

TUPPERWAVE STACK COOKER

RECIPES

All microwave wattages are different so please experiment with these recipes cook time and power level.

MEALS

Ruben Chicken, Rice & Apple Dessert

Bottom

2 cups boiling water

1 cup seasoned rice mix

Place water in 3 Qt Tupperwave Casserole and microwave to boiling. Add rice and stack cook.

(TO COOK SEPARATELY: Microwave on high 10 - 12 minutes.)

Middle

4 whole chicken breasts, split, skinned and boned

1 can sauerkraut, well drained

4 (6x4 inch) slices Swiss cheese

1 ¼ cups Thousand Island salad dressing

1 cup crushed cracker crumbs with caraway seed

Place well drained sauerkraut in 1 ¾ Qt Tupperwave Casserole and combine with Thousand Island salad dressing. (add 1 tsp Caraway Seed if desired). Place a layer of Swiss cheese slices in a circle around outside edge of casserole. Top with split chicken breasts and sprinkle with cracker crumbs.

(TO COOK SEPARATELY: Microwave on High for 15 - 17 minutes or until chicken is done thru)

Top

3 large or 4 small apples

½ can pie filling of choice

1 - 1 ¼ cups Streusel Topping

Cut apples with peeling on into pieces or slices and top with ½ can pie filling of your choice. Sprinkle with Streusel Topping. Prepare in 1 Qt Tupperwave Casserole.

STREUSEL TOPPING:

1/3 cup flour

2 Tbsp sugar

¼ tsp ground cinnamon

2 Tbsp margarine or butter

In a Small Mixing Bowl combine flour, sugar and cinnamon. Cut in margarine until mixture resembles coarse crumbs. (TO COOK SEPARATELY: Uncovered on 100% power (high) for 5 to 7 minutes or until apples are tender.)

Super Easy Supper

Bottom

2 cans french cut green beans
3 T soy sauce

1/2 cup brown sugar
3 slices bacon, quartered

Middle

1 onion, slivered
4-6 boneless chicken breast or thighs

4 new potatoes, sliced thin
seasoned salt for the chicken

Top

3 Granny Smith apples, cored and sliced
1/2 cup red hots

1/2 cup brown sugar

Nest all three casseroles and place in your microwave. Zap on high 25 min. This is so wonderful and simple!!

Quick Tupper Supper

Bottom

1 cup rice

1 cup HOT water

Middle

2 diced chicken breasts coated with Ranch dressing and placed in a donut shape

Top

Frozen broccoli florets or fresh with a couple Tbsp of water.

Microwave 25 minutes on High and viola! Combine all into middle dish for a great casserole.

Texas Rice, Italian Seasoned Chicken & Quick Cobbler

Bottom

1 1/2 cups water
1 single serving size envelope instant creamy chicken soup
1 tsp. dried minced onion

1 1/4 cups quick cooking rice
1 tsp. parsley

In the 3 Qt casserole combine all ingredients. Stack and cook as directed below. Stir before serving. Garnish with parsley, if desired. Serves 4. Once you prepared each recipes, put the stack together (3 Qt, 1 3/4 Qt, and cover), place in microwave cook for 25 minutes. Let stand 5

Middle

3 cups frozen or canned mixed vegetables
4 boneless skinless chicken breast halves (1 LB total)
1/3 cup finely chopped bread crumbs

1 Tbsp. mayo
1/8 tsp. paprika
3 Tbsp. grated parmesan cheese

Rinse vegetables with warm water in strainer. Place vegetables in TUPPERWAVE 1 3/4 Qt casserole. Rinse chicken pieces & pat dry. Brush chicken with Mayo. Combine crumbs & cheese. Roll chicken in crumb mixture, coating generously. Place on top of vegetables around outer edges of casserole, with thickest portions toward outer edge. Sprinkle chicken with paprika & any remaining breadcrumbs. Stack & cook as directed. Makes 4 servings.

Top

2 - 21 oz Cans of apple or peach pie filling
1/2 box dry cake mix (white, yellow, chocolate, etc.)

1/2 stick margarine
1/2 cup pecans (optional)

In TUPPERWAVE cover, add 1/2 can pie filling, sprinkle 1/2 of cake mix, cut 1/2 of butter across the cake mix, top with 1/2 pecans. Repeat layers with remaining ingredients. Stack

Beef Mix - Makes 24 servings

6 lbs. lean ground beef	3 cups chopped carrots
3 cups chopped celery	3 cups chopped onions
3 cups chopped green bell peppers	1 tsp. salt
1 ½ tsp. pepper or to taste	

In the Colander, set over the 3-quart Casserole, place about half the beef and vegetable mixture in a circle arrangement, leaving a hole in the center. Place cover and microwave on High 8-10 minutes, stirring once or twice, to break up meat. Stir again and continue to microwave 5-8 minutes, until meat is no longer pink and vegetables are crisp and tender. Drain and place in a Thatsa™ Bowl. Repeat procedure for remaining mixture and place in same bowl. Mix can be refrigerated for 2-3 days. Beef Mix will make 6 main dish recipes of 4 servings each

Easy Beef Stroganoff - Makes 24 servings

2 cups Beef Mix (see recipe)	1 garlic clove, minced
1 can (6- 6 1/2oz.) sliced mushrooms, drained	2 Tbs. catsup
1 cup regular or fat-free sour cream	2 Tbs. minced fresh parsley
1 can (10 3/4 oz.) low-sodium, low fat cream-of-chicken soup	
Cooked and buttered wide egg noodles (optional)	

In a TupperWave® 3-quart Casserole, combine Beef Mix, garlic, mushrooms, soup and catsup. Microwave on High for 10-15 minutes, stirring once or twice, until very hot, but not boiling. Stir in sour cream and parsley and microwave an additional 5 minutes, but do not boil.

Fast Fixin Chili - Makes 4 Servings

2 cups Beef Mix (see Beef Mix recipe)	1 garlic clove, minced
1 ½ Tbs. chili powder	1 ¼ cups water
1 can (16 oz.) diced tomatoes	1 can (16 oz.) chili beans
Salt and pepper to taste	

In a TupperWave® 3-qt. Casserole, stir together Beef Mix, garlic and chili powder, then stir in water, tomatoes and chili beans. Season to taste with salt and pepper. Microwave on High 10-15 minutes, stirring once, until mixture is heated through.

Steak Soup - Makes 24 servings

2 cups Beef Mix (see Beef Mix recipe)	2 cups frozen mixed vegetables, thawed
1 can (16 oz.) diced tomatoes	1 tsp. pepper or to taste
1 ½ soup cans water	
2 cans (10 3/4 oz. each) low-sodium, low-fat cream-of-celery soup	

In a TupperWave® 3-quart Casserole, combine Beef mix, soup and water and blend thoroughly. Stir in vegetables, tomatoes and pepper. Microwave on High 12-15 minutes, stirring once, until heated through.

Store in Freeze Smart containers and freeze for future meal.

Shrimp Scampi

Combine 1/3 cup of butter and 1 minced Garlic Clove in Tupperware 1 3/4 quart casserole. Microwave on High for 2 min. Add 1/4 Cup Chopped Parsley, 1 Tbsp. Lemon Juice, 1/2 Tsp. Salt. Stir in (coating each piece with butter sauce) 1 LB Raw, Peeled and Deveined Shrimp Cover. Microwave on High for 3 1/2 min to 4 min. or till shrimp is done. Serve with lemon wedges.

Pork Chops

5-6 boneless pork chops
3 tablespoons ketchup
1 tablespoon minced onion

1 can of cream of chicken soup
2 tablespoons Worcestershire Sauce

In the 3 qt Stack cooker place the soup, ketchup, sauce and onion. Mix thoroughly. Place the pork chops in the sauce and stir to cover. Place the cover on the 3 qt cooker. Cook on 70% power for 7 minutes. Take out. Stir. Place vegetables in the colander. Place the colander in the 3 qt. Cook for 7 minutes at 80% power. Take out. Stir both. Cook for 3-5 minutes at full power. (My microwave is 1100 watts; you may need to adj. Power/ time).

Taco Salad

Head of lettuce
1 16oz jar salsa mild
1 8oz pkg. grated cheese
1 bag Tostitos

1 lb ground beef
1 pkg. taco seasoning
1 tomato
sour cream

Brown meat in colander and stack cooker, using sandwich spreader to stir, Start in 3-minute increments since microwaves vary. Mix lettuce, ground beef, cheese, and salsa in Thatsa Bowl or medium shallow Rock n Serve, cover and toss. Sprinkle dry seasoning and 1/2 cup water and microwave on high for 1 minute. (Tips: Microwaves penetrate approximately 1" into the food. General rule of thumb is 6 minutes per pound of food when cooking. Microwave rays are attracted to fat, sugar, and water in that order.)

Taco Salad

1 Lb. Ground Beef, Turkey or Chicken
¾ Cup Water
Finely Shredded Cheddar Cheese
Salsa
Black Olives, optional

1 Pkg. Taco Seasoning Mix
Shredded Lettuce
1 Diced Tomato
Sour Cream
Tortilla Chips

Brown meat by crumbling meat in the TUPPERWAVE Colander. Place colander over the 3 Qt. TUPPERWAVE casserole. Cook, covered, on high power for 5-7 minutes or until meat is no longer pink, stirring once. Remove colander. Drain fat and wipe out 3 Qt. casserole. Transfer cooked meat to 3 Qt. casserole and add ¾ cup water and taco seasoning. Stir. Cook on high for 3 minutes. Let sit for 2 minutes. Slowly stir in cheddar cheese to meat mixture. Serve over tortilla chips and top as desired.

Herbed Meat Loaves

1 beaten Egg
1/3 C. milk
2 Tbs. bottled barbecue sauce, chili sauce, or catsup
1/4 C. bottled barbecue sauce, chili, or catsup

½ C. herb-seasoned stuffing mix
1 Tbs. Onion Soup mix
¼ lb. lean ground beef

In a medium bowl combine egg, stuffing mix, milk, onion soup mix and the 2 Tbs. barbecue sauce. Add ground beef and mix well. Shape into 5 loaves. Arrange loaves in the 1-3/4 qt. Casserole. Stack and cook as directed. Spoon the 1/4 C. barbecue sauce over loaves before serving. To make separately. Cover on high for 8-10 minutes or until no longer pink. Spoon 1/4 C. sauce over loaves before serving.

Meatloaf

2 lb. ground beef
2 eggs well beaten (E-Series whisk)
½ t black pepper (measuring spoons)

1 medium onion chopped (food chopper)
½ cup tomato catsup (measuring cups)
½ t salt

Mix together thoroughly. Place TUPPERWAVE colander in 3 qt. TUPPERWAVE casserole. Place cone in center of colander and pat Meatloaf mixture evenly around cone. Cover and microwave on full power approximately 14 minutes. Top Meatloaf, cover and return to the microwave for an additional 2-3 minutes. Topping recipe: ¾ cup catsup, 2 T. ground mustard, 1/2 cup dark brown sugar. Mix together and pour over Meatloaf.

Cheddar Potato Casserole

1 Cup Milk
½ Tsp. Salt
24 Oz. Bag Frozen Hash Brown Potatoes, thawed
¾ Cup Shredded Cheddar Cheese (or more if you like)

4 Tbsp. Melted Margarine
½ Tsp. Pepper
1 Tsp. Paprika

In 3 Qt. TUPPERWAVE casserole, combine milk, butter and spices. Add potatoes and cheese, mix well. Cook on high for 12-15 minutes or until bubbly.

