



Tupperware

Microwave
**STACK
COOKER
STACKED
MEALS**

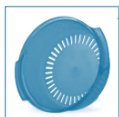
Recipes

Tupperware MICROWAVE STACK COOKER

Everyone deserves hot, fresh and delicious meals, even on nights when it seems impossible. In the Stack Cooker, meat stays moist, cakes bake up fluffy and dips and sauces come out creamier than ever. You won't believe this microwave magic.



Liquid-tight seals for storing meals before or after cooking. ALWAYS remove seals before cooking or reheating in the microwave.



Colander for cooking veggies or meats. During cooking, fat drains from meats into Casserole below, making your meal that much healthier.



Cone for baking cakes or preparing molded dishes such as meatloaf. Fits inside 3-Qt. Casserole.



#1

3/4 Qt. Casserole

You may want to cover the Stack Cooker 3/4 Qt. Casserole with parchment paper when cooking to avoid splattering in your microwave.

3/4-QT. CASSEROLE

can be placed on top as cover or **flipped over** and used as a shallow Casserole.

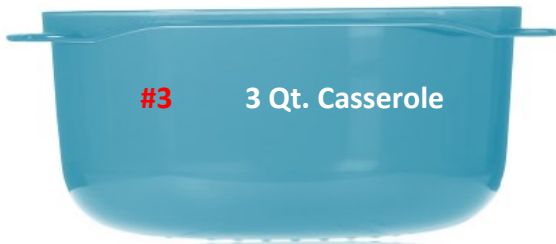


#2

1 3/4 Qt. Casserole

1 3/4-QT. CASSEROLE

is designed to allow air to circulate underneath for even cooking, even when stacked.



#3

3 Qt. Casserole

3-QT. CASSEROLE

for cooking larger quantities of food and baking cakes. Bake a three-layer cake by stacking both Casseroles/Cover on top.

STACK COOKING IS FUN & EASY!

**PICK ONE RECIPE
FROM EACH SECTION**

**COOK THREE THINGS
AT ONE TIME TO MAKE
A COMPLETE MEAL**

**MIX
&
MATCH
RECIPES**

$\frac{3}{4}$ Qt. Casserole

You may want to cover this with parchment paper when cooking to avoid splattering in your microwave.

$1\frac{3}{4}$ Qt. Casserole

3 Qt. Casserole



WHAT'S COOL ABOUT IT?

- Make a complete meal for four in less than 30 minutes.
- Cooks up to three dishes all at once in three stacks. Reduces the loss of soluble vitamins
- Requires minimal fat content, so it's healthier.
- Requires less energy than traditional stoves or ovens & cooks much faster, so you save time & money

WHAT ELSE CAN I DO WITH IT?

- Cook a whole chicken.
- Cooks liquids such as soup & sauces, or grains such as rice, quinoa & pasta.
- Quickly cook & drain ground beef to remove the fat content.
- Micro-bake a cake in the 3-Qt. Casserole with cone, or a three-layer cake with both Casseroles & Cover.
- Ask your consultant for the Single recipes.

STACK COOKER RECIPES

Recipes by Category, Pages 6-8

#1 Stack Cooker $\frac{3}{4}$ Qt Casserole Cover Recipes Pages 9-109

#2 Stack Cooker $1\frac{3}{4}$ Qt Casserole Recipes Pages 110-207

#3 Stack Cooker 3 Qt Casserole Recipes Pages 208-306

BEEF

Barbecue Joes
Beef & Blue Cheese Baked Spaghetti
Beef & Peppers
Bistec Encebollado
Bolognese
Burrito Casserole
Chili Con Carne
Chili Stuffed Peppers
Creole Pepper Steak
Curried Meatballs
Enchilada Casserole
Enchilada Casserole 2
Herbed Mini Meatloaves
Italian Meat Sauce
Italian Meatloaf
Meatballs, Beef
Pepper Steak,
Porcupine Meatballs
Sloppy Joe Sandwiches
Spicy Meatballs
Steak and Onions
Steak Oriental
Swedish Meatballs
Sweet & Sour Meatballs
Upside Down Stuffed Peppers

CHICKEN

Arroz Con Pollo
Barbecue Chicken
Breaded Chicken
Broccoli Chicken
Chicken Cacciatore
Chicken Casserole Olé
Chicken Enchiladas

Chicken in Apricot Sauce
Chicken Legs
Chicken Paprikash
Chicken Piccata
Chicken with Aurora Sauce
Chicken with Rice
Creamy Balsamic Chicken
Curried Chicken
Herb Coated Chicken
Honey Mustard Chicken
Italian Chicken
Italian Seasoned Chicken
Italian Chicken & Vegetables
Lazy Chicken Enchiladas
Pesto Chicken Drumsticks
Pollo Guisado
Spinach Stuffed Chicken
Stewed Chicken
Sweet & Sour Chicken Thighs

LAMB

Pineapple Salsa Lamb Chops
Spiced Lamb Patties

PORK

Arroz Con Griego
Arroz Con Salchichas
Bacon Onion Rice
Breakfast Casserole
Breakfast Sausages
Chinese Pork
Chorizo Corn Stuffing
Creamy Turkey & Ham Bake
Glazed Ham & Sweet Potatoes
Glazed Ham Steaks
Ham & Cheese Pasta

Ham Loaves
Island Spiced Pork
Italian Sausage with Pepper & Onions
Jiffy Jambalaya
Pineapple Glazed Ham
Pork with Olives
Rice with Sausage
Quick Sausage Sauce
Rosemary Pork Chops
Sausage and Peppers
Sausage Cabbage Supper
Sausage Link Sandwiches
Sausage Ragù
Sausage Stew

SEAFOOD

Crabby Zucchini
Green Asparagus with Mascarpone and Smoked Salmon
Herbed Salmon Steaks
Jiffy Jambalaya
Mediterranean Fish
Poached Salmon
Risotto with Shrimp
Salmon in White Wine
Salmon Loaf with Creamed Peas
Salmon Potato Scallop
Salmon Steak with Dill
Seafood Casserole
Seafood Stew
Shrimp & Asparagus Risotto

TURKEY

Creamy Turkey & Ham Bake
Soy Ginger Turkey Sliders

Turkey & Wild Rice Casserole
Turkey Curry in Squash
Turkey Mini Meatloaves
Turkey Stroganoff
Turkey with Sour Cream,

BEANS

Asian Green Beans
Boranjia Wax Beans
Chili Beans & Rice
Chili Con Carne
Chili Stuffed Peppers
Cuban Black Beans
Curried Chickpeas
Deviled Succotash
Dilled Green Beans & Onions
Garlic & Tomato White Beans
Greek Green Beans
Green Bean Casserole
Green Beans Amandine
Lentil Stew
Molasses Beans
Mustard Green Beans
Pinto Beans
Smashed Beans
Spicy Baked Beans
Stewed Beans

GRAINS - RICE - OATS

Apple Crisp Lite
Arroz Con Pollo
Arroz Con Griego
Arroz Con Salchichas
Asparagus Risotto
Bacon with Rice
Barley & Mushroom Bake

Cherry Crisp
Chicken with Rice
Chili Beans and Rice
Chorizo Corn Stuffing
Creamy Apricot Tart
Creamy Spinach & Rice
Coconut Rice
Couscous
Fruit Crumble
Herbed Couscous
Herbed Orzo
Lentil Stew
Jiffy Jambalaya
Nutty Brown Rice
Perfect Quinoa
Pineapple Rice
Porcupine Meatballs
Quick Basic Rice
Rice Fondant
Rice Pudding
Rice Pudding 2
Rice with Sausage
Risotto with Shrimp
Saffron Rice
Savory Rice
Shrimp & Asparagus Risotto
Spanish Rice
Strawberry Rhubarb Crunch
Tomato Rice
Turkey & Wild Rice Casserole
Turkey Curry in Squash
Upside Down Stuffed Peppers
White Rice

Beef & Blue Cheese Spaghetti
Buttered Pasta
Cheesy Orzo
Chicken Paprikash
Easy Macaroni and Cheese
Ham & Cheese Pasta
Lemon Butter Pasta
Lemon Parmesan Orzo
Macaroni & Cheese Casserole
Presto Pasta
Seafood Casserole
Spicy Fettuccini
Spicy Shells & Cheese
Spiral Pasta with Spicy Red Sauce

POTATOES

Au Gratin Potato Casserole
Baked New Potatoes
Barbecue Potatoes
Easy Potato Casserole
Garlic Dill Potato Wedges
Hash Brown Bake
Herbed Potatoes
Italian Herbed Potatoes
Mashed Creamy Potatoes
Mashed Potato and Pumpkin
Mashed Potatoes
Mashed Sweet Potatoes
New Potatoes in Gravy
New Potatoes with Herbs
Pesto Potatoes
Potato Gratin
Smashed Potatoes
Sweet Potato Casserole
Sweet Potato Gratin
Sweet Potato Pudding

Tropical Sweet Potatoes
Warm Potato Salad

VEGETABLES OR VEGETARIAN

Apple Cabbage Slaw
Apple Sauerkraut Relish
Asian Green Beans
Asparagus Casserole
Asparagus Risotto
Boranija Wax Beans
Broccoli & Cauliflower Casserole
Broccoli & Pecans
Broccoli with Pecans
Broccoli with Lemon Butter
Buffalo Cauliflower Sub
Cajun Squash
Candied Butternut Squash
Caraway Red Cabbage
Carrot Apple Medley
Cheese Grits
Cheesy Broccoli Cauliflower
Cheesy Cauliflower
Cheesy Orzo
Cherry Tomato Flan
Corn Medley
Cranberry Mandarin Relish
Creamed Corn
Creamed Peas
Creamed Spinach
Creamy Brussels Sprouts
Creamy Polenta
Creamy Spinach & Rice
Curried Chickpeas
Dijon Mushrooms
Dilled Carrots
Dilled Green Beans & Onions

Dilled Peas
Double Corn Stuffing
Fiesta Corn
Fiesta Peas
Fresh Mushroom Stuffing
Garlic & Lemon Broccoli
Garlic & Tomato White Beans
Ginger Almond Carrots
Grits
Harvest Beets
Herbed Cream Corn
Italian Asparagus
Italian Zucchini
Lemon Garlic Broccoli
Marinated Vegetable Salad
Minted Peas & Onions
Mushroom, Squash & Snap Peas
Orange Glazed Baby Carrots
Orange Glazed Beets
Peas & Mushrooms
Polenta
Ratatouille
Ratatouille 2
Soy Glazed Green Beans
Spiced Cauliflower
Squash Cron Medley
Squash Duo
Summer Squash with Dill
Summer Vegetable Bake
Tofu Curry
Vegetable Flan
Veggie Succatash
Warm Corn & Pepper Salad
Warm Corn Casserole
Wilted Greens
Zucchini & Carrot Ribbons

BREAD

Bread Pudding
Cinnamon Cornbread
Cornbread
Raisin Bread Pudding
Sour Cream Cornbread

BREAKFAST/BRUNCH

Banana Bread
Banana Rum Delight
Berry Apple Crumble
Blueberry Crumble
Bread Pudding
Breakfast Casserole
Breakfast Sausages
Brunch Omelet
Caramel Apple Streusel
Cheese Grits
Cherry Crisp
Cherry Flan
Cinnamon Apples
Cinnamon Baked Apples
Creamy Scrambled Eggs
Easy Potato Casserole
Egg Bake,
Fruit Crumble
Giant Pancake
Glazed Ham Steaks
Grits
Ham Loaves
Hash Brown Bake
Herbed Potatoes
Loaded Hash Browns
Lemon Raspberry Cake

Maple Candied Apples
New Potatoes with Herbs
Peach Fool
Peaches with Raspberry Sauce
Polenta
Raisin Bread Pudding
Vegetable Flan

DESSERTS

Apple Cheddar Crumble
Apple Crisp Lite
Apricot Banana Compote
Apricot Flan
Banana Bread
Banana Rum Delight
Berry Apple Crumble,
Berry Compote
Blueberry Citrus Topping
Blueberry Crumble
Brandied Plums
Caramel Apple Streusel
Cherry Crisp
Cherry Flan
Chocolate Cake
Chocolate Cherry Custard Cake
Chocolate Espresso Cake
Cinnamon Apples
Cinnamon Baked Apples
Cinnamon Brownies
Cinnamon Orange Poached Pears
Cranberry Spiced Pears
Dried Fruit Compote
Fruit Crumble
Hot Fudge Pudding Cake

Hot Fudge Sauce
Lemon Raspberry Cake
Lime Cheesecake
Maple Candied Apples
Peach Fool
Peaches with Raspberry Sauce
Pear Cheesecake
Pears with Chocolate & Pecans
Perky Peaches
Pina Colada Sundae Sauce
Pound Cake with Tropical Fruit
Sauce
Raisin Bread Pudding
Rhubarb Applesauce
Rhubarb Orange Betty
Rice Pudding
Rice Pudding 2
Ricotta Pudding
S'more Cake
S'more Pudding
Spiced Peaches
Spiced Pears
Spiced Stuffed Pears
Strawberry Blushing Pears
Strawberry Lemonade Shortcake
Strawberry Rhubarb Crunch
Strawberry Rhubarb Sauce
Stuffed Apples
White Chocolate Coconut Cake

SAUCES, RELISHES & COMPOTES

Apple Sauerkraut Relish
Apricot Banana Compote
Berry Compote

Blueberry Citrus Topping
Bolognese
Cherry Compote
Chicken in Apricot Sauce
Chicken with Aurora Sauce
Cranberry Apricot Chutney
Cranberry Mandarin Relish
Dried Fruit Compote
Hot Fudge Sauce
Italian Meat Sauce
Marinara
Peaches with Raspberry Sauce
Pina Colada Sundae Sauce
Pound Cake with Tropical Fruit
Sauce
Quick Sausage Sauce
Red Onion Relish
Rhubarb Applesauce
Spiral Pasta with Spicy Red Sauce
Strawberry Rhubarb Sauce
Strawberry Ice Cream Sauce
Warm Pineapple Orange Salad

#1 STACK COOKER $\frac{3}{4}$ QT. CASSEROLE COVER RECIPES

- Apple Cheddar Crumble
- Apricot Banana Compote
- Apricot Flan
- Asian Green Beans
- Asparagus Casserole
- Banana Bread
- Banana Rum Delight
- Barbecue Chicken
- Barbecue Potatoes
- Berry Apple Crumble
- Berry Compote
- Blueberry Citrus Topping
- Blueberry Crumble
- Boranjia Wax Beans
- Brandied Plums
- Bread Pudding
- Breakfast Sausages
- Caramel Apple Streusel
- Carrot Apple Medley
- Cheesy Cauliflower
- Cherry Compote
- Cherry Crisp
- Cherry Flan
- Cherry Tomato Flan
- Chocolate Cake
- Chocolate Cherry Custard Cake
- Chocolate Espresso Cake
- Cinnamon Apples
- Cinnamon Baked Apples
- Cinnamon Brownies
- Cornbread
- Cranberry Apricot Chutney
- Cranberry Mandarin Relish
- Cranberry Spiced Pears
- Creamed Spinach
- Creamy Apricot Tart
- Curried Chickpeas
- Dilled Green Beans & Onions
- Dried Fruit Compote
- Fiesta Corn
- Fruit Crumble
- Garlic Dill Potato Wedges
- Giant Pancake
- Ginger Almond Carrots
- Green Asparagus with Mascarpone and Smoked Salmon
- Herbed Cream Corn
- Herbed Potatoes
- Italian Chicken
- Italian Herbed Potatoes
- Lemon Garlic Broccoli
- Lemon Raspberry Cake
- Lime Cheesecake
- Maple Candied Apples
- Molasses Beans
- Mushroom, Squash & Snap Peas
- Mustard Green Beans
- New Potatoes in Gravy
- Orange Glazed Baby Carrots
- Orange Glazed Beets
- Peach Fool
- Peaches with Raspberry Sauce
- Pear Cheesecake
- Pears with Chocolate & Pecans
- Perky Peaches
- Pina Colada Sundae Sauce
- Pinto Beans
- Pound Cake with Tropical Fruit Sauce
- Raisin Bread Pudding
- Ratatouille
- Red Onion Relish
- Rhubarb Applesauce
- Rhubarb Orange Betty
- Rice Pudding
- Rice Pudding 2
- Ricotta Pudding
- Smashed Beans
- S'more Cake
- S'more Pudding
- Sour Cream Cornbread
- Sour Cream Onion Gravy
- Soy Glazed Green Beans
- Spiced Cornbread
- Spiced Peaches
- Spiced Pears
- Spiced Stuffed Pears
- Spicy Baked Beans
- Stewed Beans
- Strawberry Blushing Pears
- Strawberry Ice Cream Sauce
- Strawberry Lemonade Shortcake
- Strawberry Rhubarb Crunch
- Strawberry Rhubarb Sauce
- Stuffed Apples
- Sweet Potato Gratin
- Sweet Potato Pudding
- Tropical Sweet Potatoes
- Vegetable Flan
- Veggie Succotash
- Warm Corn & Pepper Salad
- White Chocolate Coconut Cake

Apple Cheddar **CRUMBLE**



INGREDIENTS

- 1 medium red-skinned apple
- 1 medium green-skinned apple
- 2 Tbsp. lemon juice
- ⅓ cup sugar
- 1 tsp. ground cinnamon
- 1¼ cup chopped walnuts
- 2⅓ cup flour
- 1½ cup (4 oz.) shredded sharp cheddar cheese
- 4 Tbsp. butter or margarine

DIRECTIONS

1. Core apple but do not pare; slice into 1-inch thick wedges and place in the **Stack Cooker ¾ Qt. Casserole**.
2. Sprinkle slices with lemon juice. In small bowl, stir sugar, cinnamon, walnuts; sprinkle over apple slices. In same small bowl, stir together flour and cheese; with a fork, cut in butter until mixture is crumbly.
3. Crumble mixture over apples.
4. If Stack Cooking, place in top position, microwave 15-20 minutes
5. If cooking individually microwave on high for 10-12 minutes.
6. Let rest 5 minutes.





Apricot Banana COMPOTE

INGREDIENTS

- 1 (16-oz.) can unpeeled apricot halves (in light syrup)
- $\frac{3}{8}$ cup orange juice
- $\frac{1}{4}$ tsp. ground ginger
- 1 medium banana
- Toasted almond, sliced, optional
- $\frac{1}{4}$ cup coconut, toasted, optional

DIRECTIONS

1. Drain apricots, reserving $\frac{1}{2}$ cup syrup.
2. In the **Stack Cooker $\frac{3}{4}$ Qt. Casserole** stir together reserved syrup, $\frac{1}{4}$ cup orange juice, and ginger. Add apricots. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 4-7 minutes.
5. Let rest 5 minutes.
6. Bias-slice banana and stir in just before serving.
7. Sprinkle each serving with coconut and/or almonds, if desired.



