

# Mini Stack Cooker 1-Qt Casserole



The Tupperware Small Round 1 Quart Container is ideal for preparing cooking or reheating soups fish pasta dishes and savory main dishes, such as meats with sauces as well as desserts for two or three people.

1 Qt. Casserole and 1½ Cup Cover  
6½"W x 4¾"H

## Mini Stack Cooker

### All food is not Equal

- The amount and type of food you are cooking effects how long it will take to cook in the microwave.
- Small amounts cook faster than large amounts.
- Smaller pieces cook faster than larger pieces.
- Porous foods cook more quickly then dense foods. Because cake is more porous the potatoes it would cook in less time.
- Fats attract microwaves and will splatter and burn before the meat cooks, trim as much fat off as you can.
- Liquids high in sugar absorbs more microwave energy than non sugary liquids, that means a cup of maple syrup will heat faster than a cup of coffee.
- Moisture attracts microwaves, that's why a fresh ear of corn cooks better than popcorn kernels.
- The colder the foods is, the longer it will take to cook. Frozen fish will take longer than chilled fish.

### Techniques for Cooking

TupperWare Containers are uniquely designed with special features to help you cook delicious meals in your microwave oven

- Food at the outer edge of the container will cook faster than food in the center. Arrange food in a circle so that it cooks evenly on all sides.
- Make sure paieces of food are approximately the same size and shape. If necessary, fold or cut foods, so they are the same thickness.
- Every microwave oven has its own cooking pattern. Some microwave oven may have hot spots, which means some areas heat faster than others, stirring, rearranging food or rotating the dish helps ensure even cooking.

### Standing Time

Many micro cooked foods benefit from standing time as the food continues to cook even after the power shuts off. The standing time allow the heat to move from the edges of the food to the center ensuring that it cooks evenly.

- Standing time is usually one-fifth to one-fourth of the total cooking time.
- Large quantities need more standing time then small amounts.
- Remove foods that need to stand (cake, breads, custards and layered casseroles) from the microwave oven when the edges are done but the centers are slightly underdone, this will keep the edges from overcooking. Let the food stand on a wire rack, while still in the container, until the center is done.

### Helpful Cooking Tips

- Trim all visible fat from meat before cooking, buy extra lean or lean, no more than 15% fat ground beef. Use the TupperWave Colander or drain excess fat from ground beef after cooking.
- Reduce the calories and fat in chicken recipes by removing all the skin from the chicken before cooking. Many of the calories are in the skin and fat just beneath the skin.
- Choose healthful ingredients such as fresh or frozen unsweetened fruits, fresh or frozen vegetables, low sodium canned tomatoes, juice packed or water packed canned fruits, reduced calorie preserves and salad dressings, skim milk, low fat or reduced fat cheeses, low fat yogurt, reduced fat sour cream, and frozen yogurt, sherbet or ice milk.

### Helpful Hints for Using Tupperwave Containers

- For Microwave Use ONLY
- Seal is for storage only, *if included*.
- To apply seal place groove over container, with both hands closer to you press seal firmly with thumbs, press seal groove over the container and move thumbs and fingers around top of the seal edge.
- If seal seems to tight place seal in hot water for a few minutes, dry thoroughly, then apply the seal to the container while still warm.
- To protect the container surfaces from scratching always use plastic utensils.
- Protect the container by wiping splatters before cooking and avoid cooking small amounts of food high in fat and sugar.
- Not recommended for popcorn.
- Dishwasher safe. Place seal in top rack only.
- To remove sticky foods, soak container in warm soapy water.
- For persistent stains use a non abrasive cleaner, no scratch ad or strong solution of dishwasher detergent and water, ¼ cup detergent to one cup water.

### Microwave cooking Made Easy

A quick review of microwave basics will help you cook like a pro with your TupperWave Containers.

### Determine your Microwave Ovens Wattage

All the recipes in this insert were tested in a 1200 watt microwave oven. You can find your own wattage in your owners manual for your microwave or with this simple test, one cup (8 oz.) of room temperature water (approx. 75°F/23°C). Microwave on High and keep an eye on it, noting how long it takes for the water to come to a boil:

- 1½ minutes: 1,200 watts
- 2 minutes: 1,000 watts
- 2½ minutes: 800 watts
- 3 minutes: 700 watts
- 4 minutes: 600 watts

If your microwave is lower than 1200 watts, your recipes will take a little more time to cook. Check for doneness with the guidelines given in each recipe.

### High Altitude Cooking with TupperWave Containers

If you live in the mountains you have probably noticed a dramatic influence high altitude can have on cooking times. Though microwave cooking at high altitudes require less adjustment, then does conventional cooking, it does require some changes and you will have to experiment. At normal altitudes a recipe in this insert take ten minutes or less to cook, in altitudes of 5,000 to 7,500 feet a recipe will probably take a little more than ten minutes to cook, use the doneness test given in recipes to adjust the cooking time. Check your time after 8 minutes and adjust your cooking time accordingly.