1-2-3 Potato Soup

½ Cup Frozen Chopped Onions
1 Can (14 ½ Oz). Reduced-Sodium Chicken Broth
Salt, Pepper, and Dried Parsley Flakes to Taste
Bacon Bits (optional)

½ of a 22-oz. Pkg. Frozen Mashed Potatoes
1 Pint Half and Half or Milk
Shredded Cheddar Cheese (optional)
Chopped Chives (optional)

In the TUPPERWAVE 3QT. Casserole, place butter and onions. Microwave on high 4-5 minutes, until onion is softened, but not browned. Add frozen mashed potatoes to casserole, then stir in broth. Microwave on high 4-6 minutes, until mixture is bubbling at edges. 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. Season to taste with salt, pepper and parsley. To serve, ladle into soup bowls and top, if desired, with cheese, bacon bits and/or chives.

Cheesy Rice Broccoli

1-10oz frozen chopped broccoli
1 ½ c. minute rice

¾ c. water
1 small jar Velveeta

In 3qt Tupperwave bring water & broccoli to boil in microwave (about 2 min.). Add rice, stir, cover & vent. Cook on 80% power for 4 min. Add cheese and let sit for 5 min. covered

Dilled Green Beans And Onions

3 C. loose-pack frozen French-style green beans 1 C. loose-pack frozen small whole onions
1 tsp. Instant chicken bouillon

In the cover combine green beans, onions, bouillon granules, and dill weed. Sprinkle with water, Stacked cooked, COVERED. Stir before serving.

Chicken Fajitas

1 Large Green Bell Pepper	1 Large Red Bell Pepper
1 Large Onion	1 Clove Garlic
4 Boneless Skinned Chicken Breasts	1 Jar Mild Salsa
10-15 Flour Tortillas	

Suggested Toppings:

Sour Cream	Lettuce & Tomato
Grated Cheddar Cheese	Guacamole

Slice Peppers, Onions and Chicken thin. Mince Garlic. Place in bowl and stir in salsa. Put half of mixture in Stack Cooker Colander leaving a hole in the middle. Cook 6 minutes. Repeat with remaining portion. Tortillas can be warmed in the Family MicroSteamer.

Spaghetti Pie

½ package of spaghetti noodles	1 Tbl. butter
1 egg	½ container of cottage cheese
1 to ½ cups spaghetti sauce	1 to 2 cups shredded mozzarella cheese
(1/2 lb. of cooked hamburger meat if desired)	

Stack Cooker 3Qt or 1 ¾ Qt. (Quantities are all estimated for the container). Once you've made it once, you'll be comfortable with estimating the amounts) Break your spaghetti noodles in half, put into Stack Cooker container with water. Cover, vent and put into the microwave for 8 - 10 minutes on high. Drain. Put cooked spaghetti back into Stack Cooker container and stir in butter and egg. Press spaghetti noodles around bottom of container and up the sides about 1 inch like a crust. Spread cottage cheese over noodles, spaghetti sauce (with or without meat) over that and then sprinkle mozzarella cheese over the top. Cover, vent and microwave 6 minutes on high.

Stack Cooker Quiche

12 Brown 'n Serve Sausage Links	1 c. sliced Swiss Cheese (cheddar, etc.)
2 c. whole milk	½ c. pancake mix
¼ tsp. pepper	6 eggs
¼ tsp. salt	¼ tsp. pepper
1/3 c. finely chopped onion (green onion, bell pepper, mushrooms, broccoli too!)	

Cook sausage in Stack Cooker colander 5-8 minutes. Clean base and lightly coat with cooking spray. In base, add crumbled sausage, onions (and any other veggies!) and cheese. Mix remaining ingredients and pour over sausage mixture. Cover and cook for 16 minutes on high. Let stand for 5 minutes covered. Serve with pie server.

Italian-Style Zucchini

2 C. sliced zucchini (about 9 oz)	1 T. olive oil
½ tsp. Dried basil, crushed	¼ tsp. Garlic powder
¼ tsp. Dried thyme, crushed (optional)	1 T. Parmesan cheese
1 small tomatoes, seeded and coarsely chopped (1 cup)	

In the 3 qt. Casserole, combine zucchini and tomatoes. Stir in oil, basil, garlic powder and thyme. Stack cook. Sprinkle with Parmesan cheese before serving

Bacon

I have done it in the Stack Cooker with the colander. The trick is to put water in the bottom of the casserole and then put in the colander.

Glazed Ham and Sweet Potatoes

Fully cooked boneless ham slice, cut 1 inch thick 1/3 C. apricot preserves
1-16 oz. Can cut sweet potatoes in syrup, drained 1/4 C. Dijon-style mustard

Cut ham into 4 serving size pieces. Place in the 1 3/4 qt. Casserole. Add potatoes. For glaze, combine preserves and mustard. Pour half of glaze over ham and potatoes. Stack and cook as directed. Brush with remaining glaze before serving.

Microwave Maple Bacon Oven Pancake

1 1/2 cup Bisquick 1 1/2 cup shredded cheddar
3/4 cup milk 1 tbsp sugar
1/4 cup maple flavored syrup 2 eggs
12 slices bacon (about 1/4 lb.) crisply cooked and crumbled

You will have to experiment with this one because I was not given all the details about making it (??) Lightly grease and flour Tupperware 3qt casserole. Stir together baking mix, 1/2 cup of cheese, milk, syrup, sugar and eggs with wire whisk until only small lumps remain; pour into casserole. Microwave uncovered on high, rotating 1/4 turn every 2 minutes until most of top no longer appears doughy, 5 1/2 to 7 1/2 minutes. DO NOT OVER COOK Sprinkle with remaining cheese, and the bacon.. Microwave uncovered just until cheese melted, 1 to 1 1/2 minutes longer. Serve with maple syrup if desired.

Healthy Super Nachos

1 lb. Ground beef (for every 7 people) 1 pkg. Taco Seasoning Tortilla Chips
1 Recipe Rotel Dip Shredded Lettuce Chopped Tomatoes
Sour Cream Picante Sauce
Sliced Black Olives Chopped Green Onions

Cook ground beef in TupperWare Colander, placed inside 3 qt. Casserole with cover atop, 4-6 minutes per pound on high. (Breaking meat up 1/2 way thru cooking cycle) After the beef is completely cooked, get rid of the grease and debris accumulated in the bottom of the 3 qt. Rinse clean, add the cooked meat from the colander. Add the Taco seasoning and 1/2 pouch of water. Stir well. Microwave on high for another 2 minutes to intensify the flavor. (Cook Rotel in Medium Rock 'N Serve Deep: 1 can Rotel, 1# Velveeta cheese). Arrange cold condiments in Serving Center. Use the Serving Center cover for the chips. To serve: arrange chips on plate, add Rotel Cheese dip, pour on the meat and finish with the cold toppings! This can easily be converted to Taco Salad by adding Bush's Chili beans!

Chicken Casserole Ole

1 1/2 cups chopped cooked chicken 1 cup salsa
1/3 cup milk 6- 6" corn tortillas, cut into 8 wedges
1 4oz can sliced mushrooms, drained 1- 2 1/4 oz can sliced pitted ripe olives, drained
1-1 1/2 oz can condensed nacho cheese or cheddar cheese soup

Cook chicken breast in Casserole, covered, until no longer pink (about 4-5 minutes or 6-8 minutes per lb). Drain and wipe out casserole. In the 1 3/4 qt Casserole combine all ingredients. Stack and cook until heated through..

Stack Cooker Sweet & Sour Pork

* Prepare all ingredients before you start cooking.

--STEP 1:--

4 med. carrots, thinly sliced ¼ c. vegetable oil

Place in 3 quart Stack Cooker; stir to coat. Cover and place in microwave oven on high 10 minutes.

--STEP 2:--

2 med. green peppers, seeded and sliced 1 med. onion, thinly sliced
2 lbs. lean, boneless pork, cubed

Add to above, mix lightly, cover and cook on high 5 minutes.

--STEP 3:--

¼ c. cornstarch	1 can (16 oz.) pineapple chunks, drained reserving
½ cup of juice	½ c. firmly packed brown sugar
½ c. soy sauce	¼ c. wine vinegar
1 tbsp. Worcestershire sauce	½ tsp. pepper, optional
¼ tsp. hot pepper sauce, optional	

Dissolve cornstarch in reserved pineapple juice. Stir in remaining ingredients, except pineapple. Add to pork mixture and blend well. Stir in pineapple. Cover. Cook medium 10 minutes. Stir. Cover. Cook on medium 10 minutes more. Serve over hot rice. May be varied by using chicken, celery or oriental vegetables, ginger, chow mein noodles, etc.

Layered Fiesta Dip

1 pound ground beef	¼ cup chopped onion
1 teaspoon chili powder	1 – 16 ounce can refried beans
1 – 6 ounce frozen avocado dip, thawed	1 cup shredded cheddar cheese (4 ounces)
½ cup dairy sour cream	

Sprinkle chopped onion in the Tupperwave Colander, crumble ground beef on top, making a wide ring. Put 2 teaspoons of water in the bottom of the 3-quart Tupperwave Casserole, place colander with ground beef inside, cover with $\frac{3}{4}$ quart casserole. Microwave on high for about 4 minutes. Stir, placing pink beef to outside of ring. Microwave 1-2 minutes as needed. Set colander in cover.

Throw away grease and blood. Wipe 3-quart casserole with paper towel. In 3-quart Tupperwave Casserole, combine browned ground beef/onion mixture with chili powder and refried beans. Cook covered on high for 4-6 minutes, stirring once. Stir again. Spread avocado dip over meat, cook uncovered on high for 1 minute. Top with shredded cheese, cook 1-2 minutes until cheese is softened. Dollop sour cream over top and serve

Mexican Egg Ring

8 eggs	¼ cup chopped onion
1 cup jack cheese	1 cup cottage cheese
1 cup Cheddar cheese	1 sm. can Ortega green chilies
8 pieces cooked and crumbled bacon	

Mix eggs together in the Quick Shake Container. Pout into Mix N Stor Pitcher. Add the remaining ingredients and mix well. Spray TupperWave 3QT Casserole and Cone lightly with vegetable spray. Pour mixture into 3QT Casserole with Cone. Cover with waxed paper. Cook on HIGH for 14 minutes. Let stand 5 minutes. Serve with guacamole, salsa and sour cream. Serve with hot tortillas stored in pie taker or MicroSteamer.

Mexi Dip

1 pd. Uncooked Ground Beef	Small Jar Cheese Whiz
Small Jar Salsa	Tortilla Chips

Using the TupperWave 1 ¾ qt Casserole and colander, Place the ground beef in the colander, chop with a spoon and arrange meat around outside edges of colander. Microwave on high for about 4 minutes or until brown, stirring once halfway through cooking time. Dump fats and fillers and wipe out casserole. Place beef in the casserole and add the salsa and cheese. Mix and microwave on high for 5 minutes. Serve hot with the chips.

Salsa Chicken & Rice

Boneless chicken breasts	Jar of salsa
Minute rice	

Place minute rice (about 1 cup) in 1 1/2 or 3 quart pan (middle or bottom pan) add 1 cup hot water and some margarine place colander on top, place boneless chicken in colander; pour salsa on top. Cover, microwave about 12 minutes (more if breasts are big).

Taco Salad

1 Lb. Ground Beef, Turkey or Chicken	1 Pkg. Taco Seasoning Mix	¾ Cup Water
Shredded Lettuce	Finely Shredded Cheddar Cheese	1 Diced Tomato
Salsa	Sour Cream	
Black Olives (optional)	Tortilla Chips	

Brown meat by crumbling meat in the TupperWave Colander. Place colander over the 3 Qt. TupperWave casserole. Cook, covered, on high power for 5-7 minutes or until meat is no longer pink, stirring once. Remove colander. Drain fat and wipe out 3 Qt. casserole. Transfer cooked meat to 3 Qt. casserole and add ¾ cup water and taco seasoning. Stir. Cook on high for 3 minutes. Let sit for 2 minutes. Slowly stir in cheddar cheese to meat mixture. Serve over tortilla chips and top as desired.