$\frac{3}{4}$ Qt. Casserole

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Apricot FLAN



INGREDIENTS

- 8 oz. cream cheese
- 1 cup powdered sugar
- 2 eggs
- 1 Tbsp. cornmeal
- 8 oz. apricots, drained

DIRECTIONS

1. Mix all ingredients except the apricots in the **Mix N-Stor Pitcher**.
2. Spread out mixture in the **Stack Cooker ¾ Qt. Casserole**.
3. Cut apricots in half and place them over the custard.
4. If Stack Cooking, place in top position and microwave on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 8 minutes.
6. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware



Asian GREEN BEANS

INGREDIENTS

- 12 oz. fresh green beans
- ¼ cup green onions
- 1 tsp. fresh ginger, minced
- 1 Tbsp. soy sauce
- 1 Tbsp. rice wine vinegar
- 2 tsp sesame or vegetable oil

DIRECTIONS

1. Mix all ingredients in the **Stack Cooker ¾ Qt. Casserole**, cover with parchment paper.
2. If Stack Cooking, place in top position and microwave on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. Let stand for 5 minutes before serving.



¾ Qt. Casserole

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ASPARAGUS

Casserole



INGREDIENTS

- 1 (10 oz.) pkg. frozen asparagus, cut
- 1 (5 oz.) jar blue cheese spread
- $\frac{1}{3}$ cup milk
- 2 Tbsp. Ritz crackers, crushed

DIRECTIONS

1. Rinse asparagus with cold water until slightly thawed.
2. Place asparagus in the **Stack Cooker $\frac{3}{4}$ Qt. Casserole**.
3. In a small bowl mix together blue cheese spread and milk; pour over asparagus, cover with parchment paper.
4. If Stack Cooking, place in top position and microwave on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 6 minutes.
6. Let stand for 5 minutes.
7. Stir casserole, then sprinkle with crushed crackers.



$\frac{3}{4}$ Qt. Casserole

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BANANA Bread

INGREDIENTS

- 1½ cup flour
- ¾ cup sugar
- ½ cup plus 2 Tbsp. soft butter
- ⅓ cup milk
- 2 eggs
- 2 medium bananas, sliced or mashed
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice
- ½ tsp. salt

DIRECTIONS

1. In a medium bowl, combine ingredients, pour into lightly buttered **Stack Cooker ¾ Qt. Casserole**.
2. If Stack Cooking, place in top position and microwave on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. Let stand for 5 minutes.



¾ Qt. Casserole

Tupperware



BANANA Rum Delight

INGREDIENTS

- ¼ cup firmly packed brown sugar
- 4 Tbs. butter or margarine, melted
- 1½ tsp. rum or rum extract
- 2 ripe bananas
- ¼ cup chopped pistachios, optional

DIRECTIONS

1. In a medium bowl, combine ingredients, pour into lightly buttered **Stack Cooker ¾ Qt. Casserole**, cover with parchment paper.
2. If Stack Cooking, place in top position and microwave on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. Let stand for 5 minutes.



¾ Qt. Casserole

Tupperware



BBQ CHICKEN

INGREDIENTS

- 4 boneless chicken breast halves
- ½ cup barbecue sauce
- ½ tsp. southwest chipotle seasoning*

DIRECTIONS

1. Place chicken on the outside edge of the **Stack Cooker ¾ Qt. Casserole**; brush with barbecue sauce and sprinkle with seasoning. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 3 minutes, flip chicken, and microwave for 3 minutes.
4. Let rest 5 minutes.

* Ask your consultant for this recipe or use taco seasoning



¾ Qt. Casserole

Tupperware®



BBQ POTATOES

INGREDIENTS

- 2 medium baking potatoes, cut into chunks
- 1 small onion, sliced $\frac{1}{4}$ " thick
- $\frac{1}{3}$ cup water
- $\frac{1}{2}$ cup BBQ sauce

DIRECTIONS

1. Place potatoes and onions in **Stack Cooker $\frac{3}{4}$ Qt. Casserole**.
2. Stir together BBQ sauce and water, pour over potatoes. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 7-9 minutes.
5. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

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A top-down view of a white bowl filled with a berry apple crumble. The crumble consists of a golden-brown, crumbly topping over a mixture of sliced apples and mixed berries (blueberries, raspberries, and strawberries). A single scoop of vanilla ice cream is placed in the center of the crumble. A silver fork is visible on the right side of the bowl. In the background, another similar bowl is partially visible. The text 'Berry Apple CRUMBLE' is overlaid in the top left corner. The Tupperware logo and product name are in the bottom left corner.

Berry Apple **CRUMBLE**

INGREDIENTS

- 3 apples, peeled and thinly sliced
- 4 oz. frozen mixed berries
- ½ cup brown sugar
- ¼ cup flour
- 2 Tbsp. butter

Serve with ice cream if desired

DIRECTIONS

1. Place frozen berries and apples in **Stack Cooker ¾ Qt. Casserole**.
2. Mix together remaining ingredients, sprinkle over fruit. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8 minutes.
5. Let rest 5 minutes. Mixture will thicken as it cools. Serve warm or cold with desserts like ice cream or pound cake, or use over toast as jam.



¾ Qt. Casserole

Tupperware

Berry COMPOTE



INGREDIENTS

- 12 oz. frozen mixed berries
- 2 Tbsp. granulated sugar
- 2 tsp. cornstarch
- ½ lemon, juiced

DIRECTIONS

1. Place apples in the **Stack Cooker ¾ Qt. Casserole**, sprinkle with berries.
2. In a small bowl, blend brown sugar, flour and butter, with a fork, until mixture resembles coarse meal, spread over fruit. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high power for 10 minutes.
5. Let stand for 5 minutes before serving.



Blueberry Citrus TOPPING



INGREDIENTS

- 1 lemon, juiced and zested
- 1 orange, juiced and zested
- 2 pints fresh blueberries
- 5 Tbs. sugar
- 1 cinnamon stick, broken in half
- 1 plain cheesecake, thawed if frozen

DIRECTIONS

1. Using vegetable peeler, pare a 2-inch-wide strip from the lemon and the orange; finely chop each strip and place in the **Stack Cooker ¾ Qt. Casserole**. Cut lemon and orange and squeeze juice from half of each into casserole cover. Reserve remaining lemon and orange halves for another use.
2. Place 1 pint of blueberries in with lemon and orange mixtures then add sugar and toss lightly to coat. Add cinnamon stick halves. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 10-12 minutes.
5. Let rest 5 minutes.
6. When blueberry mixture has cooled slightly, remove cinnamon stick halves.



¾ Qt. Casserole

Tupperware



Blueberry **CRUMBLE**

INGREDIENTS

- 1 (21 oz.) can blueberry pie filling
- 1 (9 oz.) pkg. yellow cake mix
- $\frac{1}{4}$ cup butter, melted
- $\frac{1}{2}$ tsp ground cinnamon

DIRECTIONS

1. Spread pie filling in the **Stack Cooker $\frac{3}{4}$ Qt. Casserole**.
2. Sprinkle cake mix over top of pie filling; drizzle melted butter over cake mix, sprinkle cinnamon over butter. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 10-12 minutes.
5. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware



Boranija
WAX BEANS

INGREDIENTS

- 1 (16 oz.) can wax beans, drained
- 1 (7.5 oz.) can stewed tomatoes
- $\frac{1}{4}$ cup water
- $\frac{3}{4}$ tsp. chili powder
- $\frac{1}{4}$ tsp dried basil
- Dash pepper

DIRECTIONS

1. Place wax beans in the **Stack Cooker $\frac{3}{4}$ Qt. Casserole**.
2. In a small bowl combine remaining ingredients and pour over beans; cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 4-6 minutes.
5. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware

Brandied PLUMS



INGREDIENTS

- 1½ lb. fresh plums, pitted and cut in half
- 2 Tbsp. lemon juice
- 1 cup brown sugar
- ¼ cup brandy or 1 tsp. brandy extract
- Chopped pistachio nuts, optional

DIRECTIONS

1. Slice each plum half into 4 wedges and place in **Stack Cooker ¾ Qt. Casserole**; sprinkle with lemon juice and brandy, stir to coat.
2. Sprinkle brown sugar over plums, stir to coat. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 6-10 minutes.
5. Let rest 5 minutes.



Bread PUDDING

INGREDIENTS

- 10 slices cinnamon raisin bread, cubed
- 3 eggs, slightly beaten
- 1½ cups whole milk
- ¼ cup granulated sugar
- ¼ tsp. ground nutmeg

DIRECTIONS

1. Place cubed bread in **Stack Cooker ¾ Qt. Casserole**.
2. Mix remaining ingredients and pour over bread. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on 50% power for 13-15 minutes.
5. Let rest 5 minutes.



¾ Qt. Casserole

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Breakfast SAUSAGES

INGREDIENTS

- 8 breakfast sausage links
- 2 Tbsp. water

DIRECTIONS

1. Pierce each link 2–3 times with a fork.
2. Pour water into the **Stack Cooker ¾ Qt. Casserole** and add sausage, cover with parchment paper.
3. If Stack Cooking, place in top position, microwave for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8 minutes.
5. Let rest 5 minutes.



¾ Qt. Casserole



Caramel Apple **STREUSEL**

INGREDIENTS

- 2 medium apples, peeled, cored, and sliced
- ¼ cup caramel (ice cream) topping
- 2 Tbsp. water
- Tbsp. lemon juice
- ⅓ cup all-purpose flour
- 2 Tbsp. sugar
- ¼ tsp. ground cinnamon
- 2 Tbsp. margarine or butter
- Nuts, optional

DIRECTIONS

1. Arrange apple slices in the **Stack Cooker ¾ Qt. Casserole**. Stir together ice cream topping, water, and lemon juice. Pour over apples.
2. In a Small Mixing Bowl combine flour, sugar, and cinnamon. Cut in margarine until mixture resembles coarse crumbs. Sprinkle evenly over apple mixture, cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 4-7 minutes.
5. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

Carrot Apple MEDLEY



INGREDIENTS

- 1 cup carrots, sliced (about 2 medium)
- 1 cup apple, peeled and cubed
- ½ small onion, diced
- ½ cup water
- 1 Tbsp. butter, melted
- ¼ cup packed brown sugar
- 1 Tbsp. lemon juice
- ⅛ tsp. ground cinnamon

DIRECTIONS

1. Add apples and carrots in the **Stack Cooker ¾ Qt. Casserole**.
2. In a small mixing Bowl combine remaining ingredients, pour evenly over apple mixture, stir to mix well, cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 4-7 minutes.
5. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware



Cheesy **CAULIFLOWER**

INGREDIENTS

- 1 lb. cauliflower florets, fresh or frozen
- ½ cup shredded cheese

DIRECTIONS

1. Place cauliflower in **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
2. If stack cooking, stack, place in microwave and cook on high for 15 -20 minutes.
3. If cooking individually, place in microwave and cook on high for 8 minutes.
4. Let rest 5 minutes.
5. Add shredded cheese and let rest 5 minutes to melt cheese.



¾ Qt. Casserole

Tupperware

A recipe card for Cherry Compote. The top half features a photograph of fresh dark cherries and a bowl of compote. The bottom half shows a glass bowl containing the finished compote over a white base, with a Tupperware logo and product name overlaid. The text is arranged in a clean, modern layout.

Cherry COMPOTE

INGREDIENTS

- ⅓ cup orange juice
- 2 Tbsp. currant or raspberry jelly
- 1 (16-oz.) can pitted dark sweet cherries, drained
- 1 tsp. vanilla extract
- 2 Tbsp. chopped pecans, optional

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole** combine orange juice and jelly. Stir in cherries. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 3-5 minutes.
4. Let rest 5 minutes.
5. Stir in vanilla and pecans before serving.

¾ Qt. Casserole

Tupperware



Cherry **CRISP**

INGREDIENTS

- 12 oz. frozen cherries
- 2 tsp. cornstarch
- ¼ cup all-purpose flour
- ½ tsp. ground cinnamon
- ½ cup rolled oats
- ¼ cup brown sugar
- 2 Tbsp. unsalted

DIRECTIONS

1. Toss frozen cherries with cornstarch and place in **Stack Cooker ¾ Qt. Casserole**.
2. In a small bowl, combine flour, cinnamon, oats and brown sugar. Cut butter into mixture until it achieves a crumbly texture. Pour over cherries. Cover with parchment paper.
3. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
4. If cooking individually, place in microwave and cook on high for 8 minutes.
5. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

Cherry FLAN



INGREDIENTS

- ½ cup shortbread cookies
- ½ cup heavy cream
- 1 egg
- ½ cup powdered sugar
- 1 Tbsp. Chambord
- 1 (8 oz.) can Morello cherries in syrup, strained

DIRECTIONS

1. Chop cookies in the **SuperSonic Chopper Extra** with blade attachment, remove blade and replace with paddle attachment.
2. Add the rest of the ingredients, except cherries, mix well.
3. Pour into the **Stack Cooker ¾-Qt. Casserole**, and add cherries.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high power for 12 minutes.
6. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

Cherry Tomato FLAN



INGREDIENTS

- 1½ cup half and half
- 4 Tbsp. couscous
- 1 egg
- ½ cup gruyere cheese, grated
- Salt and pepper to taste
- 15 cherry tomatoes, cut in half

DIRECTIONS

1. Combine half and half, couscous, egg and gruyere cheese and salt and pepper, pour into the **Stack Cooker ¾ Qt. Casserole**, add cherry tomatoes. Cover with parchment paper.
2. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high power for 8 minutes.
4. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

Chocolate CAKE

INGREDIENTS

- 1 cup all-purpose flour
- $\frac{1}{3}$ cup cocoa powder
- $\frac{1}{2}$ cup granulated sugar
- 1 tsp. baking powder
- $\frac{1}{8}$ tsp. table salt
- $\frac{1}{2}$ cup canola oil
- 1 cup reduced-fat (2%) milk
- 1 tsp. vanilla extract
- $\frac{1}{4}$ cup chocolate chips

DIRECTIONS

1. Spray **Stack Cooker $\frac{3}{4}$ 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 **Stack Cooker $\frac{3}{4}$ Qt. Casserole**.
4. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
5. If cooking individually, place in microwave and cook on high for 8 minutes.
6. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware

Chocolate Cherry CUSTARD CAKE

INGREDIENTS

- 8 oz. fresh dark sweet cherries, pitted and cut in half or 8 oz. frozen pitted dark sweet cherries
- 3 eggs
- 1 (12 oz.) can evaporated milk
- 1¼ cup sugar
- ¼ cup flour
- 1½ tsp. almond extract
- 1¼ cup semisweet mini chocolate morsels
- Whipped cream or whipped topping

DIRECTIONS

1. Place cherries in the **Stack Cooker ¾ Qt. Casserole**.
2. In medium bowl, lightly beat eggs then beat in milk, sugar and flour; stir in extract.
3. Pour batter over cherries. Scatter chocolate chips over batter. Spray a piece of waxed paper with nonstick cooking spray. Cover with parchment paper.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 10-12 minutes at 70% power.
6. Let rest 5 minutes.
7. top with whipped topping.



¾ Qt. Casserole

Tupperware



Chocolate Espresso CAKE

INGREDIENTS

- 1¼ cups sliced almonds
- ¾ cup sugar, divided
- 1 bar (7 oz.) dark sweet chocolate, divided
- 5 eggs separated
- 2 Tbs. instant espresso powder
- 1 square (1 oz.) white chocolate, melted

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, add almonds with 2 Tbs. sugar, cover and pull cord until finely ground.
2. In the **2 Cup Micro Pitcher** add 4 oz. dark chocolate. Heat on High 1-2 minutes until chocolate is melted; stir until smooth.
3. In bowl, beat yolks with remaining sugar; stir in nuts, chocolate and espresso.
4. In separate bowl, with electric mixer, beat egg whites until stiff. Fold into chocolate. Pour batter in the **Stack Cooker ¾ Qt. Casserole**. Spray a piece of waxed paper with nonstick cooking spray; lay over batter.
5. If Stack Cooking, place in top position, microwave 15-20 minutes.
6. If cooking individually microwave on high for 10-12 minutes at 70% power.
7. Let rest 5 minutes.
8. Remove waxed paper. Cool cake 10 minutes. In a bowl, heat remaining dark chocolate on High 1-2 minutes until melted; spread over cake. Using a fork, drizzle white chocolate over frosting.



¾ Qt. Casserole

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Tupperware



Cinnamon APPLES

INGREDIENTS

- 4 small apples, cored and quartered
- ½ cup water
- 3 Tbsp. sugar
- 1 Tbsp. lemon juice
- ½ tsp. ground cinnamon
- ¼ tsp. whole allspice

DIRECTIONS

1. Place apple pieces in the **Stack Cooker ¾ Qt. Casserole**. Combine water, sugar, lemon juice, cinnamon and allspice, pour over apples, cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 4-5 minutes at 70% power.
4. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware®

A close-up photograph of several baked apples. The apples are golden-brown and have been cored. They are filled with a mixture of brown sugar, dried fruit bits, raisins, and ground cinnamon. The apples are arranged on a light-colored surface, possibly a baking sheet or a plate. The text "Cinnamon Baked Apples" is overlaid on the top left of the image in a white, cursive font.

Cinnamon Baked APPLES

INGREDIENTS

- 4 large baking apples
- 1½ cup firmly packed brown sugar
- 1 (5.2 oz.) pkg. dried fruit bits
- 2 Tbsp. raisins
- 1 Tbsp. ground cinnamon
- 1¼ cup whipped cream optional

DIRECTIONS

1. Core apples, then pare skin about 1-inch down from top.
2. Place apples in **Stack Cooker ¾ Qt. Casserole**.
3. Stir together sugar, fruit bits, raisins and cinnamon.
4. Fill cored center of apples with mixture; place any remaining mixture around bottom of apples. Cover with parchment paper.
5. If Stack Cooking, place in top position, microwave 15-20 minutes.
6. If cooking individually microwave on high for 7-10 minutes.
7. Let rest 5 minutes.
8. Serve each apple with a dollop of whipped cream, if desired.