### Factor that Effect Cooking Times

In microwave cooking, cooking times are essential for delicious results. For success when preparing recipes in this insert, make sure to follow the recommended cooking times closely.

# Mini Stack Cooker Recipes

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## Breakfast Sausages

4 breakfast sausage links  
1 tbsp. water



1. Pierce each link 2–3 times with a fork.
2. Pour water into the Mini Stack Cooker 1-Qt. Casserole and add sausage
3. Place in microwave and cook on high for 6-8 minutes.
4. Let rest 5 minutes.



## Buffalo Chicken Dip

1 boneless, skinless chicken breast  
1 cup chicken stock or water  
1 cup softened cream cheese or farmer's cheese  
1 cup shredded cheddar  
3 garlic cloves, peeled and minced  
1 tsp. white vinegar  
1 1/2 tbsp. hot sauce  
1/4 tsp. kosher salt

1. In the Mini Stack Cooker 1-Qt Casserole, combine chicken and stock. Cover and microwave on high power 7 minutes or until chicken registers 165° F/75° C on an instant-read thermometer inserted into the center of the chicken.
2. Transfer chicken to cutting board, shred and set aside. Discard chicken stock.
3. In the same Stack Cooker, stir together cream cheese, cheddar, garlic, vinegar, hot sauce, salt and shredded chicken until well combined. Cover and microwave 2 minutes or until warm in the center.
4. Remove from microwave, serve warm with a variety of crackers, French bread slices or raw vegetables.



## Candied Carrots

1 1/2 cups chopped carrots, about 2" pieces  
2 tbsp. brown sugar  
1/8 tsp. kosher salt  
1 tbsp. salted butter



1. In the Mini Stack Cooker 1-Qt Casserole, stir together carrots, sugar and salt. Top with butter.
2. Place cover on Stack Cooker. Microwave on high power 1 minute. Remove cover; stir carrots to coat evenly with butter and sugar.
3. Microwave, uncovered, 3 additional minutes. Let stand 2 minutes before serving. Serve warm.



## Caramel Apple Streusel

2 med apples, peeled and sliced  
1/4 cup caramel ice cream topping  
2 Tbsp. water  
1 Tbsp. lemon juice  
1/2 cup flour  
2 Tbsp. sugar  
1/4 tsp. cinnamon  
2 Tbsp. butter or margarine

1. Place apples in Mini Stack Cooker 1-Qt. Casserole.
2. Mix together caramel topping, water and lemon juice, pour over apples.
3. Combine flour, sugar and cinnamon in a Thatsa bowl, cut in butter, until mixtures is crumbly; sprinkle over apples.
4. Place in the microwave and cook on high for 8 minutes.
5. Let rest 5 minutes.





## Chicken Fajitas

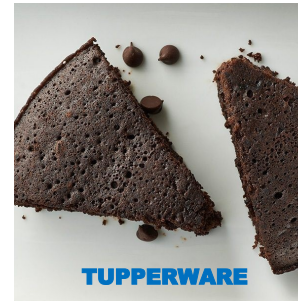
- 1 large chicken breasts, cut into thin strips
- ½ green bell pepper strips
- 1 small onions, cut into thin strips
- 1 Tbsp. Fajita Seasoning
- 2 inch flour tortillas

*Optional Toppings:* Cheese, lettuce, sour cream, salsa and avocado.



1. Slice chicken, bell pepper and onion into strips.
2. Place chicken, bell peppers and onions in Mini Stack Cooker 1 Qt. casserole dish & sprinkle ½ Tbsp. of Fajita seasoning.
3. Cover and microwave for 6-8 minutes at medium power or until chicken is no longer pink.
4. Add rest of Fajita seasoning, mix and cook for another 3-5 min.
5. Serve with warm flour tortillas, grated cheddar cheese.

## Chocolate Cake



- 1 cup all-purpose flour
- ¼ cup cocoa powder
- ½ cup granulated sugar
- 1 tsp. baking powder
- ½ tsp. table salt
- ½ cup canola oil
- 1 cup reduced-fat (2%) milk
- 1 tsp. vanilla extract
- ¼ cup chocolate chips



1. Spray Mini Stack Cooker 1-Qt. Casserole with nonstick cooking spray. Set aside.
2. Combine all ingredients in a medium bowl and whisk until combined.
3. Pour batter into greased 1-Qt. Casserole.
4. If cooking individually, place in microwave and cook on high for 6-8 minutes.
5. Let rest 5 minutes.