Chicken Tetrazzini

1 (10oz) can condensed cream of chicken soup	1 (6oz) can evaporated milk
1 (3oz) can sliced mushrooms, undrained	2 Tbsp. margarine
2 Tbsp. lemon juice	2 Tbsp. parmesan cheese
1 lb chicken, cooked, cubed	Pasta of choice, cooked

Combine soup, milk, mushrooms with liquid, margarine, lemon juice, parm. cheese in Stack Cooker; mix well. Add chicken to sauce. Heat until mixture is bubbly. Pour over pasta in serving bowl. Serve with additional parmesan cheese

Herbed Salmon Steaks - *Makes 4 servings*

4 salmon steaks, each about 6 ounces
1 teaspoon ground black pepper
1 Tablespoon chopped fresh thyme or 1 teaspoon dried thyme
1 Tablespoon olive oil
2 small limes

Place salmon steaks in 1-3/4 quart TupperWave Stack Cooker casserole with thickest portion toward outside edge of casserole. Rub each steak with some of the olive oil, then sprinkle with thyme and pepper and the juice of one lime. To stack cook, place in middle position. Otherwise, cover with 3/4 quart casserole/cover. Microwave until fish flakes easily with a fork. Cut remaining lime into wedges and serve with each salmon steak.

Enchilada Casserole

1 lb. lean ground beef
1-10oz can enchilada sauce
1/4 tsp. pepper
1/2 cup shredded cheddar cheese
1 medium onion, chopped
1/2 tsp. garlic powder
6- 6" corn tortillas, cut into 8 wedges
1/2 cup shredded Monterey Jack cheese

To brown meat, crumble ground beef into colander; add onion. Place colander over 1 3/4-qt. Casserole. Cook, covered, on 100% power for 4-5 minutes or until meat is no longer pink, stirring once. Remove colander. Drain & wipe out Casserole. Transfer cooked meat and onion to Casserole. Stir in enchilada sauce, garlic powder, & pepper. Gently fold in tortilla wedges & cheeses. Stack & cook until heated through.

Easy Quiche

12 slices bacon, cooked and crumbled*
1/2 cup Colby cheese
1 3/4 cup milk
Seasoning Salt (to taste)
1 cup Swiss Cheese
4 eggs
1/2 cup of Bisquick mix**

Mix meat and cheese together in the bottom of ungreased 1 3/4 qt. Stack Cooker. In a separate bowl, add eggs, milk, season salt and bisquick mix. Beat for 1 minute with rotary beater. Pour over cheeses and meat. Microwave on full power for 14 minutes, turning after 7 mins (if there's no turntable). This recipe will set up on it's own and needs no crust. *Can substitute 1/2 pork sausage or ham (cooked & cut into small pieces) instead of bacon.

Gourmet Chicken Breasts

6 boneless, skinless chicken breast, halved
2 tablespoons lemon juice
1/2 teaspoon. celery salt
1/4 teaspoon garlic powder
1/4 teaspoon cayenne pepper
1/4 cup chopped pecans
1 cup sour cream
2 teaspoons Worcestershie sauce
1 teaspoon paprika
1/2 teaspoon salt, optional
3/4 cup seasoned dry bread crumbs

Rinse and dry chicken breasts. Mix sour cream, lemon, Worcestershire, and spices. Add chicken, coating each piece. Let stand, covered, in refrigerator overnight. Mix bread crumbs and pecans. When ready to cook, remove coated chicken, and roll in crumb/nut mixture, coating evenly. Arrange 4 breasts at a time in "circle fashion", thickest portion to outside in 3 qt. Stack Cooker with cone in middle. Cook on High power (100%) for 6 minutes per pound, or until juices run clear.

Baked Stuffed Chicken

1 (8oz) pkg cream cheese, softened	½ cup scallions, chopped
½ tsp garlic powder	1 ½ pounds boneless, skinless chicken breasts
¼ tsp salt	1 egg, beaten
1/3 cup dry bread crumbs	2 Tbsp. margarine, melted

Preheat oven to 350° (if using oven). Beat cream cheese, scallions and garlic powder until blended; set aside. Cut each chicken breast in half; place between sheets of clear plastic; pound to 1/4 inch thickness. Remove top sheet of plastic, sprinkle chicken with salt. Spoon an equal amount of cheese mixture across center of each breast. Roll jelly-roll style. Dip rolls into egg, then bread crumbs. Arrange seam side down in an Ovenworks pan or in Stack Cooker; drizzle with margarine. Bake until done, about 25 min in oven or on 70% for 6-7 minutes in your microwave.

Sweet & Sour Pork – (Prepare all ingredients before you start cooking)

4 med. carrots, thinly sliced	¼ c. vegetable oil
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Place in 3 quart Stack Cooker; stir to coat. Cover and place in microwave oven on high 10 minutes.

2 med. green peppers, seeded and sliced	1 med. onion, thinly sliced
2 lbs. lean, boneless pork, cubed	

Add to above, mix lightly, cover and cook on high 5 minutes.

¼ c. cornstarch	½ c. firmly packed brown sugar
½ c. soy sauce	¼ c. wine vinegar
1 tbsp. Worcestershire sauce	½ tsp. pepper, optional
1 can (16 oz.) pineapple chunks, drained reserving 1/2 cup of juice	
¼ tsp. hot pepper sauce, optional	

Dissolve cornstarch in reserved pineapple juice. Stir in remaining ingredients, except pineapple. Add to pork mixture and blend well. Stir in pineapple. Cover. Cook medium 10 minutes. Stir. Cover. Cook on medium 10 minutes more. Serve over hot rice. May be varied by using chicken, celery or oriental vegetables, ginger, chow mein noodles, etc.

Cook a Whole Chicken in Micro – posted by Cherie (tupperwarekansas)

The other day I cooked a whole chicken in the stack cooker and it was sooooo good. I injected it with injectable marinade, which I just used Kraft **Italian dressing**, put the lid on and microwaved 7 minutes per pound, it was so yummy. Having the lid on keeps it so juicy, and the italian dressing gave it some great flavor. Also, drizzle some of the dressing over the top of the chicken, like you're basting it. I suppose you wouldn't even have to inject the marinade in, you could just drizzle it on the outside, and it would still be yummy.

Salsa Chicken and Rice - *It's so simple and you get to add the colander too.*

Boneless chicken breasts jar of salsa minute rice

Place minute rice (about 1 cup) in 1 ½ or 3 quart pan (middle or bottom pan) . Add 1 cup hot water and some margarine. Place colander on top, place boneless chicken in colander; pour salsa on top. Cover, microwave about 12 minutes (more if breasts are big).

Microwave Beef Stroganoff - *Yields 4 Servings*

1 lb Boneless beef sirloin steak ½ cup Chopped onion
1 can (10.75 oz) Campbell's Condensed Cream of Mushroom Soup
½ cup Sour cream ½ tsp Paprika
Hot cooked noodles

Freeze steak 1 hour to make slicing easier. Cut steak into very thin slices across the grain. In the 3 qt. Tupperwave, combine beef and onion. Cover with lid; microwave on high 5 minutes or until beef is no longer pink, stirring once during cooking. Combine soup with beef mixture and heat for another 2-3 minutes or until hot. Add sour cream. Pour mixture onto hot cooked noodles and sprinkle paprika on top.

Microwave Casserole Chicken - *Yields 4 Servings*

1 Package (10-oz) frozen -mixed vegetables 2 ½ To 4-lb. broiler-fryer -chicken
1 tsp. Bouquet sauce 2 cups (4-oz.) cooked egg noodles
1 can (10 ¾-oz) cream of celery –soup ¼ cup Finely chopped onion
2 Tbsp Milk 1 tsp Instant chicken bouillon
¼ tsp Dry mustard ¼ tsp Salt
dash Pepper

***Chicken cooking time: 11-13 ½ minutes per pound.* Defrost vegetables in package at High, for 2 1/2 to 4 1/2 minutes. Set aside. Place chicken in 3-qt Tupperwave colander with cone breast side down. In RNS, melt butter at High for 20-45 seconds. Add bouquet sauce. Brush back of chicken with half of butter mixture.

Microwave in Tupperwave colander with cone at High for first 3 minutes. Reduce power to 50% (Medium). Microwave for remainder of first half of cooking time. While chicken is microwaving, combine remaining ingredients in small bowl. Turn chicken breast side up, brush with butter sauce mixture. Arrange noodle mixture around the chicken. Microwave for remaining time, or until chicken is tender, and legs move freely. Stir noodle mixture before serving.

Microwave Beef Stroganoff - *Yields 4 Servings*

1 lb Boneless beef sirloin steak ½ cup Chopped onion
1 can (10.75 oz) Campbell's Condensed Cream of Mushroom Soup
½ cup Sour cream ½ tsp Paprika
Hot cooked noodles

Freeze steak 1 hour to make slicing easier. Cut steak into very thin slices across the grain. In the 3 qt. Tupperwave, combine beef and onion. Cover with lid; microwave on high 5 minutes or until beef is no longer pink, stirring once during cooking. Combine soup with beef mixture and heat for another 2-3 minutes or until hot. Add sour cream. Pour mixture onto hot cooked noodles and sprinkle paprika on top.

Microwave Chicken Rolls Amandine -Yields 2 Servings

4 Slices bacon

¼ Tbsp. Snipped chives

¼ tsp Dried thyme, crushed

Plain yogurt or sour cream

1/3 cup Chopped fresh mushrooms

¼ cup Chopped almonds toasted

1 Whole chicken breast

For filling, place a small amount of water in 3 qt Tupperware casserole. Put colander with bacon in it over that. Cook on 100% power (HIGH) about 4 minutes or till crisp. Drain off fat, reserving 2-3 tablespoons drippings in the 3 qt. Tupperware casserole. Add mushrooms and 1 tablespoon chives to reserved drippings in casserole dish. Cook, covered on high for 45 - 60 seconds or until tender. Stir in bacon (crumbled), ¼ cup almonds and thyme. Skin, bone and cut chicken breast lengthwise in half. Place one chicken piece, boned side up between two pieces of clear plastic wrap. Working from center to edges pound lightly with meat mallet to form a rectangle about 1/8 in thick. Remove plastic wrap. Repeat with remaining chicken. Sprinkle 1 side of each chicken breast half with salt and pepper.

Place about 2 tablespoons of filling on the seasoned side of each chicken piece. Roll up jelly-roll style. Place chicken rolls in the 1 ½ qt. Tupperware casserole with cone. Cook, uncovered, on high for 3 to 5 minutes or till chicken is done, giving the container a half turn once during cooking. If desired, serve chicken on yogurt or sour cream; sprinkle with almonds and chives.

Microwave Casserole Chicken - Yields 4 Servings

1 Package (10-oz) frozen -mixed vegetables

1 tsp. Bouquet sauce

1 can (10 ¾-oz) cream of celery –soup

2 Tbsp Milk

¼ tsp Dry mustard

dash Pepper

2 ½ To 4-lb. broiler-fryer -chicken

2 cups (4-oz.) cooked egg noodles

¼ cup Finely chopped onion

1 tsp Instant chicken bouillon

¼ tsp Salt

***Chicken cooking time: 11-13 ½ minutes per pound.*

Defrost vegetables in package at High, for 2 1/2 to 4 1/2 minutes. Set aside. Place chicken in 3-qt Tupperware colander with cone breast side down. In RNS, melt butter at High for 20-45 seconds. Add bouquet sauce. Brush back of chicken with half of butter mixture.