¾ Qt. Casserole

Tupperware

Cinnamon **BROWNIES**



INGREDIENTS

- (10.25 oz.) box brownie mix
- 1 tsp. ground cinnamon
- Eggs, oil and water as directed on box

DIRECTIONS

1. In a medium bowl combine all ingredients.
2. Spray **Stack Cooker ¾ Qt. Casserole** with spray oil, pour batter in.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 4-5 minutes.
5. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

CORNBREAD

INGREDIENTS

- ¾ cup all-purpose flour
- ¾ cup cornmeal
- 1½ tsp. baking powder
- ¼ cup granulated sugar
- ½ cup canola oil
- 1 cup reduced-fat (2%) milk

DIRECTIONS

1. Spray **Stack Cooker ¾ 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 **Stack Cooker ¾ Qt. Casserole**.
4. If cooking individually, place in microwave and cook on high for 6 minutes.
5. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
6. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

Cranberry Apricot **CHUTNEY**

INGREDIENTS

- 6 small fresh apricots, cut in half, pit removed
- ½ cup apricot nectar
- ½ tsp pumpkin pie spice
- ¼ cup golden raisins
- ¼ cup dried cranberries

DIRECTIONS

1. Place apricots in **Stack Cooker ¾ Qt. Casserole**.
2. In a small bowl, stir together apricot nectar, pumpkin pie spice, raisins and cranberries. Pour mixture over apricots. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 6-8 minutes.
5. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware



Cranberry Mandarin **RELISH**

INGREDIENTS

- 1 (12 oz.) bag fresh or frozen cranberries
- $\frac{2}{3}$ cup orange juice
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ tsp. slivered orange peel
- $\frac{1}{2}$ tsp. slivered lime peel
- Dash ground nutmeg
- 1 (16 oz.) can mandarin oranges, drained

DIRECTIONS

1. In **Stack Cooker $\frac{3}{4}$ Qt. Casserole**, stir together cranberries, orange juice, sugar, the peels, if desired, and the nutmeg. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 8-10 minutes.
4. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware

Cranberry Spiced **PEARS**

INGREDIENTS

- ⅔ cup cranberry juice cocktail
- 2 Tbsp. grenadine syrup
- 1 tsp. ground cinnamon
- 4 small pears, peeled, halved and cored

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole** combine cranberry juice cocktail, grenadine syrup, and cinnamon. Place pears, cut side down, in sauce. Spoon sauce over each pear. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes
3. If cooking individually microwave on high for 7-9 minutes.
4. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware



Creamed
SPINACH

INGREDIENTS

- 1 (10 oz.) pkg. frozen spinach, partially thawed
- 1 (8 oz.) pkg. cream cheese
- $\frac{3}{8}$ cup whole milk
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. salt

DIRECTIONS

1. Place spinach and cream cheese in **Stack Cooker $\frac{3}{4}$ Qt. Casserole**.
Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on 70% for 6-8 minutes.
4. Let rest 5 minutes.
5. Stir in remaining ingredients.



$\frac{3}{4}$ Qt. Casserole

Tupperware

Creamy Apricot TART



INGREDIENTS

- 1 cup graham cracker crumbs
- 1 Tbsp. sugar
- $\frac{1}{8}$ tsp. ground cinnamon
- 2 Tbsp butter, melted
- 1 cup quick cooking rolled oats
- $\frac{1}{2}$ cup boiling water
- 1 (15 oz.) can apricots, drained
- 1 (8 oz.) pkg. cream cheese, softened
- $\frac{1}{2}$ cup vanilla yogurt
- $\frac{1}{2}$ cup sugar
- 2 eggs

DIRECTIONS

1. In the **Stack Cooker $\frac{3}{4}$ Qt. Casserole**, stir crumbs, sugar and cinnamon, stir in butter until crumbs form. Press into bottom and up the sides of cover; set aside.
2. In the **SuperSonic Chopper Extra** with blade attachment add oatmeal, cover and pull cord until it is a coarse flour, add boiling water. Add $\frac{3}{4}$ of the apricots, saving the rest for garnish, add cheese, yogurt, sugar and eggs, over and pull cord until well blended, batter will be thin. Pour into crumb crust.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 18-22 minutes at 50% power.
5. Let rest 5 minutes.
6. Before serving, garnish with remaining apricots.



$\frac{3}{4}$ Qt. Casserole

Tupperware



Curried **CHICKPEAS**

INGREDIENTS

- 1 (15 oz.) can chickpeas
- 1 tsp. ground curry powder
- ½ tsp. garlic powder
- ½ tsp. salt

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole**, stir together all ingredients. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 5 minutes.
4. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware



Dilled
GREEN BEANS
and Onions

INGREDIENTS

- 2 cups frozen French or regular style green beans
- 1 cup frozen whole onions
- 1 tsp. chicken bullion
- $\frac{1}{4}$ tsp. dried dillweed
- $\frac{1}{2}$ cup water

DIRECTIONS

1. In the **Stack Cooker $\frac{3}{4}$ Qt. Casserole**, combine all the ingredients, stir to mix well. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 4-6 minutes at 50% power.
4. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware

Dried Fruit **COMPOTE**

INGREDIENTS

- 4 oz. mixed dried fruit
- 1 $\frac{1}{4}$ cup apple juice
- 2 Tbsp. golden raisins
- $\frac{1}{4}$ tsp. ground cinnamon or cardamom

DIRECTIONS

1. Cut up any large pieces of fruit.
2. In the **Stack Cooker $\frac{3}{4}$ Qt. Casserole** combine dried fruit, apple juice, raisins, and spice. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes
4. If cooking individually microwave on high for 4-6 minutes.
5. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware



Fiesta CORN

INGREDIENTS

- 2 (15.25 oz.) cans fiesta corn
- 3 Tbsp. mayonnaise
- ½ tsp. southwest chipotle seasoning*
- 1 Tbsp. flour

DIRECTIONS

1. Mix all ingredients in the **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes
3. If cooking individually microwave on high for 4-6 minutes.
4. Let rest 5 minutes.

* Ask your consultant for this recipe or use taco seasoning



¾ Qt. Casserole

Tupperware

Fruit **CRUMBLE**

INGREDIENTS

- 2½ cups plums, apples or pears, peeled and sliced
- 2 Tbsp. honey
- 2 Tbsp. water
- 1 Tbsp. butter
- ⅓ cup quick cooking rolled oats
- 2 Tbsp. brown sugar
- ½ tsp. ground allspice
- 1 Tbsp. butter
- 2 Tbsp. chopped nuts

DIRECTIONS

1. Arrange fruit in an even layer in the **Stack Cooker ¾ Qt. Casserole**.
2. Combine honey and water, pour over fruit. Cover with parchment paper.
3. Dot with the cut up 1 Tbsp. of butter, cover with parchment paper.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 4-6 minutes.
6. Let rest 5 minutes.
7. Stir together oats, brown sugar and allspice, cut into the 1 Tbsp of butter until mixture resembles coarse crumbs, stir in nuts. Sprinkle nut topping over fruit before serving.



¾ Qt. Casserole

Tupperware



Garlic Dill POTATO WEDGES

INGREDIENTS

- 2 baking potatoes cut lengthwise into 8 sections
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ tsp. celery salt
- ½ tsp. crushed fresh dill

DIRECTIONS

1. Toss potatoes in olive oil, garlic and salt and pepper, place in an even layer in **the Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 6-10 minutes.
4. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

Giant PANCAKE



INGREDIENTS

- 1½ cups self-rising flour
- ½ cup granulated sugar
- 1 cup 2% milk
- 1 large egg, lightly beaten
- ¼ cup vegetable oil
- 2 Tbsp. pancake syrup of choice

- Optional Glaze Topping*
- ¾ cup powdered sugar
 - ½ Tbsp. ground cinnamon
 - 2 Tbsp. 2% milk

DIRECTIONS

1. Mix all ingredients in a bowl until smooth. Pour in the **Stack Cooker ¾ Qt. Casserole**.
2. Combine all glaze topping ingredients and mix well.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 3-4 minutes.
5. Let rest 5 minutes.
6. Top with glaze or fresh fruit and serve.



¾ Qt. Casserole

Tupperware

Ginger Almond **CARROTS**



INGREDIENTS

- ½ cup water
- ¼ cup golden raisins, optional
- 2 Tbsp. butter
- 2 Tbsp. honey
- 1 Tbsp. lemon juice
- ⅛ tsp. ground ginger
- 2 cups carrots, sliced
- ¼ cup almonds, sliced toasted
- ½ tsp. dried parsley

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole** combine water, raisins, butter, honey, lemon juice, ginger and carrots. Cover with parchment paper.
2. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 10-12 minutes.
5. Let rest 5 minutes.
6. Sprinkle toasted almonds on carrots.



¾ Qt. Casserole

Tupperware



Green Asparagus with Mascarpone and **SMOKED SALMON**

INGREDIENTS

- ½ lb. asparagus spears, fresh
- 2 slices smoked salmon
- 4 oz. mascarpone cheese
- 2 shallots, diced
- Salt and pepper to taste

DIRECTIONS

1. Make 4 bundles with the asparagus spears.
2. Slice each salmon in half, and place on a board, place one bundle of asparagus in the center of the salmon, add 1 Tbsp. mascarpone cheese and 1 tsp. shallots, wrap bundle, repeat for 3 other bundles.
3. Place bundles in the **Stack Cooker ¾ Qt. Casserole**, sprinkle with salt and pepper. Cover with parchment paper.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 3 minutes.
6. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware



Herbed **CREAM CORN**

INGREDIENTS

1 (7 oz.) can green chilis, diced
Salt and Pepper, to taste
2 tsp. dried parsley
2 (15.25 oz.) cans whole kernel corn,
drained

4 Tbsp. unsalted butter
8 oz. cream cheese, softened
¼ cup milk

DIRECTIONS

1. Mix chilis, salt, pepper, parsley and corn in the **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 3-4 minutes.
4. Mix butter, cream cheese and milk in with the corn, place only the **Stack Cooker ¾ Qt. Casserole** back in the microwave for 2 minutes, remove and stir to combine.



¾ Qt. Casserole

Tupperware



Herbed POTATOES

INGREDIENTS

- 12 oz. medium baked potatoes, sliced $\frac{1}{4}$ " thick
- 1 small onion, thinly sliced
- 2-4 Tbsp. water
- 1 Tbsp. butter, melted
- $\frac{1}{2}$ tsp. dried basil, oregano or tarragon, crushed

DIRECTIONS

1. Place potatoes in **the Stack Cooker $\frac{3}{4}$ Qt. Casserole**, placing smaller pieces towards the center, cover with onions.
2. Combine butter, water and seasoning and pour over potatoes. Cover with parchment paper.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 10-12 minutes.
6. Let stand for 5 minutes before serving.



$\frac{3}{4}$ Qt. Casserole

Tupperware



Italian **CHICKEN**

INGREDIENTS

- ½ cup seasoned bread crumbs
- ¼ cup parmesan cheese
- ½ tsp garlic salt
- 1½ tsp. Italian seasoning
- 2 Tbsp. butter, melted
- 4 boneless chicken breast

DIRECTIONS

1. In a shallow bowl combine bread crumbs, parmesan cheese, garlic salt and Italian seasonings.
2. Coat chicken in bread crumb mixture and place in the **Stack Cooker** ¾ Qt. **Casserole**, drizzle butter over chicken.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 3 minutes, flip, cook for 3 more minutes.
5. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

Italian Herbed **POTATOES**



INGREDIENTS

- 2 cups small red potatoes, quartered
- ½ cup onion, sliced
- ½ tsp. salt
- ¼ tsp. black pepper, freshly ground
- 2 Tbsp. water
- 2 Tbsp. butter
- 1 garlic clove, minced
- 1 tsp. rosemary, fresh, chopped
- 1 tsp. sage, fresh, chopped
- 1 tsp. thyme, fresh, chopped

DIRECTIONS

1. Place potatoes and onions in the **Stack Cooker ¾ Qt. Casserole**, sprinkle with salt and pepper.
2. Mix water, butter, garlic and herbs, pour over potatoes, cover with parchment paper.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware



Lemon Garlic
BROCCOLI

INGREDIENTS

- 3 Tbsp. unsalted butter, melted
- 2 Tbsp. water
- 1½ tsp. minced garlic
- Juice & zest of 1 lemon
- Heaping ½ tsp. salt
- 12 oz. fresh broccoli florets

DIRECTIONS

1. Place all ingredients in the **Stack Cooker ¾ Qt. Casserole**, stir. Cover with parchment paper.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 6-8 minutes.
5. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

Lemon Raspberry CAKE

INGREDIENTS

- 1½ cup all-purpose flour
- ⅔ cup granulated sugar
- 1 tsp. baking powder
- ¼ Tbsp. salt
- ½ cup canola oil
- 1 cup reduced-fat (2%) milk
- 2 Tbsp. lemon juice
- Zest of 1 lemon
- ¼ cup fresh raspberries

DIRECTIONS

1. Spray **Stack Cooker ¾ Qt. Casserole** with nonstick cooking spray. Set aside.
2. Combine all ingredients except raspberries in a medium bowl and whisk until combined.
3. Pour batter into greased **Stack Cooker ¾ Qt. Casserole** and arrange raspberries on the top.
4. If stack cooking, stack in top position, microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 6 minutes.
6. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware



Lime CHEESECAKE

INGREDIENTS

- 1 lime, zested and juiced
- 1¼ cups graham cracker crumbs
- 1½ cup sugar, divided
- 4 Tbsp. butter or margarine, melted
- 12 oz. cream cheese, room temperature
- 3 Tbsp. sour cream
- 2 eggs
- 1 container (6 oz.) frozen limeade concentrate, thawed
- 1 Tbsp. flour
- 1 Tbsp. honey
- 1 Tbsp. cornstarch

DIRECTIONS

1. In **Stack Cooker ¾ Qt. Casserole**, stir together crumbs and 3 Tbsp. sugar; stir in butter until mixture is crumbly. Press into bottom and up side of cover. Chill while preparing filling.
2. Using electric mixer at high speed, combine cream cheese, the remaining sugar, the sour cream, eggs, 1 Tbsp. lime juice, and ½ cup limeade concentrate, until smooth. Stir in flour. Pour mixture into chilled crust.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 8-10 minutes.
5. Let rest 5 minutes.
6. Cool cheesecake in refrigerator for 30 minutes.
7. In a small bowl, stir together the remaining limeade concentrate, the remaining lime juice, honey, lime zest and the cornstarch. Cook on High 1-2 minutes until mixture has thickened. Cool slightly, then pour over cheesecake. Let stand a few minutes before serving.



¾ Qt. Casserole

Tupperware



Maple Candied **APPLES**

INGREDIENTS

- 2 medium apples
- ¼ cup apple juice or cider
- ¼ cup maple flavored syrup
- 1 Tbsp. butter

DIRECTIONS

1. Peel and quarter apples and remove cores. Cut each apple into 8 wedges.
2. Place in the **Stack Cooker ¾ Qt. Casserole**.
3. Combine apple juice, syrup, and butter. Pour over apples. Cover with parchment paper.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually microwave on high for 4-6 minutes.
6. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware



Molasses BEANS

INGREDIENTS

- ½ cup chopped onions
- ¼ cup green pepper, finely diced
- 2 slices bacon, cut into 1" pieces
- 1 (15 oz.) can northern beans, do not drain
- 2 Tbsp. molasses
- 2 Tbsp. brown sugar
- ¾ tsp. dry mustard

DIRECTIONS

1. Place onion, green pepper and bacon in the **Stack Cooker ¾ Qt. Casserole**; cover with parchment paper. Microwave for 2-3 minutes, drain off fat.
2. Stir in remaining ingredients, cover with parchment paper.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually microwave on high for 4-6 minutes.
5. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware



Mushroom, Squash & SNAP PEAS

INGREDIENTS

- ½ medium green zucchini sliced into ½" thick rings
- ½ medium yellow squash sliced into ½" thick rings
- ¼ lb. baby bella mushrooms halved or quartered if large
- 4 oz. snap peas
- ½ large onion cut into ½" wide by 1" long slices.
- 2 Tbsp. olive oil
- 3 Tbsp. balsamic vinegar
- ½ tsp. sea salt or season to taste
- ¼ tsp. black pepper or to taste

DIRECTIONS

1. Add vegetables to the **Stack Cooker ¾ Qt. Casserole**, drizzle with oil, balsamic vinegar, season with salt and pepper. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

Mustard GREEN BEANS



INGREDIENTS

- 1 lb. fresh green beans, trimmed
- 1 Tbsp. coarse grain mustard
- ½ Tbsp. Dijon mustard
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- ½ lemon, juiced
- 2 Tbsp. unsalted butter, melted

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole** add green beans.
2. In a small bowl whisk together remaining ingredients and pour over green beans. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 8-10 minutes.
4. Let rest 5 minutes.
5. Add vinegar, mustard and horseradish to the green beans, stir.



¾ Qt. Casserole

Tupperware

NEW POTATOES

in Gravy

INGREDIENTS

- 10 oz. new potatoes, sliced ¼" thick
- ½ cup jarred chicken gravy
- ½ cup milk
- ¼ tsp. poultry seasoning
- Salt and pepper to taste
- 2 slices bacon, cooked, crumbled

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole** arrange potatoes in even layer.
2. Stir together gravy, milk, poultry seasoning, salt and pepper, pour over potatoes. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 6-8 minutes.
4. Let rest 5 minutes.
5. Sprinkle bacon over potatoes.



¾ Qt. Casserole

Tupperware

Orange Glazed **BABY CARROTS**



INGREDIENTS

- ½ lb. baby carrots
- 1 Tbsp. butter
- 2 Tbsp. brown sugar
- ½ cup orange juice
- Salt and pepper to taste

DIRECTIONS

1. Combine ingredients in the **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 4-6 minutes.
4. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware



Orange Glazed BEETS

INGREDIENTS

- ¼ cup orange marmalade
- ¼ cup orange juice
- ½ tsp. orange zest, optional
- 1 Tbsp. butter
- ⅛ tsp. ground ginger
- 1 (16 oz.) can diced beets

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole** stir together all ingredients, cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 4-6 minutes.
4. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

PEACH FOOL



INGREDIENTS

- 4 large peaches, pitted, cut into wedges
- $\frac{1}{3}$ cup granulated sugar
- $\frac{1}{4}$ cup peach schnapps or peach nectar

Whipped Cream

- 1 cup heavy cream
- 2 Tbsp. powdered sugar
- $\frac{1}{2}$ tsp. ground nutmeg

DIRECTIONS

1. Place peaches, sugar and schnapps in **Stack Cooker $\frac{3}{4}$ Qt. Casserole**; stir to coat. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 6-10 minutes.
4. Allow peaches to cool completely.
5. In the **SuperSonic Chopper Extra** with paddle attachment, whip heavy cream and powdered sugar together until peaks appear.
6. Place about $\frac{1}{4}$ cup peaches topped with $\frac{1}{2}$ cup whipped cream in to 4 dessert dishes and gently stir, sprinkle with nutmeg.



