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Tupperware®

# TupperWave Cook-It™ Bowls

Your definition of a **hot date** may not currently involve the microwave, but that's about to change. With the TupperWave Cook-It™ Bowls, it takes just 20 minutes to cook up comforting soups, chili, stews and sauces. Yes—seriously. Date me and we'll cook it up together.



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# TupperWave Cook-It™ Bowls

Forget slow cooking. Fast cook delicious soups, stews and sauces in an unbreakable, stain-resistant container. Microwave, fridge and freezer-safe material means you can prepare those soups and stews in advance, then heat and serve right out of these sleek, modern bowls for deliciously de-stressed weeknight meals.

Covers feature vent holes on sides to allow steam to escape.

Easy-to-grasp handles.



Etched pictograms underneath cover and base provide usage guidelines.



Soft airtight, liquid-tight seals for transport or fridge or freezer storage (not for microwave use).

2¼-Qt./2.25 L bowl is ideal for larger batches of soups and stews plus meat or fish, casseroles and vegetables.

1½-Qt./1.5 L bowl is great for preparing, cooking or reheating soups, stews and sauces.

Serves 7 • Serving size: 1 cup



PREP: 6 minutes  
COOK: 14 minutes

## Potato Corn CHOWDER

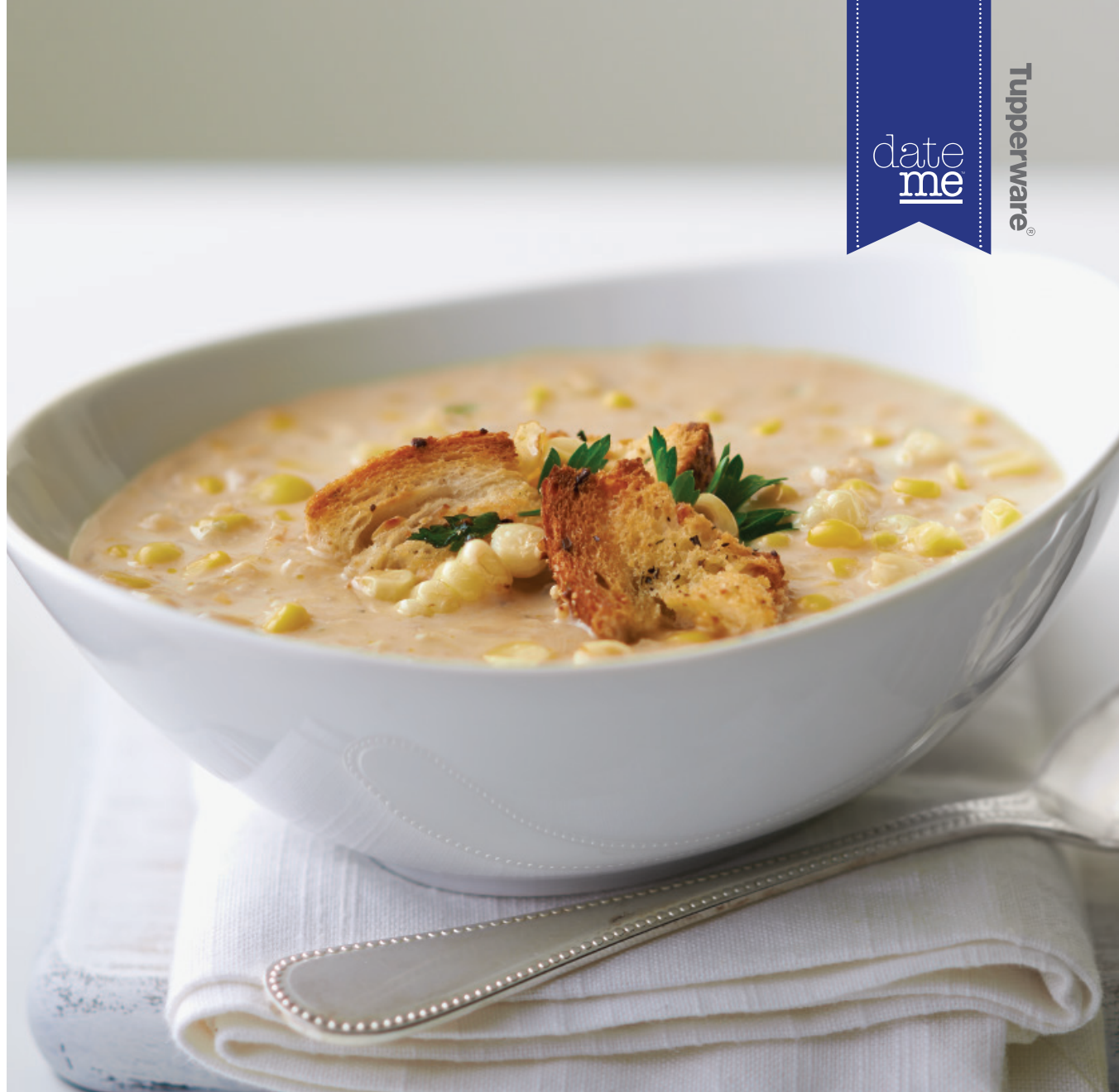
- 1 medium onion, peeled and quartered
- 1 celery stalk, quartered
- 1 garlic clove, peeled
- 1 medium potato, peeled and quartered
- 1 tsp. extra virgin olive oil
- 1 tsp. Simple Indulgence Steak & Chop Seasoning Blend
- 2 cups vegetable stock
- 2 cups frozen corn kernels
- 14-oz./415 g can cream-style corn
- 1 cup half and half