Microwave in Tupperware colander with cone at High for first 3 minutes. Reduce power to 50% (Medium). Microwave for remainder of first half of cooking time. While chicken is microwaving, combine remaining ingredients in small bowl. Turn chicken breast side up, brush with butter sauce mixture. Arrange noodle mixture around the chicken. Microwave for remaining time, or until chicken is tender, and legs move freely. Stir noodle mixture before serving.

Sloppy Joes - Serves 4-6

1 lb. ground beef

½ cup chopped green peppers

1 cup chili sauce

½ cup chopped onion

¼ cup diced celery

Microwave the beef, onion and green pepper in the 3 qt. Tupperware casserole and colander on high for 6 minutes, stirring twice during cooking. Transfer the meat mixture into the 1 ¾ qt. Tupperware casserole and add the chili sauce, stir to blend. Place the Tupperware cover on top of the 1 ¾ qt. casserole and vent the cover. Microwave on high for 4-6 minutes. Stir after 3 minutes.

Microwave Caribbean Fish Steaks Recipe - Yields 4 Servings

2 Tbsp Lime juice	1 Tbsp Soy sauce
1 Tbsp Liquid honey	1 tsp. Vegetable oil
¼ c Green onion, chopped	2 Garlic cloves, minced
¼ tsp. Ground allspice	¼ tsp. Dried thyme
¼ tsp. Dried ginger	dash Hot pepper sauce
4 Fish steaks [=4 oz ea]	1 Pink grapefruit
¾ tsp. Cornstarch	

In large TW bowl, combine lime juice, soy sauce, honey, oil, half of the onion, garlic, allspice, thyme, ginger and hot pepper sauce. Add fish, turning to coat; marinate at room temperature for 20 minutes, turning once. Reserving marinade, arrange fish in the 1 ¾ Qt. Tupperwave Casserole with cone in middle. Lay fish with thicker portions at outside edge; cover and microwave at High for 3 minutes.

Meanwhile, cut away rind and pith from grapefruit; cut between membranes to release sections. Rearrange fish and top with grapefruit; cover and microwave at High for 2-4 minutes or until fish flakes easily when tested with fork. Let stand, covered, for 3 minutes. Add any juices to marinade; place fish on serving platter.

In 1-cup microwaveable measure, whisk together reserved marinade and cornstarch; microwave, uncovered, at High for 2 minutes or until bubbly and thickened, stirring twice. Spoon over fish; sprinkle with remaining onions.

Microwave Spiced Pork Chops - Yields 4 Servings

2" thick boneless loin, pork chops, trimmed of fat	1 Tbsp lime juice
2 Tbsp chopped fresh cilantro	2 Tbsp unsalted butter

Seasoned Bread Crumbs:

1/3 c dried bread crumbs mixed w/ pinch of cayenne	1 tsp minced garlic
¼ tsp ground cumin	¼ tsp oregano
¼ tsp salt	

Rub pork chops with lime juice and coat with cilantro. In 1 ¾ Qt. Tupperwave Casserole, microwave butter and garlic for 1 ½ minutes or until it sizzles. Dip pork chops in garlic butter, then in seasoned breading. Place in center of pie plate. Sprinkle with remaining seasoned breading, drizzle on butter. Cover and microwave on medium high for 6 minutes. Turn over and rotate and microwave, for 6 minutes longer or until center is no longer pink. Bread crumbs create moist topping.

Microwave Vegetable Quiche - Yields 4 Servings

1 Zucchini, sliced	12 Mushroom, sliced
1 cup Peppers, sliced	1 lb Spinach, cooked and Chopped
4 Eggs, beaten	¾ cup Cheddar cheese, grated
1 cup Mozzarella cheese, grated	½ cup Cream
1 Tbsp Flour	1 Tbsp. Oil
2 tsp Dill, chopped	¼ cup Butter
Paprika	

In 8 cup casserole, combine veggies and butter. Cover and cook at 100% (High) for 5-7 minutes, stirring once midway. Add spinach and set aside. In another bowl, mix egg, flour, cream, oil, salt, pepper and cheddar cheese. Pour over veggies, cover with mozzarella, sprinkle with paprika. Put on a raised rack and cook at 70% (Med - High) for 15-17 minutes. Let stand 5 minutes.

Microwave Ham Quiche - Yields 2 Servings

1/3 cup Shredded mozzarella cheese
2 Eggs
1/4 tsp Salt
2 Tbsp Finely chopped, fully Cooked smoked ham

1 Tbsp. finely chopped green onion (with tops)
1/3 cup Milk
6 Drops red pepper sauce

Cornmeal Quiche Shells:

Mix:

1/3 cup all-purpose flour
1/3 tsp salt

1 Tbsp + 1 tsp cornmeal
1 Tbsp + 2 tsp shortening

Sprinkle quiche shell ingredients with 5 - 6 teaspoons water, tossing with fork until all flour is moistened and pastry cleans side of TW bowl. Gather pastry into ball. Press firmly against bottom and side in casserole cover. Prick bottom and side thoroughly with fork. Place in microwave oven. Microwave uncovered on high (550 watts) 2 minutes; rotate 1/2 turn. Prick any bubbles with fork. Microwave uncovered until pastry appears dry and flaky, 1 1/2 to 3 minutes.

Sprinkle cheese and onion in shells. Beat eggs, milk, salt and pepper sauce with fork; stir in ham. Microwave uncovered on medium heat (385 watts) until warm, 2 to 3 minutes, stirring after 1 minute in 1 1/2 qt. casserole. Stir; pour into shell (in cover). Place in microwave oven. Microwave uncovered on medium high (385 watts) 2 minutes; turn 1/2 turn. Microwave uncovered until center is almost set, 2 to 3 minutes.

Italian Mushroom Omelet

3-tbsp butter or margarine
1-pkg (8 oz) fresh mushrooms, sliced (about 3 cups)
2-tbsp sliced pitted ripe olives
1/2 -cup milk
1/2 -cup shredded Cheddar cheese (2 oz)

2-tbsp chopped green pepper
1-jar (15 1/2 oz) spaghetti sauce
8-eggs
1/8-tsp salt

Sauce:

In 1 3/4 qt casserole, combine 1 tbsp of the butter, mushrooms and green pepper. Cover with lid; microwave on HIGH 3 minutes or until vegetables are tender, stirring once during cooking. Stir in spaghetti sauce and olives. Cover; microwave on HIGH 3 minutes or until hot and bubbling. Stir and set aside.

Omelet:

Place 1 tbsp butter in Tupperware 3 qt. casserole. Cover; microwave on HIGH 20 seconds or until melted. Brush onto sides. In medium TW bowl, beat eggs, milk and salt until well blended. Pour 1/2 of the egg mixture into 3 qt casserole. Cover; microwave on HIGH 2 minutes. With spatula, gently move cooked outer edge of omelet to center, letting uncooked portion flow to edge. Cover; microwave on HIGH 2 minutes or until center is set. Remove omelet to serving plate. Repeat with remaining butter and egg mixture. Spoon about 1/2 cup sauce in center of each omelet; fold omelet in half. Top with more sauce and cheese. Serve with remaining sauce. Makes 4 servings.

No -Turn Omelet

1/2 lb. sausage, browned
3 slices bread (torn up)
1/2 c. shredded cheese
1 c. milk (scant)
3 eggs, beaten

1 1/2 t. dry mustard
1/4 c. chopped green pepper (optional)
1 T. onion flakes
1/4 c. chopped onion (optional)

Mix all together and put in the 1 3/4 qt casserole. Cook in stack cooker for 25 minutes on high and let sit 5 minutes before serving.

PIZZA PULL APART

½ lb. ground beef	¼ c. chopped onion
½ c. chopped green pepper	½ - ¾ c. pizza sauce
1 pkg. (10 count) refrigerator biscuits	1 c. shredded cheddar cheese

Microwave the beef, onions and green pepper on high 6 minutes, using the 3qt. Tupperwave casserole and colander. Stir twice during cooking. Place the meat mixture in a bowl and add the pizza sauce. Stir to mix well. Place the Tupperwave cone in the center of the stack cooker cover and spread the meat mixture in the bottom of the lid. Place the biscuits on top of the beef mixture in a circle. Microwave on high for 4-6 minutes. Let set for 3 minutes. Invert onto a serving plate and sprinkle the cheese on top.

Hash Brown Potato Bake

2 c. frozen hash browns	¼ c. shredded cheese
3 oz. cream cheese, softened and cut up	½ c. milk
¼ t. garlic powder	¼ c. crushed corn flakes
¼ t. paprika (optional)	

Rinse potatoes with cold water until thawed. In 3 Qt. Casserole combine potatoes, cheese, cream cheese, milk, garlic powder. Sprinkle on corn flakes after cooking (and paprika if wanted). Cook in stack cooker for 25 minutes on high and let sit 5 minutes before serving.

Mexican Lasagna

1 lb ground beef	1 pkg taco seasoning
8 - 6 inch corn tortillas	1 cup salsa
1 - 8 oz can tomato sauce	1 - 11oz can whole kernal corn, drained
1 - 4oz can sliced black olives, drained	1 - 4oz can mild chiles, drained
2 cups grated monterey jack cheese	

Cook ground beef in the stack cooker & colander or the oval microwave cooker. Transfer meat to base of stack cooker or oval micro cooker, add taco seasoning and 1/2 cup water. Cook on high for 3 minutes. In Rock 'N Serve Large shallow, place 4 tortillas overlapping to cover the bottom. Mix the salsa and tomato sauce together. Top the tortillas with 1/2 of meat, corn, olives, and chiles. Pour 1/2 the sauce mixture over all, and top with 1/2 of the cheese. Repeat the layer one more time, starting with the tortillas and finishing with the cheese. Cover, vent and cook for 15 minutes. Enjoy!

Lazy Person's Complete Breakfast

1 slice Bread -- cubed	1 each Egg
¼ cup Milk	¼ cup Ham -- chopped
1 dash Worcestershire sauce	2 Tbsp Cheddar cheese -- shredded
¼ teaspoon Dry mustard	1/8 teaspoon Salt

Combine all ingredients in the 3qt Tupperwave casserole. Mix well. Cover with lid. On MEDIUM HIGH (80%) power - microwave for 4 ½ to 5 ½ minutes. Halfway through cooking time, turn dish so that back in now facing front of microwave. Let stand, covered for 30 to 60 seconds to finish cooking. For a complete nutritional breakfast serve with fresh fruit or fruit juice. You can fix this the night before and refrigerate for a quick meal in the morning - but lengthen cooking time since the ingredients will be cold.

Pita Pizza

1 can (10 ¾ oz) Condensed Creamy Onion Soup/Dip	2 Tbsp milk
2 Tbsp chopped fresh parsley	1 clove garlic, minced
6 pita bread rounds (6-inch), split horizontally and toasted	1/3 cup roasted red pepper cut into strips
1/3 cup sliced pitted ripe olives	1 cup shredded mozzarella cheese (4 oz)

In 1 ¾ quart casserole, stir soup until smooth. Stir in milk, parsley and garlic until well blended. Cover with lid; microwave on HIGH 3 minutes or until very hot, stirring once during cooking. Spread heaping Tbspful of soup mixture over each pita half. Top with some of the pepper strips, olives and cheese.

Arrange pita halves in the 3qt casserole. Microwave, uncovered, on HIGH 1½ minutes or until cheese is melted. Repeat with remaining pizzas. Makes 12 appetizer servings.