$\frac{3}{4}$ Qt. Casserole

Tupperware



PEACHES

with Raspberry Sauce

INGREDIENTS

- 4 medium-size ripe peaches
- 2 Tbsp. lemon juice
- 1½ pint raspberries
- 2-4 Tbsp. sugar
- 12 Italian-style crisp amaretto/almond flavored cookies, crushed

DIRECTIONS

1. Cut each peach in half; remove and discard pit. In **Stack Cooker ¾ Qt. Casserole**, place peach halves and sprinkle with lemon juice.
2. Add raspberries to **Stack Cooker ¾ Qt. Casserole**, then sprinkle sugar over fruit. Top fruit with crushed cookies. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 5-8 minutes.
5. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

PEAR Cheesecake



INGREDIENTS

- 2 eggs
- ¼ cup powdered sugar
- 1 Tbsp. cornmeal mixed with 2 Tbsp. milk
- 1 orange zest
- 8 oz. cream cheese
- 1 (16 oz.) can pears in syrup, drained

DIRECTIONS

1. Place all ingredients except the pears in a medium bowl, beat until creamy.
2. Pour into the **Stack Cooker ¾ Qt. Casserole**.
3. Place pears over cream cheese mixture, cover with parchment paper.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high power for 10 minutes.
6. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

PEARS

with Chocolate & Pecans



INGREDIENTS

- 1 (15 oz.) can of pear slices, drained
- 2 Tbsp. pecans, chopped
- 2 Tbsp. dark chocolate bar

DIRECTIONS

1. Place pears into the **Stack Cooker ¾ Qt. Casserole**, and top with pecans.
2. Using a vegetable peeler, add curls of chocolate on top of pears. Cover with parchment paper.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high power for 6 minutes.
5. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware



Perky
PEACHES

INGREDIENTS

- 1 (8-oz.) can pineapple chunks
- 1 (21 oz.) can peach pie filling
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon vanilla extract
- 2 cups vanilla ice cream
- 2 Tbsp. chopped toasted pecans, optional

DIRECTIONS

1. Drain pineapple, reserving juice.
2. In the **Stack Cooker $\frac{3}{4}$ Qt. Casserole** combine pie filling, pineapple, 1 Tbsp. of the reserved juice and the nutmeg. Cover with parchment paper.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 5-8 minutes.
5. Let rest 5 minutes.
6. To serve, stir in remaining juice and vanilla. Spoon over ice cream and sprinkle with pecans, if desired.



$\frac{3}{4}$ Qt. Casserole

Tupperware



Pina Colada SUNDAE SAUCE

INGREDIENTS

- 1¼ cup shredded coconut
- 1¼ cup pecan pieces
- 1 (15 oz.) can pineapple chunks in its own juice, well drained
- 1¼ cup firmly packed light brown sugar
- 2 Tbsp. butter or margarine
- Vanilla ice cream or frozen yogurt

DIRECTIONS

1. Place coconut and pecans in the **Stack Cooker ¾ Qt. Casserole**.
Cook on High 2-4 minutes, stirring a few times, until coconut is golden brown and nuts are lightly toasted. Remove and set aside.
2. In the **Stack Cooker ¾ Qt. Casserole**, place brown sugar and butter.
Cook on High 1 minute until melted; stir, then add pineapple and toss to coat thoroughly.
- 3 Top pineapple with coconut mixture.
4. If Stack Cooking, place in top position, microwave 15-20 minutes.
5. If cooking individually microwave on high for 4-6 minutes.
6. Let rest 5 minutes.
7. Serve over vanilla ice cream or frozen yogurt.



¾ Qt. Casserole

Tupperware



Pinto BEANS

INGREDIENTS

- 1 (15-oz.) can pinto beans
- $\frac{1}{4}$ tsp. dried oregano
- 1 Tbsp. sofrito
- 1 Tbsp. tomato sauce

DIRECTIONS

1. Mix together ingredients in **Stack Cooker $\frac{3}{4}$ Qt. Casserole**. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 8 minutes.
4. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware

POUND CAKE with Tropical Fruit Sauce

INGREDIENTS

- 1 (16 oz.) can chunky tropical mixed fruit, do not drain
- 1 Kiwi, diced
- 1 tsp quick cooking tapioca
- ¼ tsp. ground nutmeg
- 4 slices of pound or angel food cake

DIRECTIONS

1. Mix together mixed fruit, kiwi, tapioca and nutmeg in **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. Let rest 5 minutes. Serve over pound cake.



Raisin BREAD PUDDING



INGREDIENTS

- 10 slices cinnamon-raisin bread, cut into 1" cubes
- 3 eggs
- 1½ cups milk
- ¼ cup sugar
- 1 tsp. vanilla
- 1¼ tsp. ground nutmeg

DIRECTIONS

1. Place bread cubes in **Stack Cooker ¾ Qt. Casserole**.
2. In medium bowl, whisk together eggs, milk, sugar, vanilla and nutmeg;
3. Pour over bread cubes. With a spoon, lightly stir mixture to coat all cubes with egg mixture, then let stand a few minutes. Cover with parchment paper.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually microwave on high for 11-14 minutes at 50% power.
6. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

RATATOUILLE

INGREDIENTS

- 1½ cup eggplant, peeled and cubed
- 1 cup zucchini, cubed
- ¼ cup onion, chopped
- 1 (8 oz.) can tomatoes, diced
- 2 Tbsp. water
- 1 Tbsp olive oil
- ½ tsp. dried oregano, crushed
- ½ tsp. marjoram, crushed
- ½ tsp garlic salt

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole** add all the ingredients, stir to combine. Cover with parchment paper
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 5-7minutes.
4. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

Red onion

Relish

INGREDIENTS

- ½ cup firmly packed brown sugar
- 1¼ cup chicken broth
- 1¼ cup cider vinegar
- 1¼ cup raisins
- 2 medium red onions, sliced

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole**, stir together sugar, broth, vinegar and raisins. Add onions and stir. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. Let stand for 5 minutes before serving



¾ Qt. Casserole

Tupperware



Rhubarb APPLESAUCE

INGREDIENTS

- 3 large cooking apples, pared, cored and cut into cubes
- 8 oz. fresh rhubarb, cut into 1½" pieces or 8 oz. frozen cut rhubarb
- 1½ cup sugar

DIRECTIONS

1. Place apples and rhubarb in the **Stack Cooker ¾ Qt. Casserole**.
2. Pour sugar over all and gently toss to mix; cover with waxed paper
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 6-8 minutes.
5. Let rest 5 minutes.
6. Use smasher for desired consistency.



¾ Qt. Casserole

Tupperware



Rhubarb **ORANGE BETTY**

INGREDIENTS

- 1 medium orange
- ½ cup sugar
- 1 Tbsp. flour
- Dash salt
- 2 cups frozen cut rhubarb
- 3 slices toasted bread, cut into ½” cubes
- 2 Tbsp. water
- ¼ cup butter
- ¼ cup flaked coconut, toasted

DIRECTIONS

1. Finely shred 1 tsp. orange peel. Peel, section, and dice orange; set aside.
2. In the **Stack Cooker ¾ Qt. Casserole** stir together sugar, flour, salt, and ½ teaspoon of the orange peel. Stir in rhubarb and diced oranges. Add 1 cup of the bread cubes, the water and 2 Tbsp. butter.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. Let stand for 5 minutes before serving.
6. In a Small Mixing Bowl combine remaining bread cubes, melted butter, orange peel, and the flaked coconut. Sprinkle over fruit mixture before serving. Serve warm.



¾ Qt. Casserole

Tupperware



Rice PUDDING

INGREDIENTS

- 3 eggs
- 1½ cups half and half
- ¾ cup sugar
- 1 tsp. vanilla
- 1 tsp. ground cinnamon
- 1¼ tsp. ground nutmeg
- 1 cup quick-cooking white or brown rice

DIRECTIONS

1. In medium bowl, whisk together eggs, half and half, sugar, vanilla, cinnamon and nutmeg until frothy.
2. Stir in rice, then pour into the **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. Let stand for 5 minutes before serving



¾ Qt. Casserole

Tupperware

Ricotta PUDDING

INGREDIENTS

- ½ cup whole almonds
- ½ cup sugar, divided
- 1 container (16 oz.) ricotta cheese
- 2 tsp. grated lemon zest
- 4 egg whites
- Ground cinnamon, if desired

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, add almonds and 2 Tbsp. sugar, cover and pull cord until finely ground.
2. In medium bowl, combine ricotta, the remaining sugar, the ground almonds, and lemon zest.
3. In separate bowl, beat egg whites until stiff peaks form. Gently fold egg whites into ricotta mixture, then pour into **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 8-10 minutes.
6. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

Rice PUDDING II

INGREDIENTS

- 1 cup quick cooking rice
- 1 (5-oz.) can evaporated milk
- 3 Tbsp. granulated sugar
- 1 tsp. ground cinnamon
- ¼ cup raisins (optional)

DIRECTIONS

1. In medium bowl, whisk together ingredients, then pour into the **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. Let stand for 5 minutes before serving



¾ Qt. Casserole

Tupperware



Smashed BEANS

INGREDIENTS

- 2 (16 oz.) cans pinto beans, drained
- 2 tsp. southwest chipotle seasoning*
- ½ cup chicken broth or water

DIRECTIONS

1. Pour beans in the **Stack Cooker ¾ Qt. Casserole**, sprinkle seasonings over beans; cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. Let stand for 5 minutes before serving.

* Ask your consultant for this recipe or use taco seasoning



¾ Qt. Casserole

Tupperware



S'More CAKE

INGREDIENTS

- 1 Tbsp. unsalted butter, softened
- 1¼ cups self-rising flour
- ⅓ cup graham cracker crumbs
- ½ cup granulated sugar
- ½ cup vegetable oil
- 1 cup whole milk
- ½ cup marshmallow fluff
- 1 chocolate bar, roughly chopped

DIRECTIONS

1. Grease **Stack Cooker ¾ Qt. Casserole** with softened butter and set aside.
2. Place flour, graham cracker crumbs and sugar in medium bowl and mix well, make a well in the center and pour oil and milk. Mix until batter is smooth. Pour batter into greased **Stack Cooker ¾ Qt. Casserole**.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 5-6 minutes.
5. Let rest 5 minutes.
6. At the end of cooking time, drizzle with marshmallow fluff and top with chocolate.



¾ Qt. Casserole

Tupperware

S'More PUDDING



INGREDIENTS

- 1 (3.4 oz.) Pkg. instant vanilla pudding mix
- 2¼ cups milk
- ½ cup tiny marshmallows
- ¼ cup Chocolate syrup or semisweet chocolate chips
- 2 graham cracker squares, coarsely crushed (about ¼cup)

DIRECTIONS

1. In a Large Mix-N-Stor pitcher combine the pudding mix and the milk, stirring with wire whisk until completely moistened and no lumps remain. Pour into the Stack Cooker ¾ Qt. Casserole. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 3-4 minutes.
4. Carefully remove Stack Cooker from microwave (Mixture will be thin, but will thicken upon standing.) Stir cooked pudding and ladle into bowls. Top each serving with crumbled graham crackers, mini marshmallows and chocolate syrup or chips.
5. Let stand 15 minutes or until pudding is firm.





Sour Cream CORNBREAD

INGREDIENTS

- ⅓ cup flour
- ⅓ cup yellow cornmeal
- 1 Tbsp. sugar
- 1 tsp baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 egg, slightly beaten
- 2 Tbsp. vegetable shortening, melted
- 1½ cup sour cream, divided
- ¼ cup milk
- ½ cup cheddar cheese, shredded
- 4 strips bacon cooked and crumbled
- 2 Tbsp. chives, diced

DIRECTIONS

1. In a medium bowl, stir together flour, cornmeal, sugar, baking powder, baking soda and salt. Make a well in the center of mixture. Add egg, shortening, 1 cup sour cream and milk; stir until mixture is just combined.
2. Pour mixture into **Stack Cooker ¾ Qt. Casserole**. Sprinkle shredded cheddar cheese over cornbread.
3. If Stack Cooking, place in top position, microwave 15-20 minutes.
4. If cooking individually microwave on high for 8-10 minutes at 50% power.
5. Let rest 5 minutes.
6. Allow to cool, then serve with a dollop of sour cream over the top and sprinkle with bacon and chives.



¾ Qt. Casserole

Tupperware



Sour Cream **ONION GRAVY**

INGREDIENTS

- 1 jar (12 oz.) onion gravy
- ¼ cup dry white wine or water
- ¼ cup dairy sour cream
- Chopped fresh parsley (optional)

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole**, stir together gravy and wine. Cover with waxed paper. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 4-5 minutes.
4. Let stand for 5 minutes before serving.
5. Before serving, stir in sour cream and parsley.



¾ Qt. Casserole

Tupperware



Soy Glazed **GREEN BEANS**

INGREDIENTS

- 12 oz. green beans, trimmed
- ¼ cup green onions, chopped
- 1 tsp. minced ginger
- 1 Tbsp. soy sauce
- 1 Tbsp. rice vinegar
- 2 tsp. vegetable oil

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole**, stir together ingredients together. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 4-5 minutes.
4. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

Spiced CORNBREAD

INGREDIENTS

- ¾ cup self-rising flour
- ¾ cup yellow cornmeal
- ½ cup granulated sugar
- ½ cup vegetable oil
- ¾ cup whole milk
- ½ cup pumpkin puree
- 1 tsp. cinnamon
- ½ tsp. ground nutmeg

DIRECTIONS

1. In the **Stack Cooker ¾ Qt. Casserole**, stir together ingredients together. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 4-5 minutes.
4. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

A close-up photograph of a glass bowl filled with sliced yellow peaches. Two cinnamon sticks are placed diagonally across the peaches. The background is dark and out of focus.

Spiced PEACHES

INGREDIENTS

- 1 (16 oz.) can peaches in heavy syrup
- 1 tsp. white vinegar
- 1 two inch piece cinnamon stick
- $\frac{1}{4}$ tsp. whole cloves

DIRECTIONS

1. In the **Stack Cooker $\frac{3}{4}$ Qt. Casserole**, stir together peaches, vinegar, cinnamon and cloves. Cover with parchment paper.
2. If Stack Cooking, place in top position, microwave 15-20 minutes.
3. If cooking individually microwave on high for 3-4 minutes.
4. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware

Spiced PEARS

INGREDIENTS

- ½ cup grape juice
- 1 tsp. cinnamon
- 8 pear halves
- Vanilla ice cream, optional

DIRECTIONS

1. Mix grape juice and cinnamon in the **Stack Cooker ¾ Qt. Casserole**.
2. Place pears in juice.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on 60% power for 3-5 minutes.
5. Let stand for 5 minutes before serving.
6. Serve with vanilla ice cream.



¾ Qt. Casserole

Tupperware

Spiced STUFFED PEARS

INGREDIENTS

- 3 medium fresh ripe pears
- 2 Tbsp. lemon juice
- ½ cup condensed mincemeat
- 3 Tbsp. water
- 1 small orange
- 2 Tbsp. chopped walnuts
- 1 Tbsp. butter, melted
- ¼ cup port wine or apple juice

DIRECTIONS

1. Cut unpeeled pears lengthwise in half; core each half and place in **Stack Cooker ¾ Qt. Casserole**; sprinkle with lemon juice.
2. In a small bowl, place mincemeat and 3 Tbsp. water. Microwave on high for 1-2 minutes or until water is absorbed, stirring once. Using vegetable peeler or paring knife remove 1" strip of orange peel; thinly slice and reserve for garnish. Grate orange zest then squeeze orange juice from orange. Stir zest, juice, nuts and butter into mincemeat.
3. Pour some of the wine over each pear halves. Divide mincemeat among the pear halves. Cover with parchment paper.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 8-10 minutes.
6. Let rest 5 minutes.
7. Garnish Pears with sliced orange zest.



¾ Qt. Casserole

Tupperware



Spicy
BAKED BEANS

INGREDIENTS

- 1 (16 oz.) can pork and beans
- $\frac{1}{3}$ cup water
- $\frac{1}{4}$ cup hot style ketchup
- 1 Tbsp. brown sugar
- 2 tsp. dried minced onion
- 1 tsp. dry mustard
- $\frac{1}{2}$ tsp. chili powder
- $\frac{1}{4}$ - $\frac{1}{2}$ jalapeño, diced

DIRECTIONS

1. Mix all ingredients in the **Stack Cooker $\frac{3}{4}$ Qt. Casserole**. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 4-6 minutes.
4. Let rest 5 minutes.
5. Garnish Pears with sliced orange zest.



$\frac{3}{4}$ Qt. Casserole

Tupperware



Stewed BEANS

INGREDIENTS

- 1 (15.5 oz.) can Pinto beans
- ¼ tsp. dried oregano
- 1 Tbsp. sofrito
- 1 Tbsp tomato sauce

DIRECTIONS

1. Mix all ingredients in the **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 4-6 minutes.
4. Let rest 5 minutes.
5. Garnish Pears with sliced orange zest.



¾ Qt. Casserole

Tupperware



Strawberry Blushing PEARS

INGREDIENTS

- 3 medium fresh ripe pears
- ½ cup cranberry juice cocktail
- ¼ cup strawberry preserves
- ½ tsp. vanilla extract

DIRECTIONS

1. Cut unpeeled pears lengthwise in half; core each half and place in **Stack Cooker ¾ Qt. Casserole**.
2. In a small bowl, mix together cranberry juice, strawberry preserves and vanilla extract; pour over pears.
3. Cover with parchment paper.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 5-7 minutes.
6. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

Strawberry ICE CREAM SAUCE

INGREDIENTS

- 1 pint strawberries, chopped
- ½ cup granulated sugar
- Juice of 1 lemon

DIRECTIONS

1. Mix all ingredients in the **Stack Cooker ¾ Qt. Casserole**. Cover with parchment paper.
2. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 4-6 minutes.
4. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

Strawberry Lemon SHORTCAKE



INGREDIENTS

- ¾ cups fresh strawberries, rinsed & sliced
- 1½ Tbsp. vegetable oil
- 1 Tbsp. lemon juice
- Zest of 1 lemon
- 1 large egg
- ¾ cup self-rising flour
- 4 Tbsp. granulated sugar
- ½ tsp. baking soda

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, mix strawberries, vegetable oil, lemon juice/zest and egg.
2. Separately mix remaining flour, sugar and baking soda. Then, pour wet mixture into dry and mix until combined.
3. Pour batter in **Stack Cooker ¾ Qt. Casserole**.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
 1. If cooking individually, place in microwave and microwave on 80% power for 4-5 minutes or until toothpick inserted in center comes out clean.
 2. Serve with fresh strawberries, whipped cream and lemon wedge.



¾ Qt. Casserole

Tupperware

Strawberry Rhubarb CRUNCH



INGREDIENTS

- 1 pint fresh strawberries
- 1 lb. fresh rhubarb, cut into pieces, or 1 pkg. (16 oz.) frozen cut rhubarb
- $\frac{1}{4}$ to $\frac{1}{2}$ cup granulated sugar
- $1\frac{1}{2}$ cup uncooked rolled oats
- $\frac{1}{4}$ cup flour
- $\frac{1}{4}$ cup firmly packed brown sugar
- 2 tsp. ground cinnamon
- $1\frac{1}{2}$ tsp. ground ginger
- 4 Tbsp. butter

DIRECTIONS

1. Wash, hull and cut each strawberry in half.
2. Place strawberries and rhubarb in the Stack Cooker $\frac{3}{4}$ Qt. Casserole. Add granulated sugar and lightly toss.
3. In medium bowl, combine oats, flour, brown sugar, cinnamon and ginger. Cut in butter until mixture is crumbly. Sprinkle oat mixture over strawberry mixture. Cover with parchment paper.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 8-10 minutes at 70% power.
6. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware



Strawberry Rhubarb **SAUCE**

INGREDIENTS

- 1 cup strawberries
- 2 cups frozen sliced rhubarb
- $\frac{1}{4}$ cup water
- 2 Tbsp. honey
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ tsp. ground cinnamon

DIRECTIONS

1. Wash, hull and cut each strawberry in half.
2. Place strawberries and rhubarb in the Stack Cooker $\frac{3}{4}$ Qt. Casserole.
3. Add remaining ingredients; stir. Cover with parchment paper.
4. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 8-10 minutes at 70% power.
6. Let rest 5 minutes.



