

## Thanksgiving Microwave recipes

### Cranberry Sauce

In 1 ¾ cup Tupperwave Casserole combine 12 oz package of fresh cranberries, ¾ cup sugar, ¼ cup orange juice or water. Stir ingredients cover with casserole cover, microwave 7- 10 Minutes until cranberries pop. Stir let cool then refrigerate before serving.

### Steamed String Beans

In the 1 ¾ quart Tupperwave Casserole, cook 1 pound of String Beans with 2 tbsp water from 4-6 minutes

### Poached Pears

Using the 3 quart Tupperwave Casserole, heat ½ cup sugar, ¼ cup water, 2 tbsp lemon juice for 2 minutes to dissolve sugar. Arrange 4 peeled pears on their sides in the syrup stems toward the center. Cover and microwave for 10-12 minutes or until fork tender. Serve with a scoop of whip cream or ice cream.

### Bake Sweet Potatoes

Prick 4 medium sweet potatoes with a fork. Place in a circle on the Tupperwave 1qt casserole cover microwave 10-12 minutes until soft.

### Sweet Potato Soup

Ingredients:

3 medium sweet potatoes peeled and cubed

1 medium onion chopped

2 cans vegetable or chicken stock

1 tsp salt

1tsp dried or fresh rosemary

Place all the ingredients in the Tupperware Pressure Cooker microwave on 80% for 30 minutes. When done pour all the ingredients into the Power Chef Pro and blend until smooth. Serve with a dollop of sour cream

### Smashed Potatoes

Peel and cube 3-4 large Potatoes. Place in The Tupperware Microwave Pressure Cooker add 1 cup of water. Microwave on high for 20 minutes. When finished add ¼ cup milk, butter, salt and pepper to taste and smash with a masher.