Note: If you don't need this quantity all at once, simply store toasted pita halves in an TW container at room temperature and refrigerate toppings and soup mixture, covered, up to 3 days. You can assemble and microwave the pizzas in minutes. Although you keep cheese in the refrigerator, it tastes better at room temperature. To bring it to eating temperature, wrap 2 ounces or more in waxed paper and microwave on HIGH checking every 10 to 15 seconds .

Enchiladas

1 lb. Ground Beef or ground chicken	1 pkg. Corn or Flour Tortillas
1 pkg. Taco Seasoning	1 Can Enchilada Sauce
Mixed Cheese (Cheddar & Jack)	
<u>Optional:</u>	
1 med. Onion (chopped)	1 Can Olives (chopped)

Brown ground beef in TupperWave Stack Cooker & colander at 6 Min. per. pound. Stopping half way through to break up with a large spoon. Add taco seasoning into meat, the onions may be added now or at the end. Place the Tortillas into a dishtowel & microwave for 1-2 Min. to soften. Leave the tortillas in the dishtowel to keep warm. Pour the enchilada sauce into the lid of the TupperWave Stack Cooker & dip each tortilla into the sauce & spoon the beef mixture inside. Roll up. Place in Large shallow Rock N Serve. Continue until the tray is full. Sprinkle with extra sauce if desired & add Cheese. Onions & olives may be sprinkled across the top if desired. Microwave for 3-4 Min.

**Above was posted on 5/27/2003 11:46 PM by jandrews on the TW provided board.*

Hot Kielbasa Dip

1 (8 oz.) pkg. cream cheese	1/3 c. sour cream
1/3 c. milk	1 tbsp. mayonnaise or salad dressing
1/2 tsp. Worcestershire sauce	8 oz. kielbasa, finely chopped
1/2 c. green onions, sliced	1/4 c. grated Parmesan cheese

In 1 ¾ quart casserole or RNS, cook cream cheese on HIGH about 1 minute or until soft. Stir in sour cream, milk, mayonnaise, and Worcestershire sauce. Add the kielbasa, half of the onion and Parmesan cheese; stir. Cook, uncovered on HIGH 3 to 4 minutes or until heated through, stirring once. Sprinkle with remaining onion. Serve with crackers, vegetables or rye bread. Makes 2 1/2 cups.

Microwave Sausage, Beer and Sauerkraut Casserole

3 Tbsp. unsalted butter	2 slices bacon, cut into 1 inch pieces
2 onions, quartered and cut into 1/8 inch pieces	1 tsp. caraway seeds
3 lbs. sauerkraut, drained	1 cup beer
2 lbs. cooked kielbasa sausage, pricked with a fork	

Combine the butter and bacon in 1 ¾ qt. casserole. Microwave uncovered 1 minute on high, or until butter is melted. Stir in onions and caraway seeds. Cover and microwave 5 minutes on high, or until onions are softened. Add sauerkraut and beer and stir with a fork to separate sauerkraut. Cover and microwave on high 20 minutes, or until most of the liquid is absorbed. Bury kielbasa into sauerkraut mixture. Cover and microwave 15 minutes on high or until hot.

Bacon-Topped Cheese Soup - Yield: 9 Servings

6 Slice Bacon, chopped	1/2 Tsp Salt
1/2 Cup Celery, finely chopped	1/4 Tsp Pepper
1/2 Cup Carrot, finely chopped	2 Cup Half-and-half
1/2 Cup Onion, finely chopped	1 Cup Milk
1/2 Cup Green pepper, finely –chopped	1 Can Clear chicken broth, 14 oz
2 Cup Cheddar cheese, shredded	1/3 Cup All-purpose flour

Place bacon in a 3 qt. casserole; cover and microwave at HIGH 6 to 9 minutes or until done. Remove bacon with a slotted spoon, reserving drippings in casserole; set bacon aside. Add vegetables to drippings; microwave at HIGH 6 to 8 minutes or until tender. Blend in flour, salt, and pepper; stir well. Gradually stir in half-and-half, milk, and chicken broth. Cover and microwave at HIGH 7 to 11 minutes or until thickened and bubbly, stirring at 2 minute intervals. Add cheese, stirring until melted. Cover and microwave at MEDIUM 2 minutes. Top each serving with bacon.

'Corny' Chicken - Yield: 6 Servings

2 Tbl Butter (or margarine)	1 Cup Green pepper, finely chopped
1 Can Cream style corn, Snipped	3 Cup rice, Cooked -parsley
1 Can Chunk chicken, (12 1/2 oz)	

Place butter in a 3 quart casserole. Microwave at high (100%) until melted, 30 to 45 seconds. Add green pepper. Cover. Microwave at high (100%) until tender crisp, 2 to 3 minutes. Add rice, chicken (flake with fork into rice). Stir in corn. Sprinkle snipped parsley over top. Cover. Microwave at medium high (70%) until heated through, 6 to 8 minutes. Makes 6 servings.

Cheese Ring

1 lb cheddar cheese, cut in chunks	1 lb monterey jack, cut in chunks
1 lb velveeta mexican cheese, cut in chunks	

Put all cheese in RNS or Tupperwave casserole and melt in microwave. Pour melted cheese into Jel-ring mold and then refrigerate for 4-5 hours. Serve with crackers. You can substitute cheese types.

Bacony Chicken Wings - *You can serve these as a party appetizer or a family snack.*

8 chicken wings	4 tablespoons catsup
2 tablespoons dry sherry	3 tablespoons Gravy Master
3 to 4 drops sesame oil	2 garlic cloves, finely minced
8 slices bacon, cut in half crosswise	

Remove wing tips and save for soup or other uses. Cut each wing at the joint to make 2 pieces. Place in shallow TW bowl. Combine catsup, sherry, Gravy Master, sesame oil and garlic. Mix well and pour evenly over chicken wings to coat well. Cover and refrigerate 20 minutes. Remove chicken from marinade. Wrap each wing piece with a bacon strip, securing with wooden toothpicks. Place chicken in one layer in 1 ½ qt. Tupperwave casserole. Cover loosely and cook on HIGH 5 or 6 minutes, turning once, until bacon is crisp. Drain on paper towels. Makes 16 pieces.

Microwave Corn Pudding

2 cups milk	1/4 cup (4 ounces) melted butter or margarine
1/2 cup yellow cornmeal	1 tablespoon sugar
1/2 teaspoon salt	4 large eggs, beaten
several dashes Tabasco or other hot sauce, or to taste	1 can (11-15 oz) Mexican-style corn, drained
1 1/4 cups French fried onions, divided	4 oz shredded Cheddar cheese (1 cup)
1/2 teaspoon baking powder	

Combine milk, melted butter, cornmeal, sugar, and salt in a 3-quart Tupperwave Casserole. Whisk well, cover, and microwave on high for 8 minutes, or until mixture is thick and most of the liquid is absorbed. Whisk twice during cooking. Combine eggs, Tabasco, 3/4 cup fried onions, cheese, and baking powder in a TW bowl. Stir egg and cheese mixture into the cornmeal mixture. Microwave uncovered at 50% power (medium) for 5 minutes, or until knife inserted in center comes out clean. Sprinkle with remaining fried onions (1/2 cup). Microwave for another 1 minute at 50% power. Serves 4 to 6 as a side dish.

Microwave Shrimp Barbecue

½ cup butter	½ cup olive oil
1 tablespoon soy sauce	juice of 1 lemon
2 bay leaves	1 tablespoon black pepper
¾ teaspoon cayenne pepper	½ teaspoon paprika
1/8 teaspoon rosemary	1/8 teaspoon thyme
1/8 teaspoon oregano	2 pounds unpeeled large shrimp
1 ½ teaspoons salt	

Combine all ingredients except shrimp and salt in TW Stack Cooker. Microwave on high (100%) for 2 to 3 minutes, until butter is melted. Add shrimp; mix to coat. Microwave on high (100%) for 8 to 9 minutes or until shrimp are tender, stirring a few times. Stir in salt and serve with French bread. Serves 4.

Aimee's Chicken Fajitas

2 large chicken breasts, cut into thin, bite-size strips
1/2 green bell pepper strips
1/2 small onion, cut into thin strips
2 Tbsp Fajita Seasoning
1-2 Tbsp water

4 Seven inch flour tortillas
1/2 cup cheddar cheese
1 cup shredded lettuce
Sour cream, salsa and other toppings

Slice chicken, bell pepper and onion into strips. Put into Tupperware casserole & sprinkle fajita seasoning mix over chicken, bell peppers and onion strips (not necessary to add water). Cover and cook in microwave for 13 minutes at medium power (times may vary with microwaves). For best results check after 8 minutes until you are familiar with this recipe. Serve with warm flour tortillas, grated cheddar cheese, lettuce, sour cream, and salsa.

CREAMY CRAB DIP

6 tbsp. butter
1 clove garlic, minced
2 (3 oz.) pkgs. cream cheese, cut into cubes
1/4 tsp. hot sauce
2 (6 oz.) pkgs. frozen crabmeat, thawed, drained, and flaked

1/4 c. chopped onion
2 tbsp. chopped fresh parsley
1-2 tsp. Worcestershire sauce
1/8 tsp. salt

Place butter in 3 quart casserole. Microwave at high for 45 seconds or until butter melts. Add onion, garlic, and parsley; cover. Microwave at high for 2 1/2 to 3 1/2 minutes or until onion is tender. Add cream cheese; cover and microwave at high for 1/2 to 1 minute stirring once. Stir in Worcestershire sauce, hot sauce, and salt; mix well. Gently stir in crabmeat. Microwave at high for 1 1/2 to 2 1/2 minutes or until thoroughly heated. Serve on crackers. Yield: 2 cups. Dip may be made ahead and chilled. Serve hot or cold.

Honey Corn Bread Ring

1 cup flour
3/4 cup milk
1/4 cup shortening
2 teaspoons baking powder

1 cup cornmeal
1/3 cup honey
2 large eggs

Combine all ingredients, stir just until blended. Pour into lightly greased 3 qt casserole with cone. Place in microwave and microwave at high for 8 minutes, rotating 1/2 turn after half the cooking time. Let stand 5 minutes before serving.

Stack Cooker Taco Fixings and a Dessert Cake

Taco Fixings

1 LB ground beef
1 package taco seasonings
lettuce, diced
Bag of chips or tortillas (Chips work better at parties.)

1 (8 oz) can of tomato sauce
1 medium tomato, diced
Cheddar cheese, grated

Cook the ground beef in the colander with the 3 qt to catch the drippings and the cover on top to catch the spatter for only 4 minutes. Place meat in the 1 3/4 qt (middle of stack cooker) and mix with seasonings and can of sauce, rinse can with water and add to mixture (less than half a can). Mix and stick back in microwave for 2 more minutes. Serve with salsa.

Salsa Recipe:

Tomatoes, diced
Onion, diced
1 jalapeños, diced
garlic, diced
dash salt
pepper and cilantro if desired.

A great dessert to make together is the:

Black Forest Cake

1 box chocolate cake mix
1 can cherry pie filling
3 eggs

Mix above ingredients together and cook in stack cooker with cone for 10-12 minutes.

