ¼ cup mayonnaise
- 1 cup Parmesan cheese, shredded
- ¼ tsp. coarse kosher salt
- ⅛ tsp. garlic powder



1. Place spinach and artichoke hearts in base of Power Chef® System, fitted with blade attachment. Cover and pull cord several times to process until finely chopped.
2. Remove the blade and stir in remaining ingredients with a spatula.
3. Pour mixture into inverted cover of TupperWave® Stack Cooker.
4. Microwave on high power 2 minutes.
5. Stir and serve warm with crackers and veggies.

Bacon and Bleu Cheese Spinach Artichoke Dip



- 4 slices bacon, cooked and crumbled
- 1 cup sweet onion, coarsely chopped (1 large)
- 2 (14 ounce) cans artichoke hearts, drained and coarsely chopped
- 1 (10 ounce) box frozen chopped spinach, thawed and well drained
- 1 cup chopped red sweet pepper
- 1 cup light mayonnaise dressing (do not use regular mayonnaise)
- 8 ounces cream cheese, cut up
- 4 ounces blue cheese, crumbled
- 3 cloves garlic, minced
- ½ teaspoon dry mustard

Assorted crackers for dipping

1. Place onion, spinach, red bell peppers and artichoke hearts in base of Power Chef® System, fitted with blade attachment. Cover and pull cord several times to process until finely chopped.
2. Remove the blade and stir in remaining ingredients with a spatula.
3. Pour mixture into inverted cover of TupperWave® Stack Cooker.
4. Microwave on high power 2-3 minutes.
5. Stir and serve warm with crackers and veggies.

Buffalo Wing Dip

- 1 stalk celery, finely chopped ($\frac{1}{2}$ cup)
- 1 fresh jalapeno chile pepper, seeded and minced
- 8 ounces cream cheese, softened (Neufchatel), cut up
- $\frac{1}{4}$ - $\frac{1}{2}$ cup buffalo wing sauce
- 1 $\frac{1}{2}$ tablespoons blue cheese salad dressing
- 1 cup chopped cooked chicken breast

For dipping: 20 stalks celery, halved crosswise



1. Place celery and jalapeno in base of Power Chef® System, fitted with blade attachment. Cover and pull cord several times to process until finely chopped.
2. Remove the blade and stir in remaining ingredients with a spatula.
3. Pour mixture into inverted cover of TupperWare® Stack Cooker.
4. Microwave on high power 2 minutes.
5. Stir and serve warm with celery sticks.