$\frac{3}{4}$ Qt. Casserole

Tupperware

Stuffed APPLES

INGREDIENTS

- 1 cup walnuts, chopped
- 6 dates, chopped
- 1½ Tbsp. unsalted butter, softened
- 1 Tbsp. brown sugar, packed
- 1 tsp. ground cinnamon
- 2 apples, quartered and deseeded

DIRECTIONS

1. Place all ingredients except the apples in a small bowl and mix until well combined. Stuff the mixture into the hollow of each apple quarter and transfer to the **Stack Cooker ¾ Qt. Casserole**.
2. If stack cooking, stack in top position, cover with parchment paper. place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes at 70% power.
4. Let rest 5 minutes.



¾ Qt. Casserole

Tupperware

Sweet Potato GRATIN



INGREDIENTS

- 1 sweet potato, peeled and thinly sliced
- 2 white potatoes, peeled and thinly sliced
- ½ cup sundried tomatoes
- 1 Tbsp. heavy cream
- ½ cup pine nuts
- Salt and pepper to taste

DIRECTIONS

1. Place potatoes, tomatoes and heavy cream in the **Stack Cooker ¾ Qt. Casserole**, stir to coat, top with pine nuts. Salt and pepper, if desired.
2. If stack cooking, stack top position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high power for 15 minutes.
4. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

A close-up photograph of a sweet potato pudding. The pudding is a vibrant orange color and is topped with several whole almonds. The text "Sweet Potato" is written in a white, cursive font, and "PUDDING" is written in a bold, black, sans-serif font with a white outline, both positioned in the upper left corner of the image.

Sweet Potato PUDDING

INGREDIENTS

- 1 (16 oz.) can sweet potatoes
- $\frac{1}{3}$ cup firmly packed brown sugar
- 1 $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup molasses
- 2 Tbsp. butter or margarine
- 1 tsp. vanilla extract
- 1 $\frac{1}{2}$ tsp. ground cinnamon
- 1 $\frac{1}{4}$ tsp. ground nutmeg

DIRECTIONS

1. In the base of SuperSonic Chopper Extra with paddle attachment, add sweet potatoes, sugar, milk, molasses, butter, vanilla, cinnamon and nutmeg, cover and pull cord until smooth.
2. Pour into **Stack Cooker $\frac{3}{4}$ Qt. Casserole**.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually microwave on high for 10-13 minutes at 70% power.
5. Let stand for 5 minutes before serving.



$\frac{3}{4}$ Qt. Casserole

Tupperware

Tropical SWEET POTATOES

INGREDIENTS

- 1 medium sweet potato, peeled and cubed
- 1 (8 oz.) can crushed pineapple
- 2 Tbsp. water
- $\frac{1}{4}$ tsp. ground cinnamon
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{3}$ cup miniature marshmallows
- toasted coconut, optional

DIRECTIONS

1. Place sweet potatoes in the **Stack Cooker $\frac{3}{4}$ Qt. Casserole**.
2. In a small bowl mix together pineapple, water, cinnamon, and salt; spoon over potatoes. Cover with parchment paper.
3. If stack cooking, stack in top position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually microwave on high for 10-13 minutes at 70% power.
5. Let stand for 5 minutes before serving.



$\frac{3}{4}$ Qt. Casserole

Tupperware

Vegetable FLAN

INGREDIENTS

- ½ lb. carrots, julienned
- ½ lb. zucchini, julienned
- ½ lb. potatoes, julienned
- ½ cup gruyere cheese, grated
- 1 garlic clove, minced
- 1 Tbsp. butter
- Salt and pepper to taste

DIRECTIONS

1. Place all ingredients except butter into the **Stack Cooker ¾ Qt. Casserole**, mix and add small pieces of butter. Salt and pepper, if desired. Cover with parchment paper.
2. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high power for 15 minutes.
4. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware



Veggie
SUCCOTASH

INGREDIENTS

- 2 cups mixed vegetables, frozen
- 3 Tbsp. water
- 1 tsp. minced garlic
- 1 Lime, juiced
- 1 tsp. Dijon mustard
- 1 Tbsp. extra virgin olive oil

DIRECTIONS

1. Place all ingredients into the **Stack Cooker ¾ Qt. Casserole**, Stir. Cover with parchment paper.
2. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high power for 4-5 minutes.
4. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware



Warm
CORN & PEPPER
Salad

INGREDIENTS

- 2 cups frozen corn
- 1 red pepper, roughly chopped
- ¼ tsp. black pepper
- ½ tsp. coarse kosher salt
- ½ cup feta or goat cheese
- ¼ cup fresh dill, chopped, optional

DIRECTIONS

1. Combine corn, red pepper, black pepper and salt in the **Stack Cooker ¾ Qt. Casserole**, Stir. Cover with parchment paper.
2. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high power for 4-5 minutes.
4. Let stand for 5 minutes, toss with cheese and dill before serving.



¾ Qt. Casserole

Tupperware

White Chocolate **COCONUT CAKE**



INGREDIENTS

- 1 (9 oz.) pkg. vanilla cake mix
- 1 egg
- ½ cup coconut milk
- ½ cup coconut
- ½ cup white chocolate chips
- Cream cheese frosting

DIRECTIONS

1. Spray **Stack Cooker ¾ Qt. Casserole** with cooking spray.
2. Prepare cake mix according to package instructions, substituting liquids with coconut milk.
3. Add coconut and white chocolate chips to the batter, pour into **Stack Cooker ¾ Qt. Casserole**.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high power for 4-5 minutes.
6. Let stand for 5 minutes before serving.



¾ Qt. Casserole

Tupperware

#2 STACK COOKER 1³/₄ QT CASSEROLE RECIPES

- | | | |
|---|-------------------------------------|-----------------------------------|
| 111. Arroz Con Pollo | 144. Enchilada Casserole 2 | 177. Salmon Potato Scallop |
| 112. Barbecue Joes | 145. Glazed Ham & Sweet Potatoes | 178. Salmon Steak with Dill |
| 113. Beef & Blue Cheese Baked Spaghetti | 146. Glazed Ham Steaks | 179. Sausage and Peppers |
| 114. Beef & Peppers | 147. Green Bean Casserole | 180. Sausage Cabbage Supper |
| 115. Bistec Encabollado | 148. Ham & Cheese Pasta | 181. Sausage Link Sandwiches |
| 116. Bolognese | 149. Ham Loaves | 182. Sausage Ragù |
| 117. Breaded Chicken | 150. Herb Coated Chicken | 183. Sausage Stew |
| 118. Broccoli Chicken | 151. Herbed Couscous | 184. Seafood Casserole |
| 119. Brunch Omelet | 152. Herbed Mini Meatloaves | 185. Seafood Stew |
| 120. Buffalo Cauliflower Sub | 153. Herbed Salmon Steaks | 186. Shrimp & Asparagus Risotto |
| 121. Burrito Casserole | 154. Honey Mustard Chicken | 187. Sloppy Joe Sandwiches |
| 122. Cheesy Broccoli Cauliflower | 155. Hot Fudge Sauce | 188. Soy Ginger Turkey Sliders |
| 123. Chicken Cacciatore | 156. Island Spiced Pork | 189. Spiced Lamb Patties |
| 124. Chicken Casserole Olé | 157. Italian Chicken and Vegetables | 190. Spicy Meatballs |
| 125. Chicken Enchiladas | 158. Italian Seasoned Chicken | 191. Spinach Stuffed Chicken |
| 126. Chicken Legs | 159. Italian Meat Sauce | 192. Steak and Onions |
| 127. Chicken in Apricot Sauce | 160. Jiffy Jambalaya | 193. Steak Oriental |
| 128. Chicken Paprikash | 161. Lazy Chicken Enchiladas | 194. Stewed Chicken |
| 129. Chicken Piccata | 162. Meatballs, Beef | 195. Summer Vegetable Bake |
| 130. Chicken with Aurora Sauce | 163. Mediterranean Fish | 196. Swedish Meatballs |
| 131. Chicken with Rice | 164. Pepper Steak | 197. Sweet & Sour Chicken Thighs |
| 132. Chili Con Carne | 165. Pesto Chicken Drumsticks | 198. Sweet & Sour Meatballs |
| 133. Chili Stuffed Peppers | 166. Pineapple Glazed Ham | 199. Tofu Curry |
| 134. Chinese Pork | 167. Pineapple Salsa Lamb Chops | 200. Turkey & Wild Rice Casserole |
| 135. Crabby Zucchini | 168. Poached Salmon | 201. Turkey Curry in Squash |
| 136. Creamy Balsamic Chicken | 169. Pollo Guisado | 202. Turkey Mini Meatloaves |
| 137. Creamy Scrambled Eggs | 170. Porcupine Meatballs | 203. Turkey Stroganoff |
| 138. Creamy Turkey & Ham Bake | 171. Pork with Olives | 204. Turkey with Sour Cream |
| 139. Creole Pepper Steak | 172. Quick Sausage Sauce | 205. Upside Down Stuffed Peppers |
| 140. Curried Chicken | 173. Risotto with Shrimp | 206. Warm Potato Salad |
| 141. Curry Meatballs | 174. Rosemary Pork Chops | 207. Wilted Greens |
| 142. Egg Bake | 175. Salmon in White Wine | |
| 143. Enchilada Casserole | 176. Salmon Loaf with Creamed Peas | |

Arroz CON POLLO

INGREDIENTS

- 1 chicken bouillon cube
- 1¾ cups water
- 2 chicken breasts(1 lb.), cut into 1" cubes
- 2 cups quick cooking rice
- 1 tsp. oregano
- 5–6 olives, chopped
- ½ tsp. Adobo with pepper seasoning
- ¼ tsp. Sazon with annatto seasoning
- 1 Tbsp. sofrito

DIRECTIONS

1. Place chicken bouillon and water in **Stack Cooker 1¾ Qt. Casserole**. Microwave on high power 1 minute or until bouillon has dissolved.
2. Add remaining ingredients to the **Cooker 1¾-Qt. Casserole**, stir and cover.
3. If stack cooking, stack in middle position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. Let stand for 5 minutes before serving.



1¾ Qt. Casserole

Tupperware

BBQ Joes



INGREDIENTS

- 1 lb. raw ground beef
- ½ cup onion, chopped
- ¼ cup green pepper, chopped
- ¼ cup celery, chopped
- 1½ cups barbecue sauce
- 1 Tbsp. brown sugar
- 1 Tbsp. vinegar
- Few drops hot pepper sauce
- 8 hamburger buns
- shredded cheese, optional

DIRECTIONS

1. Place crumbled raw ground beef in the **Stack Cooker Colander**; add vegetables.
2. Place colander over **Stack Cooker 1½ Qt Casserole**, cover and microwave for 5-7 minutes, remove from microwave and drain fat.
3. Transfer meat mixture to the **Stack Cooker 1½ Qt Casserole**, stir in barbecue sauce, brown sugar, vinegar and hot pepper sauce.
3. If stack cooking, stack in middle position, place in microwave and cook on high for 15-20 minutes.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. Let stand for 5 minutes before serving Place sloppy joe mixture on buns and sprinkle with cheese, if desired.



1½ Qt. Casserole

Tupperware

Beef & Blue Cheese SPAGHETTI

INGREDIENTS

- ¾ lb. ground beef
- 1 (10% oz.) condensed cream of onion soup
- 3-4 cups cooked spaghetti noodles, drained
- ½ cup crumbled blue cheese
- 1 tsp. garlic powder
- ¼ tsp. black pepper
- 2 Tbsp. fresh parsley, chopped

DIRECTIONS

1. Place crumbled raw ground beef in the **Stack Cooker Colander**; add vegetables.
2. Place colander over **Stack Cooker 1½ Qt Casserole**, cover and microwave for 5-7 minutes, remove from microwave and drain fat.
3. Transfer meat mixture to the **Stack Cooker 1½ Qt Casserole**, stir in soup, noodles, cheese, garlic powder and pepper.
4. If stack cooking, stack in middle position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 5-7 minutes.
6. Let stand for 5 minutes before serving. Sprinkle with parsley before serving.



1½ Qt. Casserole

Tupperware

BEEF & PEPPERS

INGREDIENTS

- 2 small bell peppers, color your choice, cut into chunks
- ¼ cup hoisin sauce
- ¼ cup dry sherry
- 2 Tbsp. soy sauce
- 1 Tbsp. ginger, minced
- 2 garlic cloves, minced
- 1½ lb. steak, sliced thinly against the grain
- 3 scallions, sliced thinly
- 1 Tbsp. cornstarch mixed with 2 Tbsp. water

DIRECTIONS

1. Add all ingredients in the **Stack Cooker 1½ Qt Casserole**.
2. If stack cooking, stack in middle position, place in microwave and cook on high for 15-20 minutes.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. Let stand for 5 minutes before serving.



1½ Qt. Casserole

Tupperware



Bistec encebollado

INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- 1 lb. cubed steak, cut into 4 pieces
- ¼ tsp. Adobo with pepper seasoning
- ¼ tsp. ground annatto
- 2 garlic cloves, chopped
- 1 small onion, sliced into rings

DIRECTIONS

1. Add vinegar and oil to **Stack Cooker 1¾ Qt. Casserole**.
2. Season steaks by rubbing with Adobo, annatto and garlic. Place steaks in **Stack Cooker 1¾ Qt. Casserole**.
3. Place sliced onion over steaks.
4. If stack cooking, stack in middle position, place in microwave and cook on high for 15-20 minutes.
5. If cooking individually, place in microwave and cook on high for 8-10 minutes.
6. Let stand for 5 minutes before serving.



1¾ Qt. Casserole

Tupperware

BOLOGNESE

INGREDIENTS

- 1 lb. ground beef
- 2 Tbsp. corn starch
- 1 onion, chopped
- 1 carrot, chopped
- 2 celery sticks, chopped
- 3 large portobello mushrooms, chopped
- 2 Tbsp. tomato paste
- 1 (14 oz.) can crushed tomatoes, drained
- 1 tsp. oregano
- Salt and pepper to taste

DIRECTIONS

1. Place beef and cornstarch in the **Stack Cooker 1½ Qt Casserole** and mix well, cover and cook on high for 4 minutes.
2. Add remaining ingredients, mix well.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware



Breaded
CHICKEN

INGREDIENTS

- 4 chicken cutlets
- ½ tsp. coarse kosher salt
- 1 Tbsp. Dijon mustard
- ¼ cup Greek yogurt
- ½ cup breadcrumbs or crumbled crackers

DIRECTIONS

1. Season chicken with salt.
2. Spread mustard and Greek yogurt onto chicken. Cover in breadcrumbs or crumbled crackers and place in the **Stack Cooker 1¾ Qt. Casserole**.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

Broccoli CHICKEN

INGREDIENTS

- 1 lb. chicken breasts, halved
- 1 tsp. salt
- $\frac{1}{4}$ tsp. black pepper
- 1 cup broccoli, shredded
- $\frac{3}{4}$ cup cheddar cheese, shredded
- 1 tsp. garlic powder
- 2 Tbsp. unsalted butter, softened

DIRECTIONS

1. Cut slits lengthwise over the surface of each chicken breast and season with salt and pepper.
2. In a small bowl, mix the remaining ingredients and stuff the mixture inside each chicken piece.
3. Place chicken breasts in the **Stack Cooker Colander**, then place the Colander into the **Stack Cooker 1 $\frac{1}{4}$ -Qt. Casserole**.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1 $\frac{1}{4}$ Qt. Casserole

Tupperware

Brunch omeLET

INGREDIENTS

- ½ lb. sausage, browned and drained
- 3 slices of bread, torn in pieces
- ½ cup shredded cheese
- 1 cup milk
- ½ cup sliced mushrooms
- ¼ tsp. garlic powder
- 3 eggs, beaten

DIRECTIONS

1. Mix all ingredients together in the **Stack Cooker 1½ Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
4. Let stand for 5 minutes before serving.



1½ Qt. Casserole

Tupperware

Buffalo

CAULIFLOWER SUB

INGREDIENTS

- 10 oz. fresh cauliflower, diced in small florets
- ½ cup buffalo sauce
- 8 oz. cream cheese, softened
- 1 celery stalk, chopped
- 1 jalapeno, chopped

DIRECTIONS

1. Mix all ingredients together in the **Stack Cooker 1½ Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



1½ Qt. Casserole

Tupperware



Burrito CASSEROLE

INGREDIENTS

- 1 lb. ground beef
- ½ cup chopped onion
- 1 (8 oz.) can tomato sauce
- ¼ cup water
- 1 tsp. chili powder
- 1 (16 oz.) can kidney beans, drained
- ¼ cup taco sauce
- ½ cup shredded Monterey cheese
- 1 cup shredded lettuce
- 1 small tomato, chopped
- ¼ cup pitted olives
- 1 cup tortilla chips, broken

DIRECTIONS

1. Place colander in the **Stack Cooker 1½ Qt. Casserole**, crumble ground beef and onion in colander. Microwave on high for 5-7 minutes, drain, transfer to medium bowl, stir in tomato sauce, water and chili powder.
2. In the **Stack Cooker 1½ Qt. Casserole** mash half the beans, stir in taco sauce, add remaining beans, stir.
3. Spread ground beef mixture over the beans.
4. If cooking individually, cover and place in microwave and cook on high for 6-8 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Sprinkle with cheese, lettuce, tomatoes, olives and tortilla chips.



1½ Qt. Casserole

Tupperware



Cheesy
**BROCCOLI
CAULIFLOWER**

INGREDIENTS

- 1 (12 oz.) pkg. frozen broccoli and cauliflower
- 1 (10% oz.) can condensed cheddar soup
- 1 tsp. Dijon mustard
- Salt and pepper, to taste
- ½ cup sharp cheddar cheese, shredded
- Bread crumbs, optional

DIRECTIONS

1. Place broccoli and cauliflower in the **Stack Cooker 1¾ Qt. Casserole**.
2. In a small bowl combine soup, mustard, salt pepper and cheese, pour over vegetables, stir to coat.
3. Sprinkle bread crumbs over if using.
4. If cooking individually, cover and place in microwave and cook on high for 6-8 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

CHICKEN Cacciatore

INGREDIENTS

- 1 cup mushrooms, sliced
- ½ bell pepper, cut into strips
- ½ onion, sliced
- 2 Tbsp. water
- ½ cup spaghetti sauce
- ½ cup olives, sliced pitted
- 2 Tbsp. tomato paste
- ¼ tsp. garlic powder
- 2 chicken breasts (1 lb.), boneless, skinned and halved lengthwise
- Hot cooked rice or pasta

DIRECTIONS

1. Combine mushrooms, green pepper, onion and water in the **Stack Cooker 1½ Qt. Casserole**. Microwave on high power for 2-3 minutes. Drain.
2. Stir in spaghetti sauce, olives, tomato paste and garlic powder.
3. Add chicken, stir to coat in sauce.
4. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Serve with rice or pasta.