STACK COOKER CAKES & DESSERTS

Death By Chocolate I

1 Chocolate Cake Mix
2 large Instant Chocolate Puddings
2-12 oz containers of Cool Whip
4 Heath Bars

Directions:

Mix cake in the Mix n stor pitcher plus using directions on package. Pour into the 3 qt Tupperware casserole with the cone in. Microwave cake for 10 minutes on high, turn after 5 min.(oven wattage varies so experiment with time) Let cake cool 10 min before turning out. Mix pudding in the mix n stor pitcher plus, using directions on package. Layer in Thatsa Bowl: ½ of cake crumbled, 1 box of pudding, 1 container of Cool Whip, 2 Heath Bars, chopped. Repeat layers. Seal Bowl and refrigerate. Use ice cream scoop to scoop out of Thatsa Bowl to serve. Great with Ice Cream

Death By Chocolate II

1 Chocolate Cake Mix
1 Cup Chopped Walnuts (optional)
2 Eggs
1 Chocolate Pudding Mix
1 Cup Milk
1 Bag Chocolate Chips

Mix all ingredients together except the chips in the Mix 'N Store. Place the chocolate chips in the bottom of the 3 quart TUPPERWAVE casserole dish with the cone. Pour the cake mixture on top of the chips, microwave on high for 13 minutes. Rotate one time if not using a carousel.

Pineapple Angel Delight

1 Angel Food Cake Mix (one-step)
1 Medium Can Crushed Pineapple

Combine cake mix (dry) and crushed pineapple. Pour into TUPPERWAVE 3 Qt. with cone. Cook on high for 10 minutes. Let stand for 5 minutes. Invert onto serving dish and let cool before serving

So Simple Chocolate Cake

1 Chocolate Cake Mix
1 can cherry pie filling

3 Eggs

Mix ingredients in Mix-N-Store plus pitcher then pour into 3qt. Tupperwave dish with cone in place. Let stand for 10 minutes. Microwave 12 minutes on high, turning 1/4 turn every 4 minutes.

Frosting

1 cup chocolate chips
1 cup sour cream

Melt chocolate chips in 3/4qt. Tupperwave cover, then stir in sour cream. Drizzle over cake.

Easy Cake

1 Pkg. Cake Mix - Any Flavor 1 Can Pie Filling - Any Flavor 3 Eggs

Mix dry cake mix, pie filling and 3 eggs. Pour into 3 Qt. TUPPERWAVE with cone. Microwave on 80% power for 18 minutes. Cool and invert onto cake taker/dish.

German Chocolate Cake

1 German Chocolate Cake Mix (made as directed) 1 Can Coconut Pecan Icing

Spread icing in the bottom, sides and up the cone of the 3 Qt. TUPPERWAVE casserole. Pour prepared cake mix from the Mix 'N Store on top of the icing. Microwave on high for 11 minutes. Let stand a few minutes and invert onto cake taker.

Easy Layer Cake

Cake Mix of Choice Frosting of Choice

Mix cake mix according to package directions. Pour half of the batter into the 3 Qt. TUPPERWAVE Casserole and the other half in the 1-3/4 Qt. TUPPERWAVE Casserole. Microwave one at a time 4-5 minutes on high power. Layers are ready to frost...can use Gourmet Decorator with the cakes inverted onto the cake taker using the Eggceptional Server as a pedestal base

Turtle Cake

1 Pkg. Chocolate Cake Mix
1 Cup Water
1 Cup Chopped Pecans

1 Cup Sour Cream
3 Whole Eggs
1 Jar Caramel Ice Cream Topping

Place pecans around the cone in the TUPPERWAVE 3 Qt. casserole. Mix together the cake mix, sour cream, water and eggs. Pour cake mixture on top of pecans. Then top the cake mixture with 2/3 cup of caramel topping. Do not let the caramel touch the sides. Microwave on medium for 9 minutes.

Microwave on high for 8 minutes.

Pineapple Upside Down Cake

½ Cup Butter
1 Large Can Crushed or Sliced Pineapple
2 Eggs
½ Cup Brown Sugar
1 Box Yellow Cake Mix

Melt butter in 3 Qt. TUPPERWAVE Casserole. Put in cone and spread brown sugar around the cone. Drain pineapple and save the juice. Place the pineapple in casserole around cone. Mix together cake mix, pineapple juice and eggs. Pour over brown sugar/pineapple mixture. Microwave for 9 minutes on high. Cool and invert.

Easy Dessert Recipe (in the 1 3/4 qt. casserole)

Place in casserole in the following order:

1 16 oz. can crushed pineapple
½ box yellow cake mix
½ C. shredded coconut
1 ½ C. mini marshmallows
¼ C. margarine or butter melted
½ C. pecans

Microwave on high for about 12 min. Serve warm or cool; plain or with whipped topping

Reese's Cake

1 box choc cake mix
3 eggs
16 oz sour cream

Mix all together, very sticky but it works. Take mini-reeses peanut butter cups and cut into ½'s. Put ½ batter in 3 qt w/cone. Put as many Reese 1/2 's as you can around cone but don't touch the cone or the sides. Put rest of cake mix. Let set 5 minutes. Microwave on high for 12 minutes. Let set a bit before you invert it. ENJOY!!

Snicker Cake

28 caramels
2 Table. Butter
1 c. water
1 c. pecans, finely chopped
1(15oz) can sweetened condensed milk
1 (18oz) pkg chocolate cake mix
3 eggs

Combine caramels, milk, and 1 table. Butter in 1 3/4 casserole. Microwave for 4 minutes at 100% power, stirring once. Combine in the MIX N STORE the cake mix, water, eggs, and remaining 1 Table butter. Beat well. With cone in place spread half the batter in the 3 qt. Casserole. Top with caramel mixture and sprinkle with pecans. Spread remaining batter then microwave 8-10 minutes at 100% power. Rotate half way through. Cool 10-12 min. Turn out onto the CAKE TAKER.

Strawberry Delight Cake

1 Box strawberry cake mix
1 can strawberry pie filling
3 eggs slightly beaten

Mix together just until cake mix is all moistened evenly. Pour batter into pan and let set 5 minutes. Place in microwave on high for 12 minutes (works best on a turntable, or turn ¼ turn every 3 minutes). Remove from pan after cooling for 5 minutes. (Try this with Cherry cake mix and cherry pie filling...pineapple cake mix and pineapple pie filling...spice cake mix and apple pie filling...banana cake mix and 2 cups mashed rip bananas (add nuts if desired.)

Monkey Bread

3 Cans 10-count Biscuits
1 Cup Light Brown Sugar
1 Stick Margarine

1 Cup Sugar
1 Tsp. Cinnamon
½ - 1 Cup Chopped Nuts (optional)

Cut biscuits into quarters & place in Thatsa Bowl. Mix 1 cup sugar, ½ cup brown sugar, cinnamon and nuts. Pour over biscuits. Seal bowl and shake until well coated. Place cone in 3 qt. TUPPERWAVE casserole and place biscuits around cone. Melt margarine and ½ cup brown sugar. Mix well and pour over biscuits. Cover and microwave on high 7-10 minutes. Let stand 5 minutes. Invert on tray & serve, pulling apart in sections.

Pumpkin Bread Cake

1 - 16 oz can solid pack pumpkin
1 small can evaporated milk (5 oz)
3 eggs
½ cup sugar

1 tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground cloves
½ to 1 cup chopped nuts

LIGHTLY HAND MIX ONLY JUST UNTIL MOIST! (DO NOT USE MIXER OR BEAT BY HAND) Spoon evenly in 3 qt Tupperwave with cone insert. Be sure all air bubbles are popped. Microwave on high for 14 minutes (rotate ¼ turn every 3 ½ minutes) Bread is done when sides pull away from pan and top is mostly dry. Twist cone to loosen before inverting onto servicing dish. Remove from pan in 5 minutes.

Graham Streusel Coffee Cake

Topping

1 cup graham cracker crumbs
1/3 cup packed brown sugar
1 teaspoon cinnamon
1 pkg(9oz) (1 layer size like Jiffy) yellow cake mix prepared according to box directions

1/3 cup butter
1/3 cup chopped nuts(optional)

Glaze

1 cup powdered sugar
1-2 Tbsp. milk

Combine graham cracker crumbs, butter, sugar, nuts and cinnamon in small round 2 ½ cup Rock 'N Serve; heat on medium for 1-2 minutes in microwave. Stir to blend. Spread half of this topping mixture on bottom of 3 qt. Tupperwave casserole with cone. Prepare cake mix according to directions. Pour half of cake batter on top of topping mixture. Pour remaining topping mixture on top of cake batter. Pour remaining cake batter on top of topping mixture.

Cook on medium (50%) for 6 minutes. Cook on high for an additional 3-5 minutes. Cool for 5 minutes and invert on serving platter. Combine powdered sugar and milk to make glaze and drizzle over coffee cake. Enjoy!

Cherry Chocolate Cake *

Chocolate Cake Mix

1 Can cherry pie filling
3 eggs

Top with fudge frosting, whipped topping, grated chocolate, or more cherry pie filling.

Luscious Lemon *

Lemon or White Cake mix

1 can Lemon pie filling

3 eggs

Top with a lemon glaze and whipped topping

Pumpkin Carmel *

Spice Cake mix 1 can solid pumpkin
3 eggs ½ tsp. Cinnamon, optional
Drizzle with carmel ice cream topping and top with whipped topping! A sprinkle of cinnamon sugar is nice too.

Raging Red Raspberry *

White or chocolate cake mix 1 can raspberry pie filling 3 eggs
topped with whipped topping and grated chocolate (white or reg.) and nuts

Apple Cinnamon Spice *

Spice Cake Mix 1 can apple pie filling 3 eggs
drizzle with carmel. Top with ice cream or whipped topping.

Banana Banana *

Banana Cake Mix 3 eggs
1 Can banana cream pie filling or 14oz. mashed bananas
Glaze with powdered sugar glaze and chopped walnuts

Carmel Apple *

Carmel or butter peacan cake mix 1 can apple pie filling 3 eggs
top with cinnamon ice cream

Fantastic, Quick Chocolate Cake * - (4 ingredients)

Chocolate cake mix 16 oz sour cream 3 eggs
½ cup chocolate chips Sprinkle with powdered sugar
(For a really fancy final touch, fill center with strawberries!)

*With the above recipes - follow these instructions.

Mix eggs and pie filling in Tupperware bowl. Add cake mix and blend well. Pour batter into 3 qt. Tupperware with cone and microwave on high for 8-13 minutes (depending on the watts in your mw - if you have a higher wattage you will cook it for less time, ie: 1000 or more watts = 8 minutes cooking time). Let cake cool and invert onto a plate or tray or cake taker, and top with icing or whatever recipe calls for.

Cherry or Blueberry Upside Down Cake

1 Box White Cake Mix 1 Cup Water
3 Tbsp. Margarine 1 Can Cherry or Blueberry Pie Filling
3 Eggs ¼ Cup Oil
1 Cup Packed Brown Sugar

Melt margarine at 30% power for approximately 2 minutes in bottom of 3QT. TupperWave casserole dish with cone inserted. Mix brown sugar into melted margarine. Spread ½ can of pie filling over brown sugar mixture. Combine cake mix, eggs, water and oil. Pour ½ of the batter over the pie filling mixture. Bake 7 minutes on 100% power. Rotate twice if there is no turntable. Spread the other ½ of the pie filling over the baked cake. Pour remainder of the batter over the pie filling. Cook an additional 7 minutes at 100% power, rotating as necessary. Let stand about 4 minutes and check for doneness. If necessary, place cake back in microwave for 30 seconds intervals until done. Cool cake 5 minutes before inverting on cake plate.