1. Place onion, celery and garlic into base of Power Chef™ System fitted with blade attachment. Cover and pull cord several times to chop. Transfer to TupperWave Cook-It™ 2¼-Qt./2.25 L Bowl.
2. Place potato in base of Power Chef™ System fitted with blade attachment. Cover and pull cord several times to chop.
3. Add potato to onion mixture in TupperWave Cook-It™ Bowl along with oil and seasoning blend. Stir to combine thoroughly. Cover and microwave on high power 2 minutes.
4. Uncover container and stir in vegetable stock and corn. Cover and microwave on high power 12 minutes. Uncover, stir in half and half, replace cover and microwave 2 minutes more or until just heated through.

**TIP:** To reduce fat, replace half and half with fat-free half and half.

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MUST HAVE



TupperWave Cook-It™  
2¼-Qt./2.25 L Bowl



Steak & Chop

OPTIONAL



Power Chef™ System



Measuring  
Cups



Measuring  
Spoons



Saucy Silicone  
Spatula

Serves 4 • Serving size: 1 cup



PREP: 5 minutes  
COOK: 15 minutes

## Mexican Tortilla SOUP

- ½ small yellow onion, peeled
- 1 garlic clove, peeled
- ½ tbsp. extra virgin olive oil
- 1 tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend
- 1 cup tomato puree
- 1 qt./1 L chicken stock or low-sodium chicken broth
- 1 bay leaf
- 1 cup cooked chicken, chopped (optional)
- 2 cups tortilla chips, crushed\*

### Garnish

- 1 cup tortilla chips, crushed\*
- ¼ cup cilantro, chopped
- ¼ cup cheddar cheese, shredded
- 1 avocado, diced

1. Place onion and garlic in base of Chop 'N Prep Chef, cover and pull cord 4–5 times until finely chopped.
2. Place onion, garlic and olive oil in TupperWave Cook-It™ 2¼-Qt./2.25 L Bowl. Cover and microwave on high power 2 minutes.
3. Remove from microwave and add tomato puree, chicken stock, seasoning blend, bay leaf and chicken (if desired). Cover and microwave at 70% power for 15 minutes.
4. Remove from microwave, remove bay leaf and stir in tortilla chips. To serve, garnish with reserved tortillas, cilantro, cheddar cheese and avocado.

**\*TIP:** This recipe is superfast using packaged tortilla chips. If you prefer to make your own, follow directions below.

1. Preheat oven to 400° F/200° C.
2. Cut 6 corn tortillas into ½"/1.25 cm strips and place in medium bowl with seal. Add 1 tbsp. olive oil, seal and shake to coat strips with oil.
3. Place tortilla strips in 5-cup/1.2 L Cover from UltraPro Lasagna Pan and toast in oven until crisp, about 15 minutes. Set aside 1 cup of strips for garnish and crush remaining tortillas.

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MUST HAVE



TupperWave Cook-It™  
2¼-Qt./2.25 L Bowl



Southwest Chipotle

OPTIONAL



Chop 'N Prep Chef



Measuring  
Cups



Measuring  
Spoons



Saucy Silicone  
Spatula

Serves 7 • Serving size: 1 cup



PREP: 5 minutes  
COOK: 15 minutes

## Southwest CHICKEN CHILI

- 2 medium onions, peeled and quartered
- 2 garlic cloves, peeled
- 1 red bell pepper, cored, seeded and quartered
- 1 yellow bell pepper, cored, seeded and quartered
- 2 tbsp. extra virgin olive oil
- 28-oz./800 g can whole tomatoes
- 1 tsp. coarse kosher salt
- 2 cups cooked chicken, cubed
- 15-oz./425 g can black beans, rinsed and drained
- 1 tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend
- 2 tbsp. cilantro

1. Place onion, garlic and peppers into base of Power Chef™ System, fitted with blade attachment, cover and pull cord until roughly chopped.
2. Transfer onion mixture to base of TupperWave Cook-It™ 2¼-Qt./2.25 L Bowl along with oil, stirring well to combine. Cover and microwave on high power 3 minutes.
3. Place tomatoes into base of Power Chef™ System, fitted with blade attachment, cover and pull cord to process until chopped.
4. Stir tomatoes, salt, chicken, black beans and seasoning blend into onion mixture in TupperWave Cook-It™ Bowl. Cover and microwave on high power 10–12 minutes. Garnish with cilantro.



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TupperWave Cook-It™  
2¼-Qt./2.25 L Bowl



Southwest Chipotle  
Seasoning Blend

OPTIONAL



Power Chef™ System



Measuring  
Cups



Measuring  
Spoons



Saucy Silicone  
Spatula