## Easy Party Mix

- 2½ Tbsp. unsalted butter
- 2 tsp. Worcestershire sauce
- ½ tsp. seasoned salt
- ½ tsp. onion powder
- ½ tsp. garlic powder
- 1 cups corn cereal
- 1 cups rice cereal
- ⅔ cups pretzels
- ⅔ cups mixed nuts



1. Place butter in base of Mini Stack Cooker 1-qt. Casserole. Microwave on high for 30–45 seconds or until melted.
2. Whisk Worcestershire sauce, seasoned salt, onion powder and garlic powder into melted butter.
3. Pour remaining ingredients into melted butter mixture. Place Mini Stack Cooker Casserole Cover over mixture and shake to coat cereal with butter mixture.
4. Microwave uncovered for 3–4 minutes, stirring every 2 minutes or until mixture has begun to dry.
5. Spread out onto Silicone Wonder Mat to cool.

## Overnight Honey Almond Multigrain Cereal



- ½ cup steel cut oats\*
- 2 Tbsp. uncooked pearl barley
- 1¼ cups water
- ⅛ tsp. salt
- ¼ tsp. cinnamon vanilla seasoning blend\*\*
- 1 Tbsp. almonds, sliced toasted
- 1 Tbsp honey

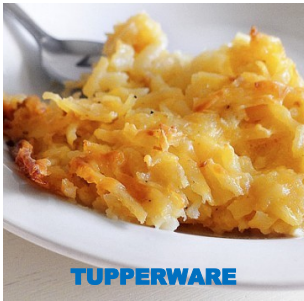


1. Place oats, barley and water in base of Mini Stack Cooker 1-qt. Casserole.
2. Stir and cover, place in the refrigerator for 4 hours or overnight.
3. Remove from the refrigerator, uncover and stir in salt.
4. Microwave uncovered on high for 6 minutes or until most of the liquid is absorbed, stirring well after 3 minutes
5. Stir in cinnamon vanilla seasoning, then top with almonds and honey.

*Additional Stir ins*  
Walnuts  
Almonds  
Cashews  
Maple Syrup  
Molasses  
Strawberry jam  
Apple  
Apricots  
Figs  
Blueberries  
Strawberries

\*Rolled oats may NOT be substituted

\*\* ground cinnamon can be used as a substitute



## Hash Brown Casserole

- ¼ cup milk
- 1½ tbsp. butter, melted
- ¼ tsp. paprika
- ¼ tsp. salt
- ¼ tsp. pepper
- 8 oz. frozen hash brown potatoes, thawed
- ¼ small onion, diced
- ¼ cup shredded cheddar cheese



1. In the Mini Stack Cooker 1 qt. casserole add milk, butter, paprika, salt and pepper, stir.
2. Add hash browns, onions and cheddar cheese, stir to mix.
3. Microwave on high 8-11 minutes.



## Noodle Bowl

- 1 cup chicken or vegetable stock
- 2 slices peeled fresh ginger root
- 1 small garlic clove, peeled and minced
- ¼ tsp. kosher salt
- ¼ cup dry rice noodles, any variety
- ¼ cup sliced mushrooms, any variety
- ¼ cup assorted frozen or fresh vegetables
- 1 tbsp. dark sesame oil
- 1 tbsp. toasted sesame seeds



Bean sprouts, microgreens, and cilantro for

1. In the Mini Stack Cooker 1-Qt Casserole, stir together chicken stock, ginger root, garlic and salt. Add dry noodles; top with mushrooms and vegetables.
2. Cover and microwave on high power 4 minutes. Remove from microwave; remove cover. Top with sesame oil and sesame seeds.
3. Garnish with bean sprouts, microgreens and fresh cilantro. Serve warm.



## Parmesan Crusted Quiche

- 1 tbsp. salted butter
- 2 tbsp. finely grated Parmesan cheese
- 3 eggs
- ¼ cup heavy cream
- ¼ cup finely chopped zucchini
- ¼ cup chopped kale or spinach
- 2 tbsp. minced green onion
- ¼ cup finely diced ham or bacon
- ¼ cup Swiss or cheddar cheese



TUPPERWARE



1. Rub inside of the Mini Stack Cooker 1-Qt Casserole with butter. Add Parmesan; shake around the inside of the buttered stack cooker to coat all sides, leaving excess in the bottom of the stack cooker. Set aside.
2. In a medium bowl, whisk together eggs and cream. Stir in zucchini, kale, onion, ham and cheese.
3. Transfer mixture to Mini Stack Cooker 1-Qt Casserole.
4. Place cover on stack cooker. Microwave on 50% power 4 minutes, or until center is just set. Remove from microwave; remove cover.
5. Turn quiche onto a cutting board; cut into quarters. Serve warm.