1½ Qt. Casserole

Tupperware

CHICKEN Casserole De

INGREDIENTS

- 1½ cups cooked chicken, chopped
- 1 (11 oz.) can condensed nacho cheese or cheddar cheese soup
- 1 (4 oz.) can sliced mushrooms
- 1 (2½ oz.) can olives, pitted sliced
- ⅓ cup milk
- 6 (6") round tortillas, cut into 8 wedges

DIRECTIONS

1. Add all ingredients in the **Stack Cooker 1½ Qt. Casserole**, stir to combine.
2. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Chicken **ENCHILADAS**

INGREDIENTS

- 1 (10 oz.) can enchilada sauce
- 8 (6") soft corn tortillas
- 2 (9 oz.) pkg. fully cooked chicken breast strips
- 2 medium tomatoes, seeded and chopped
- ¼ cup red onion, chopped
- ¼ cup olives, sliced
- ½ cup sour cream

DIRECTIONS

1. Spread 1 Tbsp. of enchilada sauce on each tortilla then top with chicken and fold over, arrange in the **Stack Cooker 1½-Qt Casserole**, slightly overlapping.
2. Pour remaining enchilada sauce over tortillas, then top with tomatoes, onions and olives.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Serve with sour cream.



1½ Qt. Casserole

Tupperware

CHICKEN in Apricot Sauce

INGREDIENTS

- 1½ lb. chicken thighs, skinned
- ⅓ cup apple juice concentrate
- 1 tsp. quick cooking tapioca
- ½ cup dried apricots, diced
- 1 Tbsp. Dijon mustard
- ½ tsp. ground ginger
- 2 Tbsp. sliced almonds, toasted, optional

DIRECTIONS

1. Place chicken in the **Stack Cooker 1¼ Qt. Casserole**, with bones towards the center .
2. Combine apple juice and tapioca, let stand 5 minutes, stir in apricots, mustard and ginger. Pour over chicken.
3. If cooking individually, cover and place in microwave and cook on high for 12-15 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Sprinkle with almonds.



1¼ Qt. Casserole

Tupperware

CHICKEN LEGS

INGREDIENTS

- 6 chicken legs
- 1 Tbsp. paprika
- ¼ tsp. coarse kosher salt

DIRECTIONS

1. Rub chicken legs with paprika and salt.
2. Place in **Stack Cooker 1½ Qt. Casserole** with bones towards the center.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

CHICKEN Paprikash

INGREDIENTS

- 1 (4.5 oz) pkg. butter flavored noodles in sauce mix
- 4 cups water
- 1½ Tbsp. paprika
- ½ tsp. caraway seeds
- 3 cups cooked chicken, cubed or chopped
- 2 Tbsp. parsley, fresh chopped

DIRECTIONS

1. Place noodle mix, water, paprika, caraways seeds and chicken in the **Stack Cooker 1¾ Qt. Casserole**.
2. If cooking individually, cover and place in microwave and cook on high for 12-15 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Just before serving, sprinkle with parsley.



1¾ Qt. Casserole

Tupperware

CHICKEN Piccata

INGREDIENTS

- 1¼ lb. chicken breasts, thinly sliced
- 1 tsp. kosher salt
- Black pepper, to taste
- 1 Tbsp. all-purpose flour
- 1 lemon, juiced
- 2 Tbsp. capers
- ¼ cup white wine or chicken stock
- 2 Tbsp. unsalted butter
- Fresh parsley, optional

DIRECTIONS

1. Place chicken in **Stack Cooker 1¼ Qt. Casserole**, then season with salt and pepper. Toss seasoned pieces in flour to coat. Add remaining ingredients except butter.
2. If cooking individually, cover and place in microwave and cook on high for 5-6 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Add butter and stir.



1¼ Qt. Casserole

Tupperware

CHICKEN

with Aurora Sauce



INGREDIENTS

- 2 chicken breasts (1lb.), boneless, cut into 1" chunks
- 6 oz. mushrooms, sliced
- 1 Tbsp. butter, melted
- 3 Tbsp. flour
- 2/3 cup chicken broth
- 1 Tbsp. tomato paste
- 1/2 cup heavy cream
- Salt and pepper to taste

DIRECTIONS

1. Place chicken and mushrooms in the **Stack Cooker 1-3/4 Qt. Casserole**.
2. Combine the remaining ingredients in the quick shake, and shake to mix, pour over chicken and mushrooms.
3. If cooking individually, place in microwave and cook on high for 10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.



1 3/4 Qt. Casserole

Tupperware

CHICKEN with Rice

INGREDIENTS

- 3 cups chicken stock
- 2 chicken breasts, cut into cubes
- 2 cups quick-cooking rice
- 1 tsp. oregano
- 5-6 olives, chopped
- ½ tsp. adobo with pepper seasoning
- ¼ tsp. ground annatto
- 1 Tbsp sofrito

DIRECTIONS

1. Place all ingredients in the **Stack Cooker 1-¾ Qt. Casserole**, stir to combine.
2. If cooking individually, place in microwave and cook on high for 10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



1¾ Qt. Casserole

Tupperware

CHILI Con Carne



INGREDIENTS

- 1 lb. ground beef
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 (14 oz.) can diced tomatoes
- 2 (15 oz.) can chili or kidney beans, do not drain
- 1 Tbsp. Southwest chipotle seasoning*
- 1 cup water or beef broth

DIRECTIONS

1. Place ground beef, onion and garlic, in the **Stack Cooker Colander**, then place colander in the **Stack Cooker 1- $\frac{3}{4}$ Qt. Casserole**. Microwave on high for 5-7 minutes, drain and wipe out 1- $\frac{3}{4}$ Qt. add meat mixture to 1- $\frac{3}{4}$ Qt. Casserole.
2. Add remaining ingredients to the **Stack Cooker 1- $\frac{3}{4}$ Qt. Casserole**, stir.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.



1 $\frac{3}{4}$ Qt. Casserole

Tupperware®

* Ask your consultant for this recipe or use taco seasoning

CHILI

Stuffed Peppers

INGREDIENTS

- 4 medium bell peppers, any color
- 2 (16 oz.) cans chili with beans
- ¼ cup sharp cheddar cheese, shredded

DIRECTIONS

1. Remove tops from bell peppers and remove seeds, fill peppers with chili. Place in the **Stack Cooker 1-¾ Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.
5. Sprinkle 1 Tbsp. of cheese on each pepper, before serving.



1-¾ Qt. Casserole

Tupperware

Creamy

SCRAMBLED EGGS

INGREDIENTS

- 4 Tbsp. unsalted butter, melted
- 8 large eggs
- ¼ cup diced ham or bacon bits
- ½ cup 2% milk
- ½ tsp. salt
- ¼ tsp. black pepper

DIRECTIONS

1. Place all ingredients in **Stack Cooker 1½ Qt. Casserole** and stir to combine.
2. If cooking individually, place in microwave and cook on high for 4-5 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



1½ Qt. Casserole

Tupperware

Chinese **PORK**



INGREDIENTS

- 1 lb. pork tenderloin, cut into thin strips
- 1 (8 oz.) can pineapple chunks, drained
- 1 bell pepper, sliced
- 10 cherry tomatoes
- ½ cup cashews
- ½ Tbsp. soy sauce
- ½ cup sweet and sour sauce
- salt and pepper to taste

DIRECTIONS

1. Place the pork, pineapple, bell pepper, tomatoes, and cashews in the **Stack Cooker 1-¾-Qt, Casserole**.
2. Add remaining ingredients and toss together to combine.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

Crabby ZUCCHINI

INGREDIENTS

- 2 medium zucchini or yellow squash
- ½ tsp. salt
- ¼ tsp. pepper
- 1 (7 oz.) can crabmeat
- 1 small onion, chopped
- ¼ cup yellow bell pepper, diced
- ½ cup cheddar cheese, shredded
- 1 Tbsp. fresh parsley, chopped
- ½ tsp. dried thyme
- Diced tomatoes, optional

DIRECTIONS

1. Cut each zucchini lengthwise in half, with a small spoon remove and discard seeds. Season zucchini with salt and pepper.
2. In a small bowl stir together crab meat, onion, bell pepper, cheese, parsley and thyme, fill zucchini with crab mixture and place in the **Stack Cooker 1½ Qt Casserole**.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Sprinkle with diced tomatoes, if desired



1½ Qt. Casserole

Tupperware®



Creamy
BALSAMIC CHICKEN

INGREDIENTS

- 1 lb. boneless, skinless chicken breasts, thinly sliced
- 1 tsp. salt
- ½ tsp. black pepper
- 1 tsp. minced garlic
- 1 Tbsp. all-purpose flour
- ¼ cup balsamic vinaigrette
- ¼ cup heavy cream
- 1 tsp. parsley for garnish

DIRECTIONS

1. Place chicken in **Stack Cooker 1¾ qt. Casserole**. Add salt, pepper, garlic and flour. Toss to coat chicken, add balsamic vinaigrette and mix well. 3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. At the end of cooking time, add heavy cream and parsley.



1¾ Qt. Casserole

Tupperware

Creamy **TURKEY & HAM BAKE**



INGREDIENTS

- 1½ cups cooked turkey, cubed
- ½ cup ham, cubed
- 1 (10 oz.) condensed cream of chicken soup
- 1 (8 oz.) carton plain yogurt
- 1 (4 oz.) can mushrooms, sliced, drained
- ¼ cup water chestnuts, chopped
- ¼ tsp. pepper
- ½ cup seasoned croutons, ground
- 1 Tbsp. parsley, chopped

DIRECTIONS

1. Combine turkey, ham, soup, yogurt, mushrooms, chestnuts and pepper in the **Stack Cooker 1¼ Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. In the SuperSonic Chopper Compact add croutons, and grind to bread crumbs, sprinkle over casserole, sprinkle parsley over casserole.



1¼ Qt. Casserole

Tupperware

Creole PEPPER STEAK



INGREDIENTS

¾ lb. round steak or cube steak,
cut into strips
1 bell pepper, sliced into strips
½ cup onion, chopped
¼ cup celery, thinly sliced
2 Tbsp. water
6 oz. jar brown gravy
1 (4 oz.) can mushrooms, drained
1 tsp. Worcestershire sauce
⅛ tsp. ground red pepper

⅛ tsp. ground black pepper
2 medium tomatoes, seeded and
chopped

DIRECTIONS

1. Place the beef, onion, celery and water in the **Stack Cooker 1¾ Qt. Casserole**, microwave on high for 1-2 minutes.
2. Add remaining ingredients and toss together to combine.
3. If cooking individually, place in microwave and cook on high for 5-7 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

Curried **CHICKEN**

INGREDIENTS

1 large onion, chopped
2 cloves garlic, minced
½ cup all purpose flour
2 Tbsp. curry powder
2 tsp. chicken bullion granules
⅛ tsp. ground red pepper
2 cups milk
3 cups cooked chicken, cubed

Hot cooked rice
Optional topping, peanuts,
chutney, green onions, raisins,
crumbled bacon, hard boiled egg

DIRECTIONS

1. Place onion and garlic in the **Stack Cooker 1½-Qt, Casserole**, microwave on high for 2 minutes.
2. Stir in flour, curry, bouillon and red pepper, add milk, stir. Microwave on high for 5 minutes. Stir in chicken.
3. If cooking individually, place in microwave and cook on high for 2-3 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware



Curried
MEATBALLS

INGREDIENTS

- 2 zucchinis, thinly sliced ribbons
- 1 lb. hamburger
- 1½ tsp. curry powder
- 1 garlic clove, minced
- 1 egg, beaten
- ¼ cup dried bread crumbs
- Salt and pepper to taste

DIRECTIONS

1. Place zucchini slices in the **Stack Cooker 1¾ Qt. Casserole**, season with salt and pepper.
2. Combine remaining ingredients, shape into balls, place on top of zucchini.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

Egg BAKE



INGREDIENTS

- 8 eggs
- ½ red bell pepper, chopped
- ½ green bell pepper, chopped
- 1 small onion, chopped
- 1 cup shredded cheese
- 1 tsp. coarse kosher salt
- Sliced green onions, optional

DIRECTIONS

1. In the **Stack Cooker 1½ Qt. Casserole**, whisk together eggs.
2. Add peppers, onion, cheese and salt, mix well.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. sprinkle with sliced green onions, if desired.



1½ Qt. Casserole

Tupperware

Enchilada **CASSEROLE**

INGREDIENTS

- 1 lb. ground beef
- 1 small onion, chopped
- 2 tsp. southwest chipotle seasoning*
- 1 (10-oz.) can enchilada sauce
- 6 (6") corn tortillas sliced into wedges
- ½ cup shredded cheese

DIRECTIONS

1. Place ground beef, onion and Southwest chipotle seasoning* in Colander and place over **Stack Cooker 1¼ Qt. Casserole**.
2. Cover and microwave on high power 5–6 minutes, stirring halfway through.
3. Remove Colander. Drain and wipe out Casserole. Transfer cooked meat mixture to 1¼-Qt. Casserole. Stir in sauce and fold in tortilla wedges and cheese.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.



1¼ Qt. Casserole

Tupperware

* Ask your consultant for this recipe or use taco seasoning

Enchilada CASSEROLE II



INGREDIENTS

- 1 lb. ground beef
- 1 small onion, chopped
- ½ tsp. garlic powder
- ¼ tsp. pepper
- 1 (10-oz.) can enchilada sauce
- 6 (6") corn tortillas sliced into wedges
- ½ cup shredded cheddar cheese
- ½ cup shredded Monterey cheese
- Black olives, sliced, optional

DIRECTIONS

1. Place ground beef, onion and garlic, and pepper in Colander and place over **Stack Cooker 1½ Qt. Casserole**.
2. Cover and microwave on high power 5–6 minutes, stirring halfway through.
3. Remove Colander. Drain and wipe out Casserole. Transfer cooked meat mixture to 1½-Qt. Casserole. Stir in sauce and fold in tortilla wedges and cheeses.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Glazed HAM & SWEET POTATOES

INGREDIENTS

- 2 Tbsp. apricot jam
- 1 tsp. Dijon mustard
- 1 (8 oz.) boneless fully cooked ham steak
- 1 can (15½ oz.) sweet potatoes, drained
- 1 apple, peeled and cored; cut into thin wedges
- 2 Tbsp. maple syrup, divided

DIRECTIONS

1. In a **1 cup Micro Pitcher**, combine jam and mustard. Microwave, uncovered, on high for 15-30 seconds or until jam is melted; stir until blended. Set aside.
2. Place ham steak in the **Stack Cooker 1½ Qt. Casserole**. Pour ½ of the mustard jam over ham steak. Arrange sweet potatoes and apples around ham. Drizzle with syrup.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Pour remaining mustard jam over ham before serving.



1½ Qt. Casserole

Tupperware

Glazed HAM STEAK



INGREDIENTS

- 1 (1 lb.) boneless fully cooked ham steak, cut into quarters
- ¼ cup orange marmalade
- 2 Tbsp. Dijon mustard
- 4 scallions, thinly sliced

DIRECTIONS

1. Place ham in the **Stack Cooker 1½ Qt Casserole**.
2. Mix together orange marmalade, and mustard, pour over ham. Sprinkle scallions over ham.
3. If cooking individually, place in microwave and cook on high for 7-9 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

GREEN BEAN Casserole

INGREDIENTS

- ½ can cream of mushroom soup
- ½ tsp. soy sauce
- 1 Tbsp. milk
- Salt and pepper to taste
- 2 cups frozen green beans
- ½ cup French fried onions

DIRECTIONS

1. In a small bowl, mix soup, soy sauce, milk, salt and pepper.
2. Place green beans in the **Stack Cooker 1¾ Qt. Casserole**. Pour soup mixture over beans, stir to coat.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Sprinkle fried onions over casserole.



1¾ Qt. Casserole

Tupperware

HAM & CHEESE

Pasta



INGREDIENTS

- 2 cups mostaccioli or penne, cooked
- 1 (15 oz.) jar alfredo sauce, use enough to cover pasta
- $\frac{3}{4}$ lb. ham, cut into chunks
- $\frac{1}{2}$ cup frozen peas
- $\frac{1}{4}$ cup parmesan cheese

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 1 $\frac{3}{4}$ Qt. Casserole**. Stir to combine.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1 $\frac{3}{4}$ Qt. Casserole

Tupperware

HAM

Loaves

INGREDIENTS

- 1 beaten egg
- $\frac{3}{4}$ cup soft bread crumbs
- $\frac{1}{2}$ cup milk
- 1 Tbsp. prepared horseradish
- $\frac{1}{8}$ tsp. pepper
- 1 lb. ground beef
- $\frac{1}{2}$ lb. fully cooked ground ham

Glaze

- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{3}$ cup cider vinegar

DIRECTIONS

1. Combine egg, bread crumbs, milk, horseradish, pepper, beef and ham in a medium bowl, shape into 4-6 mini loaves and place in the **Stack Cooker 1 $\frac{1}{4}$ Qt. Casserole**.
2. Mix glaze and pour over loaves.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1 $\frac{1}{4}$ Qt. Casserole

Tupperware

Herb Coated **CHICKEN**



INGREDIENTS

- ⅓ cup seasoned bread crumbs
- 1 tsp. dried parsley flakes
- ½ tsp. dried basil
- ½ tsp. paprika
- ¼ tsp. salt
- ¼ tsp. thyme
- 2 lb. chicken pieces
- 2 Tbsp. butter, melted

DIRECTIONS

1. Combine bread crumbs, parsley, basil, paprika, salt and thyme in a shallow dish
2. Remove skin from chicken; brush chicken with butter and coat in bread crumbs, place in the **Stack Cooker 1½ Qt. Casserole**.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Herbed **COUSCOUS**



INGREDIENTS

- 1 (12 oz.) pkg. plain or flavored couscous
- 2 Tbsp, carrots, finely chopped
- 2 Tbsp. parsley, minced
- 1½ cups warm water

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 1½ Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Herbed

MINI MEATLOAVES



INGREDIENTS

- 1 beaten egg
- ½ cup herb-seasoned stuffing mix
- ½ cup milk
- 1 Tbsp. onion soup mix
- 2 Tbsp. ketchup
- 1 lb. ground beef
- ¼ cup ketchup

DIRECTIONS

1. In a medium bowl, mix together egg, stuffing, onion soup mix, 2 Tbsp. Ketchup and ground beef, shape into 5 mini loaves.
2. Arrange loaves around outside edge of the **Stack Cooker 1¾-Qt Casserole**.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Pour ¼ cup catsup over meatloaves.