Microwave Chocolate Turtle Cheese Cake - *Yields 12 Servings*

4 Tbsp Margarine	1 c Pecan pieces
1 tsp Vanilla	1 ¼ c Graham cracker crumbs
16 oz Cream cheese	2 Eggs
14 oz Caramel candies (36 Brachs)	1 cup Chocolate chips, divided
2 Tbsp Milk	½ cup Evaporated milk
½ cup Sugar	12 Pecan halves

Put margarine in the 3 qt. casserole dish. Microwave on HIGH 40 seconds, until melted. Stir in crumbs and pat on bottom of pan. Put caramels in the 1 ½ qt. casserole with evaporated milk. Microwave on HIGH 2-3 minutes, until melted. Pour on crust and press pecan pieces into it. Refrigerate and clean your 1 ½ qt casserole out for use again.

Put cream cheese in the 1 ½ casserole dish with ½ cup chocolate chips. Microwave on 50% (Medium) for 3-3 1/2 minutes, until cheese is softened and chips are melted. Add sugar and vanilla; blend till thoroughly combined. Add egg and blend. Pour on top of caramel layer in cake pan. Rotating twice during baking, microwave on 70% (MDM-HIGH) 10-11 minutes, until center still jiggles slightly. Cool and refrigerate. Clean 1 ½ qt. casserole again.

Combine remaining chips and 2 tablespoons milk in the 1 ½ qt. casserole. Microwave on HIGH 1-2 minutes, until chips are melted. Stir until smooth and spread on top of cheesecake. Top with pecan halves. NOTE: Assembled cheesecake can be baked in a 350F pre-heated conventional oven for 40 minutes.

Apple Fudge Brownies

½ cup butter or margarine	2 squares (1 oz each) unsweetened chocolate
1 cup brown sugar	½ cup applesauce
2 eggs	1 tsp vanilla extract
1 cup all purpose flour	½ tsp baking powder
¼ tsp baking soda	1 cup chopped apple (small apple should do)

Set power select on High. In 3 qt Tupperwave casserole, heat butter and chocolate 1 - 2 minutes or until melted. Stir in sugar, applesauce, eggs and vanilla. Gradually add flour, baking powder and soda; stir in apple. Set power select at medium. Heat 10 to 12 minutes. Let stand, covered, 5 minutes, cool uncovered, 10 minutes. Store, covered, until ready to serve. Yield: 16 brownies.

Microwave Lemon Chiffon Pie Recipe - *Yields 8 Servings*

1 Envelope unflavored gelatin	½ c Sugar
½ tsp Salt	1 - 16 oz Can sliced peaches, undrained
Water	1 cup Icy cold evaporated milk, -whipped
1 - 6 oz Can frozen lemonade concentrate, undiluted	1 - 10" graham cracker crust

In a 1 ½ -quart Tupperwave casserole dish, mix gelatin, sugar and salt. Drain liquid from peaches into a glass measuring cup and add enough water to peach liquid to make ¾ cup. Add liquid mixture to gelatin mixture.

Heat gelatin mixture in microwave 3 minutes or until gelatin is dissolved. Stir every 45 seconds. Add undiluted lemonade concentrate to hot gelatin mixture. Chill in refrigerator until mixture mounds slightly when dropped from a spoon.

While lemonade mixture is chilling, whip chilled evaporated milk until stiff peaks form. Fold whipped evaporated milk into chilled gelatin mixture. Pour all into the crust and chill until ready to serve. Top with sliced peaches if desired.

Microwave Coffee Cake

1 ½ c. Bisquick
½ c. milk
2 Tbsp. cooking oil

¼ c. sugar
1 egg

Topping:

1/3 c. Bisquick
2 Tbsp. butter
¼ c. chopped nuts

1/3 c. brown sugar
1 tsp. cinnamon

In TW bowl, mix Bisquick and sugar. Add milk, egg and oil; beat by hand mixing well. In separate TW bowl, blend Bisquick, sugar, cinnamon and butter until crumbly. Sprinkle over coffee cake before you cook. Grease 3 qt casserole and cone. Cook on High for 5 to 7 minutes. Rotate every 1 minute and 35 seconds.

Frosting: Blend ¾ cup powdered sugar and 1 tablespoon milk in Quick Shake; drizzle over coffee cake while still warm.

ORANGE CRUMBLE CAKE

2 cups flour
1/2 cup margarine
2 teaspoons baking powder
1 cup orange juice

1 cup sugar
2 teaspoons cinnamon
2 eggs

Combine flour, sugar and margarine until mixture is like cornmeal. Combine 1 cup of crumb mixture with cinnamon; reserve for topping. Add baking powder to remaining mixture; blend well. Beat eggs with orange juice. Mix lightly into crumb mixture. Pour into lightly greased 1 ¾ Tupperwave casserole with cone. Sprinkle top with cinnamon crumbs. Bake in microwave, full power, for 4 minutes. Turn half way around. Bake another 4 minutes. Serve warm or cool.

Stack Cooker Strawberry Mousse

1 pint fresh strawberries, rinsed and hulled
2 Tbsp. milk
1 container (12 oz) extra-creamy-style frozen whipped topping, thawed
1 or 2 drops red food coloring, optional
Mint sprigs for garnish, optional

1 pkg. (6 oz.) white chocolate baking pieces

Reserve some small berries for garnish. Coarsely chop remaining berries and set aside. In a TupperWave 3-Qt. Casserole, place baking pieces and milk. Microwave on Medium-High (70% power) 1 ½ to 2 ½ minutes until beginning to melt. Using an E-Series Whisk, stir well to combine. Let cool slightly then add chopped strawberries and mix well. If desired, reserve about ½ cup whipped topping to use as garnish. Using a Double-Sided Spatula, fold remaining topping, and if desired, food coloring into strawberry mixture. Divide mixture evenly into Impressions Dessert Cups. Chill until ready to serve. To serve, if desired, garnish each with about 1 Tbsp. of the reserved whipped topping, a reserved berry and a mint sprig. Makes 4 servings.

Microwave Pumpkin Coffee Cake

1/3 C. margarine or butter	1/2 C. brown sugar
1/3 C. white sugar	1 1/4 C. all-purpose flour
3/4 tsp. pumpkin pie spice	1/2 tsp. salt
1/4 C. pecans or walnuts, chopped	1/4 tsp. ground cinnamon
1/2 tsp. baking powder	1/4 tsp. baking soda
1/4 C. sour cream	
1/2 C. pumpkin; cooked, drained and mashed, or canned	

For the Glaze:

1/4 C. powdered confectioner's sugar	1 tsp. margarine or butter, softened
1 tsp. milk (approximately)	

In a 2-quart microwave-safe dish such as the Rock 'n Serve or the 1-3/4-quart Stack Cooker, melt 1/3 cup margarine or butter on high power for 30 to 45 seconds or until melted; stir in brown and white sugars. Lightly spoon flour into the 1 Cup and 1/4 Cup measuring cups and level off. Mix flour, pumpkin pie spice and salt (using the measuring spoons) into the melted margarine until crumbly. Remove 1/2 cup of the mixture to small bowl; add nuts and cinnamon. Mix well; set aside.

To the remaining mixture add baking powder, baking soda, sour cream, pumpkin and egg. Beat until smooth. Place the cone in the center of the 3-Qt. Stack Cooker, and pour the batter into it (don't grease it first!). Sprinkle with the 1/2 cup of reserved flour and nut mixture. Microwave on medium for 8 minutes, rotating dish 1/4 turn halfway through baking if your microwave doesn't have a turntable. Microwave on high for 3 1/2 to 5 1/2 minutes, or until cake pulls away from sides of dish, rotating dish once halfway through baking if required. Let stand 5 minutes on flat surface.

In a small bowl, combine powdered sugar, 1 tsp. margarine or butter, and just enough milk for the desired drizzling consistency. Drizzle glaze over coffee cake. Serve warm or cold.

Rummy Microwave Pumpkin Spice Cake

2 large eggs	1 cup brown sugar, firmly packed
1/2 cup white sugar	3/4 cup cooking oil
1 cup canned pumpkin	1 tsp. vanilla extract
1/4 tsp. rum flavor	2 cups all purpose flour
1 tsp. salt	1/2 tsp. baking powder
1/2 tsp. baking soda	1/2 tsp. cinnamon
1/4 tsp. nutmeg	1/4 tsp. ginger
1/4 tsp. allspice	1/4 cup milk

Glaze:

1/2 C. powdered confectioner's sugar	2 tsp. margarine or butter, softened
2 tsp. rum, approximately	

Measure ingredients using Tupperware's measuring cups and measuring spoons. Beat eggs in large Thatsa™ Bowl. Beat in sugars and oil. Stir in the pumpkin, vanilla and rum extract. Stir in all remaining ingredients just until smooth. Lightly oil a 3-quart Stack Cooker and its cone. Sprinkle with sugar; remove excess. Place cone in the Stack Cooker and pour in the cake batter. Cook on high power for 9 1/2 to 10 1/2 minutes, or just until toothpick inserted in center comes out clean. Rotate dish once during cooking if your microwave does not have a turntable. Cool 30 minutes before inverting onto serving platter. Mix powdered sugar and margarine or butter. Add enough rum (you may substitute milk with a few drops of rum flavoring) so you can drizzle it over the cake.

CANDIES & SAUCES

Peanut Clusters

2 Blocks White Almond Bark
½ Cup Chocolate Chips
6 oz. Dry Roasted Peanuts

Melt white almond bark in TUPPERWAVE 3 Qt. casserole and melt in microwave at 50% power for 2-4 minutes. Stir twice, add chocolate chips and stir until melted. Add peanuts and stir. Using plastic spoon, drop by teaspoon onto wax paper and cool.

Puppy Chow - *This is very rich!!*

1 (12 oz) box Crispix cereal
1 lb powdered sugar
1 stick butter
1 c smooth peanut butter
1 (12oz)pkg chocolate chips

In 3qt Tupperwave casserole microwave chocolate chips, butter, & peanut butter at 50% power for 4-6 minutes. Stir until blended. Pour cereal into THATSA BOWL then pour melted mixture over cereal and stir to coat. Pour in powdered sugar. Seal and shake until coated. Store in MODULAR MATE 3.

Chocolate Crunch

1 6 Oz. Pkg. Butterscotch Chips
1 Cup Salted Peanuts
1- 6 Oz. Pkg. Chocolate Chips
1 Cup Rippled Potato Chips

Melt butterscotch and chocolate chips in 3 Qt. TUPPERWAVE casserole at 50% power for 4-6 minutes, stirring occasionally. Stir in peanuts and potato chips. Drop by teaspoon onto wax paper. Cool until set. Freezes well.

Haystacks

1 6 Oz. Pkg. Butterscotch Chips
½ Cup Peanuts
½ Cup Peanut Butter
1 4-1/2 Oz. Can Chow Mein Noodles

Place chips and peanut butter in 1 ¾ Qt. TUPPERWAVE casserole and cover. Microwave at 50% power for 3-5 minutes. Blend in peanuts and noodles. Drop by fork on wax paper. Freezes well.

5-Minutes Caramel Sauce

½ cup butter
½ Pint (1 cup) Heavy Cream
1 Cup Firmly Packed Brown Sugar
1 Cup Pecan Pieces (optional)

In TUPPERWAVE 1 Qt. Pitcher, place butter and sugar. Microwave on high 2 - 2 ½ minutes, stirring once during cooking until butter and sugar are melted and mixture is bubbling. Remove from microwave and stir in cream. Microwave on high 2-3 minutes until mixture is bubbling rapidly. Stir. If desired, stir in pecans. Serve over ice cream or use without pecans added as a fondue served with cut up fresh fruit, pound cake or angel food cake. Refrigerate with matching cover. Will keep about 3 days. To reheat, microwave uncovered on high for 1 - 1 ½ minutes.