## Pizza Dip

- 8 oz. cream cheese
- 1 tsp Italian herb seasoning
- ¼ cup pizza sauce
- ¾ cup mozzarella cheese
- 8 pepperoni slices, quartered
- ¼ cup bell peppers, diced, any color
- ¼ black olives, sliced



crostini or crackers, for serving

1. Spread cream cheese inside of the Mini Stack Cooker 1-Qt Casserole base.
2. Sprinkle Italian seasoning over cream cheese, top with sauce, cheese and toppings
3. Microwave uncovered on high power for 5 minutes or until cheese is melted and bubbly.
4. Serve with crostini or crackers.

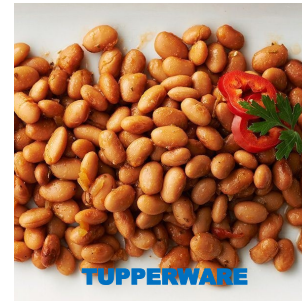


## Peel & Eat Shrimp

- 1 cup vegetable or chicken stock
- 2 tbsp. tomato sauce (optional)
- 1 tsp. celery salt
- ¼ tsp. black pepper
- 1 tsp. paprika
- 1 tsp. thyme
- 1 tsp. garlic powder
- 20 fresh or frozen (thawed) shrimp, shell on



1. In the Mini Stack Cooker 1-Qt Casserole, whisk together stock, tomato sauce, celery salt, pepper, paprika, thyme and garlic powder until well blended. Add shrimp.
2. Cover and microwave on high power 3 minutes. Remove from microwave; transfer shrimp to a serving bowl, serve warm.



## Pinto Beans

- 1 (15-oz.) can pinto beans
- ¼ tsp. dried oregano
- 1 tbsp. sofrito
- 1 tbsp. tomato sauce



1. Mix together ingredients in the Mini Stack Cooker 1-Qt. Casserole.
2. Place in microwave and cook on high for 6-8 minutes.
3. Let rest 5 minutes.



## Spanish Rice

- ¼ pound ground beef
- ¼ tsp. garlic salt
- ¼ Tbsp. cumin
- ¼ small round onion
- ½ stalk celery
- ¼ cup green bell pepper
- ¼ cup of rice
- 3 oz. tomato sauce
- ¼ cup water



1. In the Mini Stack Cooker 1-Qt Casserole, stir together ground chuck, garlic and cumin until combined.
2. Break apart mixture into small crumbles. Place cover on Stack Cooker, microwave on high power 3 minutes.
3. Remove from microwave, remove cover. Drain fat; break mixture into small crumbles.
4. Place onion, celery and bell pepper in the base of the Power Chef System with the blade attachment, cover and pull cord until chopped, pour over ground beef.
5. Rinse rice until clear, pour over ground beef.
6. Stir to mix all ingredients, cover and microwave for 15-20 minutes.
7. Stir and cook for an additional 3-5 minutes if needed.



## Spicy Vegetable Soup

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



1. Add broth and pasta to the Mini Stack Cooker 1-Qt Casserole 1-Qt. Casserole and stir.
2. Place cover on Mini Stack Cooker 1-Qt Casserole. 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.

## Spinach Dip

- 1 cup frozen chopped spinach, thawed
- 1 cup softened cream cheese or farmer's cheese
- 1 cup shredded cheddar
- 3 garlic cloves, peeled, minced
- 4 dashes hot sauce
- ½ tsp. kosher salt
- ¼ tsp. ground nutmeg (optional)



1. Squeeze excess water out of spinach; transfer to the Mini Stack Cooker 1-Qt Casserole. Stir in cream cheese, cheddar, garlic, hot sauce, salt and nutmeg.
2. Place cover on Stack Cooker. Microwave on high power 2 minutes, or until warm in the center. Serve warm with crackers, assorted raw vegetables, or bread chunks.

## Taco Casserole

- ¼ lb./115 g ground chuck
- 1 tsp. Chipotle Seasoning Blend
- 2 tbsp. minced yellow onion
- 1 cup crushed tortilla chips
- 1 cup shredded cheddar
- Toppings*
- ½ cup fresh salsa
- ½ cup fresh guacamole
- ½ cup sour cream
- 1 green onion, thinly sliced
- Crushed tortilla chips for garnish



1. In the Mini Stack Cooker 1-Qt Casserole, stir together ground chuck, chipotle seasoning and onion until well combined.
2. Break apart mixture into small crumbles. Place cover on Stack Cooker, microwave on high power 3 minutes.
3. Remove from microwave, remove cover. Drain fat; break mixture into small crumbles.
4. Top ground chuck with crushed tortilla chips. Sprinkle cheddar evenly over tortilla chips. Microwave for 15-30 seconds to melt cheese.
5. Spoon salsa evenly over cheddar. Spoon and spread guacamole evenly over cheddar. Spoon and spread sour cream evenly over guacamole. Top with green onion and additional crushed tortilla chips.