1¾ Qt. Casserole

Tupperware



Herbed SALMON STEAKS

INGREDIENTS

- 4 (6 oz.) salmon steaks
- 1 Tbsp. olive oil
- 1 tsp. dried rosemary
- 1 Tbsp. fresh thyme, chopped
- 1 tsp. ground black pepper
- 2 small limes

DIRECTIONS

1. Place salmon steaks in the **Stack Cooker 1 $\frac{3}{4}$ -Qt Casserole**, rub each steak with oil, then sprinkle with thyme, rosemary and pepper. Squeeze the juice of one lime over steaks.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Cut remaining lime into wedges, serve with salmon.



1 $\frac{3}{4}$ Qt. Casserole

Tupperware®

Honey Mustard CHICKEN

INGREDIENTS

1½ lb. chicken breast, skinless
boneless

Sauce

¼ cup whole grain, coarse
mustard

2 Tbsp. Dijon mustard

2 Tbsp. yellow mustard

¼ cup + 2 Tbsp honey

3 tsp. olive oil , divided

Salt and freshly ground black
pepper

½ cup chopped yellow onion

2 cloves garlic , minced

4 small sprigs rosemary

DIRECTIONS

1. In a mixing bowl whisk together all ingredients except chicken.
2. Arrange Chicken around outside edge of the **Stack Cooker 1¾-Qt Casserole**, pour sauce over chicken.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

Hot Fudge SAUCE



INGREDIENTS

- 1 (12 oz.) can evaporated milk
- 2 cups chocolate chips
- ½ cup sugar
- 1 Tbsp, butter
- 1 tsp. vanilla

DIRECTIONS

1. Combine milk, chocolate chips and sugar in the **Stack Cooker 1¾-Qt Casserole**, stir.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15 minutes.
5. Stir in vanilla and butter.



1¾ Qt. Casserole

Tupperware

Island Spiced **PORK**

INGREDIENTS

- ¼ cup flour
- 1 tsp. salt
- 1 tsp. ground allspice
- Dash cayenne pepper
- 1½ lb. pork tenderloin cubes
- 1 can pineapple chunks, drained
- ½ bottle caribbean style sauce or marinade
- 1 small jalapeño pepper sliced, seeds removed

DIRECTIONS

1. Combine flour and seasonings and dredge pork cubes in flour mixture. Place pork in the **Stack Cooker 1¼-Qt Casserole**, microwave on high for 5 minutes.
2. Add pineapple, sauce and jalapeños, stir.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¼ Qt. Casserole

Tupperware



Italian
**CHICKEN &
VEGETABLES**

INGREDIENTS

- 2 small chicken breasts (1 lb.) cut into 1" cubes
- 1 cup broccoli florets
- 1 cup bell peppers sliced or chopped
- 1 small zucchini sliced
- ½ cup grape tomatoes, cut in half
- ½ cup onion sliced
- 1 Tbsp. olive oil
- 1 Tbsp. Italian seasoning
- 1 tsp. garlic powder or fresh minced garlic
- 1 tsp. paprika
- salt and pepper to taste

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 1½-Qt Casserole**, stir to combine.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Italian MEAT SAUCE

INGREDIENTS

- 1 lb. ground beef
- 1 medium onion, diced
- 1 garlic clove, minced
- 1 medium carrot, finely diced
- 1 rib celery, finely diced
- 1 (6 oz.) can tomato paste
- ¼ cup water
- 2 Tbsp. fresh parsley
- 1½ tsp. dried oregano
- 1 tsp. salt
- 1 (28 oz.) can crushed tomatoes

DIRECTIONS

1. Place ground beef in the Colander, add vegetables. Place colander in the **Stack Cooker 1½-Qt Casserole**, microwave on high for 5 minutes. Drain meat. Wipe out **Stack Cooker 1½-Qt Casserole** and add meat mixture.
2. Add remaining ingredients and stir to combine.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware



Italian SEASONED CHICKEN

INGREDIENTS

- 3 cups frozen broccoli or Frozen Italian-style vegetables, slightly thawed
- 4 boneless, skinless chicken breast halves
- 2 Tbsp. mayonnaise
- $\frac{1}{3}$ cup seasoned bread crumbs
- 3 Tbsp. parmesan cheese, grated
- $\frac{1}{8}$ tsp. paprika

DIRECTIONS

1. Slit each chicken breast on the side to make a pocket. Place 3 Tbsp. of vegetables inside each chicken piece, fold over and secure with wooden toothpicks.
2. In the **Stack Cooker 1 $\frac{3}{4}$ Qt. Casserole**, add remaining vegetables.
3. Brush chicken with mayonnaise. Combine bread crumbs and cheese, then roll chicken in crumb mixture. Place chicken on top of veggies with thickest portions toward the edge. Sprinkle with paprika and any remaining crumbs.
4. If cooking individually, place in microwave and cook on high for 10-12 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.



1 $\frac{3}{4}$ Qt. Casserole

Tupperware



Jiffy
JAMBALAYA

INGREDIENTS

- 1 (10 oz.) can diced tomatoes with green chili peppers
- 1½ cups quick cooking rice
- 1 (6 oz.) pkg. frozen shrimp, peeled and deveined
- 1 (6.75 oz.) can chunk style ham
- ¾ cup water
- 1 tsp. chili powder

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 1½-Qt Casserole**, stir to combine.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware



Lazy
**CHICKEN
ENCHILADA**

INGREDIENTS

- 2 (10 oz.) cans enchilada sauce
- 2 Tbsp. Southwest chipotle seasoning*
- 10 (6") corn tortillas, cut into quarters
- 2 cups cooked chicken
- 1½ cup shredded cheddar cheese

DIRECTIONS

1. Combine enchilada sauce with seasoning and pour ¼ of the sauce in the **Stack Cooker 1½-Qt Casserole**.
2. Top sauce with ⅓ of the tortillas, chicken then cheese, repeat layers, end with sauce and cheese.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.

*Ask your consultant for this recipe or use Taco seasoning



1½ Qt. Casserole

Tupperware

MEATBALLS

Beef

INGREDIENTS

- 1 lb. ground beef
- ½ cup breadcrumbs
- 1 egg, lightly beaten
- ½ tsp. coarse kosher salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- 2 Tbsp. water

DIRECTIONS

1. Combine ingredients in a medium bowl and mix until combined.
2. Shape into eight meatballs and place in **Stack Cooker 1½ Qt. Casserole**.
3. If cooking individually, place in microwave and cook on high for 10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Mediterranean **FISH**



1 3/4 Qt. Casserole

Tupperware

INGREDIENTS

- 10 cherry tomatoes
- 2 potatoes, thinly sliced
- ½ cup black olives, pitted
- 1 red pepper, diced
- 1 tsp. dried oregano
- 2 garlic cloves, minced
- 1 lb. firm white fish
- ½ lemon, juiced
- 2 Tbsp. olive oil
- Salt and pepper to taste

DIRECTIONS

1. Place tomatoes, olives, ½ the red pepper and ½ the potatoes in the **Stack Cooker 1-¾-Qt Casserole**.
2. Lay fish on top of the vegetable layer.
3. Mix oregano, garlic, lemon juice, olive oil, salt and pepper, pour over fish.
4. Top with remaining vegetables, season to taste.
5. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
6. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
7. Let stand for 5 minutes.

Pepper STEAK

INGREDIENTS

- 1½ lb. sirloin or other tender cut of beef, sliced diagonally into ¼" strips
- ¼ cup flour
- 3 Tbsp. dry onion soup mix
- 1 Tbsp. Italian seasoning
- 1 green pepper, cut into strips
- 1 (16 oz.) can diced tomatoes
- 1 (8 oz.) can tomato sauce

DIRECTIONS

1. Place beef strips in the **Stack Cooker 1-¾-Qt Casserole**, toss with flour, onion soup mix and Italian seasoning.
2. Add remaining ingredients, stir to combine.
3. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¼ Qt. Casserole

Tupperware



Pesto **CHICKEN DRUMSTICKS**

INGREDIENTS

- 6 chicken drumsticks
- 1 cup fresh basil pesto
- 2 tsp. lemon juice

DIRECTIONS

1. Place chicken legs in the **Stack Cooker 1- $\frac{3}{4}$ -Qt Casserole**, with bones towards the center.
2. Pour pesto over chicken and drizzle lemon juice over pesto.
3. If cooking individually, cover and place in microwave and cook on high for 12-15 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1 $\frac{3}{4}$ Qt. Casserole

Tupperware

Pineapple Glazed **HAM**

INGREDIENTS

- 1 lb. fully cooked ham steaks, cut into 4 pieces
- 1 (16 oz.) can pineapple tidbits, drained
- $\frac{3}{4}$ cup barbeque sauce
- $\frac{1}{4}$ cup brown sugar

DIRECTIONS

1. Place all ingredients in the **Stack Cooker 1- $\frac{3}{4}$ -Qt Casserole**, stir to combine.
2. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1 $\frac{3}{4}$ Qt. Casserole

Tupperware



Pineapple Salsa LAMB CHOPS

INGREDIENTS

Salsa

- 1 (15 oz.) can pineapple tidbits, drained
- ¼ cup red onion
- 1 tsp. sugar
- 1 tsp. apple cider vinegar
- 1 Tbsp. mint, chopped

4 lamb sirloin chops, ¾" thick

DIRECTIONS

1. In the **Stack Cooker 1½-Qt Casserole**, mix salsa ingredients.
2. Add lamb chops, turn to coat in salsa.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Poached **SALMON**



INGREDIENTS

- 3 Tbsp. chicken broth or white wine
- 1 lb. salmon filet
- 2 tsp. fresh ginger, finely chopped
- ½ tsp. salt
- 1 tsp sesame oil
- 2 tsp. soy sauce
- ½ cup green onion, sliced

DIRECTIONS

1. In the **Stack Cooker 1½-Qt Casserole** add the broth or wine, place salmon filet in **Stack Cooker ¾ Qt. Casserole**.
2. Mix together ginger, oil, salt, sesame oil, soy sauce, pour over salmon.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 10-12 minutes.
5. Let stand for 5 minutes.
6. Sprinkle with green onion.



1½ Qt. Casserole

Tupperware



Pollo
GUISADO

INGREDIENTS

- 2 chicken breasts (1 lb.), cut in half
- 1 tsp. Adobo with pepper seasoning
- ¼ tsp. ground annatto or paprika
- 2 Tbsp. tomato sauce
- 1 Tbsp. Sofrito

DIRECTIONS

1. Season chicken breasts with Adobo and annatto and place in **Stack Cooker 1½ Qt. Casserole**.
2. Pour sauce and sofrito over chicken.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Porcupine MEATBALLS



INGREDIENTS

- 1 lb. ground beef
- $\frac{3}{8}$ cup converted white rice, uncooked
- $\frac{1}{2}$ cup water
- 1 Tbsp. Worcestershire sauce
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{8}$ tsp. black pepper
- 1 (10 $\frac{1}{2}$ oz.) can condensed tomato soup, divided
- 2 Tbsp. fresh parsley, chopped

DIRECTIONS

1. In a medium bowl mix together, beef, rice, water, Worcestershire sauce, salt, garlic powder, pepper and $\frac{1}{4}$ cup soup.
2. Form into meatballs and place in the **Stack Cooker 1 $\frac{1}{2}$ Qt. Casserole**, stir together remaining soup and water and pour over the porcupines.
3. If cooking individually, place in microwave and cook on high for 12-14 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1 $\frac{1}{2}$ Qt. Casserole

Tupperware

PORK with Olives

INGREDIENTS

- 1 lb. pork loin, cut into filets
- 2 large portobello mushrooms, chopped
- ½ cup olives, pitted
- 2 tomatoes, crushed
- 1 Tbsp. tomato paste
- 1 Tbsp. olive oil
- Salt and pepper to taste

DIRECTIONS

1. Place all ingredients in the **Stack Cooker 1 ¾-Qt, Casserole**, season with salt and pepper. Stir to mix.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1 ¾ Qt. Casserole

Tupperware



Quick
SAUSAGE SAUCE

INGREDIENTS

- 1 lb. sweet or hot Italian sausage, casing removed
- 1 (20 oz.) jar marinara sauce
- ½ cup olives, sliced

DIRECTIONS

1. Place crumbled sausage in the **Stack Cooker 1 ¾-Qt, Casserole**.
Microwave on high for 3-5 minutes. Add remaining ingredients, stir to mix.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1 ¾ Qt. Casserole

Tupperware

RISOTTO with Shrimp

INGREDIENTS

- 7 oz. frozen small green peas, thawed
- 2 garlic cloves, minced
- 2 Tbsp. parsley, chopped
- 3 tomatoes, chopped
- 2 Tbsp. white wine
- $\frac{3}{4}$ cup arborio rice
- $\frac{3}{4}$ cup half and half
- Salt and pepper to taste
- $\frac{1}{2}$ lb. shrimp, peeled and deveined

DIRECTIONS

1. Place all ingredients, except shrimp in the **Stack Cooker 1- $\frac{3}{4}$ -Qt Casserole** and mix well. Place shrimp in circle on the outside edge.
2. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1 $\frac{3}{4}$ Qt. Casserole

Tupperware

Rosemary PORK CHOPS

INGREDIENTS

- 8 oz. fresh mushrooms, cut in half
- 2 medium onions, cut into wedges
- 3 Tbsp. olive oil, divided
- ½ tsp. dried rosemary, divided
- ¼ cup balsamic vinegar
- 1 cup Italian flavored bread crumbs
- 2 Tbsp. parmesan cheese, grated
- ¼ tsp. black pepper
- 4 pork loin chops, boneless

DIRECTIONS

1. Place mushrooms, onions, 1 Tbsp. oil and ¼ tsp. dried rosemary in the **Stack Cooker 1-¾-Qt Casserole** stir to combine; set aside.
2. In a shallow bowl combine vinegar and 2 Tbsp. oil.
3. In separate bowl combine bread crumbs and parmesan cheese, ¼ tsp. dried rosemary and pepper.
4. Dip pork chops into vinegar, then bread crumbs and place in the **Stack Cooker 1-¾-Qt Casserole**.
5. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
6. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
7. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

SALMON

in White Wine

INGREDIENTS

- 1 lb. salmon fillet, cut in 4 pieces
- 1 Tbsp. extra virgin olive oil
- 2 tsp. ginger, minced
- ½ tsp. salt
- 3 Tbsp. white wine

DIRECTIONS

1. Place salmon in the **Stack Cooker 1-¾-Qt Casserole**, brush with oil.
2. Mix together ginger, salt and white, drizzle over salmon.
3. In a shallow bowl combine vinegar and 2 Tbsp. oil.
5. If cooking individually, cover and place in microwave and cook on high for 5-6 minutes.
6. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
7. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

SALMON LOAF

with Creamed Peas

INGREDIENTS

- ½ cup onion, diced
- ½ cup celery, diced
- 1 Tbsp. water
- ½ cup herb seasoned stuffing mix
- 1 beaten egg
- 2 (6 oz.) cans boneless skinless salmon, flaked
- 1½ cup frozen peas
- 1 (5 oz.) jar cream cheese spread with pimento
- 2 Tbsp. milk

DIRECTIONS

1. Place onion, celery and water in the **Stack Cooker 1-¾-Qt Casserole** microwave on high for 2-3 minutes, transfer to bowl and add stuffing, egg and salmon, mix well, then shape into 4 loaves, place loaves in the clean **Stack Cooker 1-¾-Qt Casserole** on the outside edge.
2. Add peas to the center. Combine cheese spread and milk and pour over peas.
3. If cooking individually, cover and place in microwave and cook on high for 7-9 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

SALMON Potato Scallop

INGREDIENTS

- 3 cups hot water
- 1 tsp. butter
- 1 (5.25 oz.) pkg. au gratin potatoes
- 1 tsp. horseradish
- 1 (6 oz.) can salmon, drained, and flaked
- ½ cup frozen peas, optional
- 1 tsp. Fresh parsley, minced

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 1¾ Qt. Casserole**, stir to combine.
3. If cooking individually, cover and place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

SALMON STEAK

with Dill

INGREDIENTS

- 4 (4 oz.) salmon steaks
- ½ cup heavy cream
- 1 bunch of fresh dill
- Salt and pepper to taste

DIRECTIONS

1. Place salmon steaks in the **Stack Cooker 1 ¾-Qt. Casserole**, season with salt and pepper.
3. Pour cream over salmon and sprinkle with dill, salt and pepper to taste.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Serve with additional dill.



1 ¾ Qt. Casserole

Tupperware

SAUSAGE and Peppers

INGREDIENTS

- 1 onion, peeled
- 1 green bell pepper, cored
- 4 Italian sausages, sliced $\frac{1}{4}$ " thick
- Salt and pepper, to taste

DIRECTIONS

1. Thinly slice onion and green pepper.
2. Place sliced sausages into **Stack Cooker 1 $\frac{1}{2}$ Qt. Casserole** and cover with sliced onion and pepper.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1 $\frac{1}{2}$ Qt. Casserole

Tupperware

SAUSAGE

Ragu

INGREDIENTS

- 1 lb. mild pork sausage
- ½ onion, thinly sliced
- 2 carrots, sliced
- 1 stalk celery, sliced
- ¾ cup red pasta sauce
- ¼ cup water

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 1½ Qt. Casserole**, stir to combine.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

SAUSAGE

Cabbage Supper

INGREDIENTS

- 1 lb. pork sausage links, sliced
- ½ cup onion, chopped
- 3 cups cabbage, shredded
- 1 apple, cored, & chopped
- ½ cup sweet & sour sauce
- ¼ cup water
- ½ tsp. caraway seed

DIRECTIONS

1. Crumble sausage into the colander and place colander in the **Stack Cooker 1¾-Qt casserole**. Microwave on high for 5-6 minutes. Drain. Wipe clean. Transfer sausage to the **Stack Cooker 1¾-Qt casserole**.
2. Stir in remaining ingredients.
3. If cooking individually, place in microwave and cook on high for 7-9 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

SAUSAGE LINK Sandwiches

INGREDIENTS

Sauce

- ½ cup ketchup
- 1 Tbsp. brown sugar
- 1 Tbsp. vinegar
- 1 Tbsp. Worcestershire sauce
- ¼ tsp. dry mustard

- 2 medium green peppers, cut into bite sized strips
- 1 medium onion, cut into thin wedges
- 1 lb. fully cooked bratwurst, nockwurst, polish sausage or hot dogs
- 5 Hot dog buns

DIRECTIONS

1. Combine sauce ingredients in the **Stack Cooker 1¼-Qt Casserole**.
2. Add vegetables and sausages, stir to coat.
3. If cooking individually, place in microwave and cook on high for 4-5 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Serve with buns.