Microwave Pralines

1 Lbs. Light Brown Sugar
1 Cup Chopped Nuts

½ Pint Whipping Cream
1 Tsp. Vanilla

2 Tbsp. Margarine

Mix brown sugar and whipping cream in 3 Qt. TUPPERWAVE Casserole and microwave on high for 13 minutes. Put newspaper, covered with waxed paper on counter. When sugar mixture comes out of microwave, add margarine and mix until well melted; add pecans and vanilla. Mix well and spoon out onto wax paper. Makes about 2 ½ dozen.

Candies

12 oz. Chocolate Chips

4 Cups of Item of Choice (Rice Krispies, Broken Pretzels, Chow Mein Noodles, Cashews/Raisins)

Melt chocolate chips in TUPPERWAVE 1 ¾ Qt. casserole at 50% Power for 45 seconds at a time. While melting, place boiling water in TUPPERWAVE 3 Qt. casserole to create double boiler. When melted, place 1 ¾ Qt. casserole in stacked position over the 3 Qt. casserole. Add the item of your choice, stir until coated. Drop onto wax paper and let cool.

12 Pretzels

1 Block White Almond Bark

M&M's

Place pretzels on wax paper. Melt the almond bark in the TUPPERWAVE 3 Qt. Casserole on 50% power for 45 seconds at a time. Stir. Using a plastic spoon, fill center of pretzel with bark and place M&M's in the center.

Festive Holiday Pretzels

12 Pretzels

1 Block White Almond Bark

M&M's

Place pretzels on wax paper. Melt the almond bark in the Tupperwave 3 Qt. Casserole on 50% power for 45 seconds at a time. Stir. Using a plastic spoon, fill center of pretzel with bark and place M&M's in the center.

Caramel Corn

2 Bags Microwaved Popcorn (10 cups)

1 Stick Margarine

1 Cup Brown Sugar

¼ Cup Karo Syrup Lite

1 Tsp. Baking Soda

Place margarine, brown sugar and Karo syrup in 3 Qt. TUPPERWAVE casserole, covered. Microwave on high for 2 ½ minutes and stir. Microwave for 2 ½ minutes again until mixture reaches a rolling boil. Add tsp. of baking soda and stir. Add mixture to popcorn (which seeds have been removed from) in a brown paper bag. Shake to coat and microwave 1 minute on high, in the brown bag (additional minutes if necessary). Let cool slightly in ThatsaBowl. Cover and shake to break up pieces.

Caramel Corn II

2 Bags of Popped Microwave Popcorn (kernels removed)

10 Large Marshmallows

1 Stick Margarine

1 Cup Brown Sugar

Combine margarine, brown sugar and marshmallows in 3 Qt. TUPPERWAVE casserole. Microwave on high until melted (keep an eye on it), the marshmallows do not lose their shape completely. Take out and stir, it will make a thick sauce. Pour over popcorn in ThatsaBowl, seal and shake.

Almond Joy Drops

Mix Together:

1 Tbsp. Evaporated Milk

1 Tbsp. Coconut

Melt Together in TUPPERWAVE casserole:

2 Blocks Chocolate Bark

½ Cup Chocolate Chips

Stir until smooth. Drop teaspoonfuls of chocolate onto waxed paper and let harden. Drop small amount of coconut mixture on top of chocolate. Then cover with more of the chocolate mixture and let set.

Rocky Road

Melt in TUPPERWAVE Casserole:

2 Blocks White Almond Bark

½ Cup Chocolate Chips

Stir In:

6 Oz. Dry Roasted Peanuts

¼ Cup Mini Marshmallows

¼ Cup M&M's

Mix well and drop with plastic spoon onto wax paper. Cool.

9 Minute Peanut Brittle

1 Cup Sugar

1 Cup Dry Roasted Peanuts

1 Tsp. Vanilla

½ Cup Light Corn Syrup

1 Tsp. Butter

1 Tsp. Baking Soda

Butter 12-inch or larger cookie sheet and set aside. Combine sugar and corn syrup in 3 Qt. TUPPERWAVE casserole. Microwave on high for 4 minutes. Stir in peanuts; microwave again on high for 4-5 minutes (until light brown). Add butter and vanilla, blend. Microwave on high for 30-60 seconds. Add baking soda; gently stir until well mixed and foamy. Pour on cookie sheet. Cook and crack into pieces.

Fudge

2 Lbs. Confectioners Sugar

2 Tbsp. Vanilla

½ Cup Milk

1 Cup Butter

1 Cup Cocoa

1 Cup Chopped Pecans

Blend sugar and cocoa in 3 Qt. TUPPERWAVE Casserole. Add milk and butter. Do not stir. Microwave on high for 4-6 minutes, then stir with a wooden spoon until smooth. Add vanilla and nuts, stir until blended. Pour into large Freezermate 1, seal and refrigerate until set. Cut into squares. After cutting, may be frozen.

English Toffee

1 Stick Butter

1 Cup Sugar

Dash Salt

4 Tbsp. Water

½ Cup Sliced Almonds

4 Oz. Milk Chocolate Bar, Finely Broken

Oil or butter top inch of 3 Qt. TUPPERWAVE casserole to prevent boil-over. Place butter, sugar, salt and water in casserole. Microwave on high 10-12 minutes or until lightly browned, stirring two times (each with a clean spoon). Sprinkle almonds on a buttered 9x13 pan, pour cooked mixture on top. Sprinkle broken chocolate bar over almond candy. Cool 5 minutes and gently spread chocolate with a spatula. Refrigerate and break into pieces.

Caramel Apples

10-12 Wooden Craft Sticks
10-12 Small Red Delicious or Macintosh Apples, about 3 Lbs.
Chopped Nuts and/or Colored Sprinkles, about 1 cup

1 Pkg. (14 oz). Caramels, unwrapped
2 Tbsp. Water

Line cookie sheet with waxed paper. Insert the sticks into the tops of the apples. Place chopped nuts on plate. In TupperWave 1 Qt. Pitcher, place caramels and water. Cook on high 1-2 minutes, until caramels are melted and smooth when stirred. For each apple, hold by the stick and dip into the caramel, gently swirling the stick to coat the apple. Hold apple above the pitcher to allow excess caramel to drip. Roll the apple in nuts. Place coated apple with stick upright on waxed paper. Repeated with remaining apples

Millionaires

14 Oz. Pkg. Caramels
2 Cups Chopped Pecans

2 Tbsp. Milk
12 Oz. Pkg. Chocolate Chips

Unwrap caramels and place in 3 Qt. TUPPERWAVE casserole. Add milk and microwave on high 2-4 minutes, stirring every minute. Stir until smooth and add pecans, mixing well. Drop by teaspoon onto wax paper. Cool and chill. Microwave chips at 50% power until melted in 1 ¾ Qt. TUPPERWAVE casserole until melted, 5-6 minutes, stir well. Dip caramel nut center into chocolate and return to wax paper. Chill and store. Freezes well.

Chocolate Kiss

Miniature Marshmallow
¼ - ½ Stick Butter or Margarine

12 Oz. Milk Chocolate Chips

Place miniature marshmallow into the hole of the Tupperware Large Funnel. Spray funnel lightly with Pam. In TUPPERWAVE 1 Qt. Pitcher, melt chips and butter. Pour into funnel, set upright in the refrigerator for 3-4 hours and flop out onto a square of aluminum foil. Wrap up making your own little "tag."

White Chocolate Popcorn

Combine 2 bags of popped microwave popcorn, 1 jar of roasted peanuts, and 3 cups of Rice Crispies in the ThatsaBowl.

Melt 1 ½ pounds of White Almond bark with 3 tbsp of peanut butter in the microwave on 50% power for 3-4 minutes, stir and pour over dry ingredients, place on waxed paper to dry and then crumble and place in the ThatsaBowl. It is delicious!!!! A great idea to place in the Snowman cookie canister for Sunday School teachers etc. Enjoy

Kitty Mix

2 cups each :

Wheat Chex, Rice Chex, Corn Chex
1 stick butter

1 ½ cup English Walnuts or unsalted nuts
1 cup brown sugar

Melt the butter and sugar in the 1 QT TupperWare Casserole in the microwave. Pour over cereal and nut mixture (in the Thatsa Bowl). Seal and shake gently. Put mixture on the Wonder Mat and bake at 350 for 8 mins. Take out, stir and bake another 8 minutes. Bake in 2 batches.

** above recipe was shared with us on LifeLines by Janna (TupperToys) on 7/5/03*

Big Red Popcorn

26 Cups Popped Popcorn

½ Cup Margarine

½ Tsp. Salt

1 Large Brown Grocery Bag

9 Oz. Pkg. Red Hots

¼ Cup Light Corn Syrup

½ Tsp. Baking Soda

Place popped popcorn (kernels removed) in grocery bag and set aside. In the TupperWave 3 Qt. casserole, combine the red hots, margarine, salt and corn syrup. Microwave on high to dissolve & boil 2 minutes. Add baking soda and stir. Pour syrup mixture over popped popcorn and shake. Put bag in microwave and cook on high for 1 minute. Remove and shake. Return to microwave and cook 1 more minute. Cool and serve in ThatsaBowl.

Chewy Microwave Granola Bars

1 cup brown sugar, packed

½ cup butter or margarine, softened

½ teaspoon vanilla

1 cup all-purpose flour

½ teaspoon baking powder

1 ½ cups quick-cook rolled oats

1 cup chopped nuts

1/3 cup wheat germ

¼ cup sugar

2 Tbsp honey

1 egg

1 teaspoon cinnamon

¼ teaspoon salt

1 ¼ cups crispy rice cereal

1 cup chocolate chips or raisins

Grease the 3 qt. casserole. In large TW bowl, cream sugars with margarine until fluffy. Add honey vanilla and egg; mix well. Gradually blend in flour, cinnamon, baking powder, and salt, beating at low speed. Fold in remaining ingredients by hand; press firmly in prepared casserole. Microwave on MEDIUM (50%) for 7 to 9 minutes or until set. Rotate dish 1/2 turn every 3 minutes (bars will firm as they cool). Cool and cut into bars. Makes about 24.

Onion Buttered Popcorn

1/2 cup butter or margarine, cut up

1 pouch Campbell's Onion Soup and Recipe Mix 4 quarts popped popcorn

Place butter in 1 ¾ casserole. Cover; microwave on HIGH 45 seconds or until melted. Stir in soup mix.

Place popcorn in very large bowl. Pour butter mixture over popcorn. Toss until evenly distributed. Makes 16 cups or 8 servings. Note: This butter and onion soup mixture is also delicious served on bread, potatoes, vegetables and grilled meats.

TIP: To melt butter place 2 Tbsp butter in glass measure. Cover microwave on HIGH 30 seconds.

Candied Deviled Eggs

2 Cups White Chocolate chips + 3/4 cup ½ cup rice crispies crushed

1 Tbsp Solid vegetable shortening yellow food coloring

red sugar sprinkles

Place Egg Ceptional Server set in base of round cake taker. Spray each egg shaped form with vegetable spray.

Place 2 cups white chocolate chips and shortening in base of stack cooker. Microwave on High, 100% power for 1 minute, stir. If necessary microwave additional 3- seconds at a time, stirring after each heating, just until chocolate is melted when stirred. Spoon scant teaspoonful of melted chocolate into each egg form, filling about ¾ full.

Refrigerate 10 minutes or until chocolate begins to firm. Put a thumb print hole in center of each egg half. Cover and refrigerate until firm. Invert egg tray inserts, flexing slightly to pop out egg halves, return eggs to insert. With spoon blend, together melted ¾ cup chips, rice crispies, add a couple drops of yellow food coloring and mix.

Spoon into egg halves and garnish with red sugar sprinkles.