1¼ Qt. Casserole

Tupperware

SAUSAGE

Stew



INGREDIENTS

- 1 small onion, sliced
- 1 clove garlic, minced
- 8 oz. fully cooked polish sausage
- 1 (16 oz.) can tomatoes, diced
- 1 (16 oz.) can navy beans, drained
- 1 Tbsp. parsley flakes
- Dash ground cloves

DIRECTIONS

1. Combine onion and garlic in the **Stack Cooker 1½ Qt. Casserole**, microwave on high for 2 minutes.
2. Add remaining ingredients.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

SEAFOOD Casserole



INGREDIENTS

- 2 cups frozen broccoli florets
- 2 cups cooked medium egg noodles, cooked and drained
- 1 (10¾ oz) cream of shrimp soup
- ½ cup milk
- 1 (6½ oz.) can tuna, crabmeat or salmon, drained
- ½ cup cheddar cheese, shredded

DIRECTIONS

1. Combine broccoli, egg noodles, soup, milk and tuna in the **Stack Cooker 1¾ Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with cheese before serving.



1¾ Qt. Casserole

Tupperware®

SEAFOOD

Stew

INGREDIENTS

- 1 (16 oz.) can stewed tomatoes
- 1 cup clam juice
- 2 Tbsp. parsley, chopped
- 1 tsp. dried thyme
- ½ tsp. black pepper
- 8 oz. shrimp, peeled and deveined
- 4 oz. monk fish, cut into 1" cubes
- 8 small clams, fresh
- 8 mussels, fresh and beards removed

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 1¾ Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Discard any clams or mussels that did not open.



1¾ Qt. Casserole

Tupperware

SHRIMP & ASPARAGUS

Risotto

INGREDIENTS

- 1 cup risotto rice
- 2 cups chicken broth
- 16-20 medium frozen shrimp, peeled and deveined
- 1 cup chopped asparagus
- Salt and pepper, to taste
- ½ cup green onions, chopped
- ½ cup parmesan cheese, grated

DIRECTIONS

1. Combine rice and broth in the **Stack Cooker 1¾- Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15 minutes. Add shrimp and asparagus and cook for remaining 10 minutes.
4. Let stand for 5 minutes.
5. Stir in salt and pepper, sprinkle with green onion and cheese.



1¾ Qt. Casserole

Tupperware

SLOPPY JOE

Sandwiches

INGREDIENTS

- 1 lb. ground beef, turkey or chicken
- 1 (8-oz.) can tomato sauce
- 2 Tbsp. brown sugar
- 1 Tbsp. yellow mustard
- ¼ cup ketchup
- 1 tsp. coarse kosher salt
- ½ Tbsp. chili powder
- 6 buns

DIRECTIONS

1. Add meat to Colander and place Colander over **Stack Cooker 1¼ Qt. Casserole**. Cover and microwave on high power 5–6 minutes, stirring halfway through, until meat is cooked through.
2. In a medium bowl, stir together remaining ingredients, except buns. Add meat to mixing bowl and stir to coat meat.
3. Drain and wipe out **Stack Cooker 1¼ Qt. Casserole**, then add meat mixture back into the **Stack Cooker 1¼ Qt. Casserole**.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Serve on buns.



1¼ Qt. Casserole

Tupperware



Soy Ginger TURKEY SLIDERS

INGREDIENTS

- 1 lb. ground turkey
- ½ cup plain breadcrumbs
- ⅓ cup green onions, chopped
- 1 Tbsp. ginger, minced
- 2 garlic cloves minced
- 2 tsp. soy sauce
- ½ tsp. salt
- 1 egg

DIRECTIONS

1. In medium bowl, place all ingredients and mix just until combined. Divide mixture in half, then each half into three patties. Place in **Stack Cooker 1½ Qt. Casserole** along the edges, leaving the middle empty.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Serve on buns.



1½ Qt. Casserole

Tupperware

Spiced LAMB PATTIES

INGREDIENTS

- 1 lb. ground lamb
- 3 slices of bread, torn into pieces
- 2 garlic cloves, minced
- 1 tsp. coriander
- 1 tsp. oregano
- 1 tsp, salt
- 1 tsp. pepper
- 1 Tbsp. Worcestershire sauce
- ½ cup plain yogurt
- 1 tsp. garlic powder
- 4 sandwich size pitas
- 4 lettuce leaves
- 2 tomatoes, seeded and chopped

DIRECTIONS

1. In a medium bowl, combine, lamb, bread, garlic, coriander, salt, pepper and Worcestershire sauce. Make into 8 meatballs.
2. Place meatballs in the **Stack Cooker 1¾ Qt. Casserole**, flatten slightly.
3. If cooking individually, place in microwave and cook on high for 6-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. In a small bowl combine yogurt and garlic powder.
7. To serve, place two patties in pita, add lettuce, tomatoes and yogurt sauce.



1¾ Qt. Casserole

Tupperware

Spicy MEATBALLS

INGREDIENTS

- 1 lb. ground beef
- ½ cup seasoned bread crumbs
- 1 egg
- ½ tsp. cayenne
- 1 Tbsp. hot sauce
- 1 Tbsp. water

DIRECTIONS

1. Combine all ingredients in a medium bowl and mix until well combined. Shape into eight meatballs.
2. Place meatballs in the **Stack Cooker 1½ Qt. Casserole**.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Spinach Stuffed **CHICKEN**

INGREDIENTS

- 4 chicken breasts
- 1 tsp. paprika
- 1 tsp. salt divided
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- 4 ounces cream cheese, softened
- ¼ cup grated Parmesan
- 2 Tbsp. mayonnaise
- 1½ cups chopped fresh spinach
- 1 tsp. garlic, minced
- ½ tsp. red pepper flakes
- 1 Tbsp. olive oil

DIRECTIONS

1. Place the chicken breasts on a cutting board. Use a sharp knife to cut a pocket into the side of each chicken breast.
2. Add the paprika, ½ tsp. salt, garlic powder, and onion powder to a small bowl and stir to combine. Sprinkle evenly over both sides of the chicken.
3. Add cream cheese, parmesan, mayonnaise, spinach, garlic, red pepper and remaining ½ teaspoon of salt to a small mixing bowl and stir well to combine. Spoon the spinach mixture into each chicken breast evenly and place in the **Stack Cooker 1½ Qt. Casserole**. Drizzle with olive.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

STEAK and Onions

INGREDIENTS

- ¼ cup white vinegar
- 2 Tbsp. extra virgin olive oil
- 1 lb. cube steak, quartered
- ¼ tsp. adobo with pepper seasoning
- ¼ tsp. ground annatto
- 2 garlic cloves, chopped
- 1 small onion, sliced into rings

DIRECTIONS

1. Add vinegar and oil to 1¾-Qt Casserole.
2. Season steaks by rubbing with Adobo, annatto and garlic.
3. Place steaks in 1¾-Qt Casserole over oil and vinegar. Place sliced onion over steaks.
4. If cooking individually, place in microwave and cook on high for 6 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

STEAK

Oriental

INGREDIENTS

- 1 lb. round steak or cubed steak, thinly sliced
- 2 medium carrots, thinly sliced
- 1 bell pepper, sliced into strips
- 1 onion, thinly sliced
- 6 oz. jar mushroom gravy
- 2 Tbsp. teriyaki sauce

DIRECTIONS

1. Add meat to Colander and place **Stack Cooker Colander** over **Stack Cooker 1 $\frac{3}{4}$ Qt. Casserole**. Cover and microwave on high power 3 minutes, stirring halfway through. Transfer meat to clean **Stack Cooker 1 $\frac{3}{4}$ Qt. Casserole**.
2. Add remaining ingredients to the meat.
3. Drain and wipe out 1 $\frac{3}{4}$ -Qt. Casserole, then add meat mixture back into the 1 $\frac{3}{4}$ -Qt. Casserole.
4. If cooking individually, place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.



1 $\frac{3}{4}$ Qt. Casserole

Tupperware

Stewed **CHICKEN**

INGREDIENTS

- 2 boneless, skinless chicken breasts, cut in half lengthwise
- 1 tsp. Adobo with pepper seasoning
- ¼ tsp. ground annatto
- 2 Tbsp. tomato sauce
- 1 Tbsp. sofrito

DIRECTIONS

1. Season chicken breasts with Adobo and annatto. Place in the **Stack Cooker 1½ Qt. Casserole**. Pour sauce and sofrito over chicken.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

Summer VEGETABLE BAKE

INGREDIENTS

- 1 Tbsp. butter
- 1 garlic clove, minced
- 3 medium zucchini, sliced
- 1 large onion, sliced
- 2 Tbsp. fresh basil, chopped
- 2 tomatoes, seeded and sliced
- 6 slices whole wheat bread, cut into 1" cubes
- 1 cup Swiss cheese, shredded, divided
- 2 eggs, slightly beaten
- 1 tsp. hot pepper sauce

DIRECTIONS

1. Add garlic and butter in the **Stack Cooker 1½ Qt. Casserole**. Cover and microwave on high power for 1½ minutes.
2. Stir in zucchini, onion and basil and microwave for 3-4 minutes.
3. Add tomatoes, bread cubes and ¾ cup of cheese.
4. Stir hot sauce into eggs and pour over vegetables.
5. If cooking individually, place in microwave and cook on high for 8-10 minutes.
6. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
7. Let stand for 5 minutes.
8. Sprinkle remaining cheese over vegetable before serving.



1½ Qt. Casserole

Tupperware

Swedish MEATBALLS

INGREDIENTS

Meatballs

1¼ lb. ground beef

1 egg

2 slices bread, made into crumbs

¼ cup onion, chopped

¼ cup parsley, chopped

2 Tbsp. milk

½ tsp. Worcestershire sauce

¼ tsp. salt

¼ tsp. pepper

¼ tsp. allspice

4 oz. fresh mushrooms, sliced

Cream Sauce

1 (10 oz.) can cream of chicken soup

½ cup sour cream

¼ cup milk

DIRECTIONS

1. in a bowl, combine meatball ingredients and shape into meatballs, place in the **Stack Cooker 1¼ Qt. Casserole**, add mushrooms.
2. If cooking individually, place in microwave and cook on high for 8 minutes, add cream sauce and microwave for 2-3 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 20 minutes add cream sauce and microwave for 5 minutes.
4. Let stand for 5 minutes.



1¼ Qt. Casserole

Tupperware

Sweet & Sour CHICKEN THIGHS

INGREDIENTS

6 chicken thighs
½ red bell pepper, cubed
1 cup snow peas, trimmed and cut in half
1 cup pineapple chunks in juice, reserve juice

Sauce
¾ cup reserved pineapple juice
3 Tbsp. tomato ketchup or tomato sauce
1 tsp. sugar
¼ tsp. crushed red pepper
½ tsp salt
1 tsp. corn starch

DIRECTIONS

1. Place chicken thighs in **Stack Cooker 1½ Qt. Casserole**, cover with chopped vegetables and pineapple chunks.
2. Whisk together sauce and pour over chicken and vegetables.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware®

Sweet & Sour MEATBALLS

INGREDIENTS

Meatballs

- 1 lb. lean ground beef
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp ground pepper
- 2 Tbsp. corn starch
- 2 Tbsp. vegetable oil
- 1 onion, diced
- 2 cloves garlic, minced

- $\frac{1}{2}$ red bell pepper, cubed
- 1 cup snow peas, trimmed and cut in half

- 1 cup pineapple chunks in juice, reserve juice

Sauce

- $\frac{1}{4}$ cup reserved pineapple juice
- 3 Tbsp. tomato ketchup or tomato sauce
- 1 tsp. sugar
- $\frac{1}{2}$ tsp salt
- 1 tsp. corn starch

DIRECTIONS

1. Combine ingredients for meatballs in a medium bowl and mix until combined.
2. Shape into meatballs and place in the **Stack Cooker 1 $\frac{1}{4}$ Qt. Casserole**, cover with chopped vegetables and pineapple chunks.
3. Whisk together sauce and pour over meatballs and vegetables.
3. If cooking individually, place in microwave and cook on high for 10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1 $\frac{1}{4}$ Qt. Casserole

Tupperware

Tofu CURRY



INGREDIENTS

- 1 Tbsp. unsalted butter
- 1 small onion, chopped
- 2½ tsp. red curry paste
- 1 tsp. minced garlic
- 1 tsp. cornstarch
- 1 tsp. salt
- pinch of black pepper
- 12 oz. extra firm tofu, strained & pressed, cut in cubes
- ¾ cup coconut milk

DIRECTIONS

1. Place butter, onion and red curry paste in the Stack Cooker 1½ Qt. Casserole and microwave on high power 2 minutes. Add remaining ingredients and set aside.
3. If cooking individually, place in microwave and cook on high for 8 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.



1½ Qt. Casserole

Tupperware

TURKEY & WILD RICE

Casserole

INGREDIENTS

- ½ cup green pepper, finely chopped
- 1 small onion, chopped
- 1 Tbsp. water
- ¾ cup milk
- ⅔ cup seasoned long grain and wild rice
- 1½ cup cooked turkey, chopped
- 1 (10.75 oz.) cream of mushroom soup
- 1 tsp. poultry seasoning
- ¾ cup swiss cheese, shredded

DIRECTIONS

1. Combine green pepper, onion and water in the **Stack Cooker 1¼ Qt. Casserole**, microwave on high for 2-3 minutes.
2. Stir in milk, rice, turkey, soup, poultry seasoning and ¼ cup of cheese.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Sprinkle remaining cheese on top.



1¼ Qt. Casserole

Tupperware

TURKEY CURRY

in Squash



INGREDIENTS

- 2 small acorn squash
- 2 Tbsp. vegetable oil
- 2 medium carrots, chopped
- 1 medium onion, chopped
- 1 red bell pepper, cut into chunks
- 2 tsp. curry powder
- 1 lb. turkey breast, skinless, boneless, cut into 1" cubes
- ½ cup quick cooking rice
- ¼ cup water
- ¼ cup raisins
- 1 Tbsp. fresh parsley, chopped
- ½ tsp. salt
- ¼ tsp. black pepper

DIRECTIONS

1. On a paper towel, place squash in microwave and cook for 5-7 minutes, makes squash easier to cut. When cooled, cut in half and remove seeds.
2. Place oil, carrots, onions and red bell pepper in the **Stack Cooker 1¾ Qt. Casserole**, microwave on high for 3-4 minutes, transfer to medium bowl, wipe clean.
3. In the medium bowl with onion mixture add curry powder, turkey, rice, water, raisins, parsley, salt and pepper, stir to combine.
4. Place squash halves in the 1¾-Qt casserole and fill with turkey mixture.
5. If cooking individually, place in microwave and cook on high for 12-14 minutes.
6. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
7. Let stand for 5 minutes.



1¾ Qt. Casserole

Tupperware

TURKEY

Mini Meatloaves

INGREDIENTS

- 1 beaten egg
- 1 cup soft bread crumbs
- ½ cup onion, finely chopped
- ½ cup green pepper, finely chopped
- ¼ cup milk
- 1 tsp. poultry seasoning
- ¼ tsp. garlic salt
- 1 lb. raw ground turkey
- ¼ cup barbecue sauce

DIRECTIONS

1. In a bowl combine egg, bread crumbs, onion, green pepper milk, poultry seasoning, garlic salt and turkey, mix well.
2. Shape into 4 loaves and place in the **Stack Cooker 1½ Qt. Casserole**, microwave on high for 2-3 minutes.
3. If cooking individually, place in microwave and cook on high for 6-8 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Pour barbecue sauce on top. Before serving.



1½ Qt. Casserole

Tupperware

TURKEY Stroganoff

INGREDIENTS

- 1 large onion, chopped
- 4 oz. portobello mushroom, chopped
- 1 lb. cooked turkey breast, cubed
- 2 Tbsp. tomato paste
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. red wine
- 1 Tbsp. cornstarch
- 2 Tbsp. heavy cream
- Salt and pepper, to taste

To serve
Hot egg noodles
Sour Cream

DIRECTIONS

1. Place turkey, mushroom and onion in the **Stack Cooker 1½ Qt, Casserole**, season with salt and pepper. Stir to mix.
2. In the Quick Shake container add the remaining ingredients, shake well, pour over turkey, stir to mix.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Serve over hot egg noodles with a dallop of sour cream, if desired.



1½ Qt. Casserole

Tupperware

TURKEY

with Sour Cream

INGREDIENTS

- 1 lb. turkey breast, cut into chunks
- ½ cup snap peas
- 1 small carrot, thinly sliced
- 1 small can mushrooms, drained
- 1 garlic clove, minced
- 1 Tbsp. cornmeal
- 1 Tbsp. dry white wine
- ¼ cup chicken broth
- Salt and pepper to taste

- Toppings*
- ½ cup sour cream
 - 3 sprigs parsley, chopped

DIRECTIONS

1. Place turkey, bacon bits, carrot and mushrooms in the **Stack Cooker 1 ¾-Qt. Casserole**, season with salt and pepper. Stir to mix.
2. In the Quick Shake container add the remaining ingredients, shake well, pour over turkey, stir to mix well.
3. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Add sour cream, stir and top with chopped parsley.



1 ¾ Qt. Casserole

Tupperware

Upside Down STUFFED PEPPERS

INGREDIENTS

- 1 lb. ground beef
- 1 onion, chopped
- 1 (14.5-oz.) can diced tomatoes
- 1 cup quick cooking rice
- 1 (10-oz.) can enchilada sauce
- 1 large green bell pepper, cored and quartered
- ½ cup shredded cheese

DIRECTIONS

1. Add ground beef and onion to Colander. Place **Stack Cooker Colander** in **Stack Cooker 1½ Qt. Casserole**. Cover and microwave on high power 5–6 minutes, stirring halfway through, or until meat has cooked through.
2. Drain and wipe clean **Stack Cooker 1½ Qt. Casserole**. Transfer meat to 1½-Qt. Casserole and add tomatoes, rice and enchilada sauce. Stir to combine.
3. Place peppers, cut side down, on top of meat mixture.
4. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.
7. Spoon meat mixture over each pepper quarter and top with cheese.



1½ Qt. Casserole

Tupperware

Warm **POTATO SALAD**

INGREDIENTS

- 4 medium red potatoes, cut into 1" cubes
- ½ tsp salt
- ¼ cup water
- ¼ cup olive or vegetable oil
- 2 Tbsp. cider or red wine vinegar
- 2 Tbsp. fresh parsley, chopped
- 3 slices of bacon, cooked and crumbled

DIRECTIONS

1. Add salt, water and potatoes in the **Stack Cooker 1½ Qt. Casserole**.
2. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain water from potatoes and stir in remaining ingredients.



1½ Qt. Casserole

Tupperware

Wilted Greens

INGREDIENTS

- 1 bunch fresh greens, spinach, swiss chard, escarole, kale, mustard or turnip greens
- 2 Tbsp. olive or vegetable oil
- 5 garlic cloves, slivered
- ½ tsp. salt
- ¼ tsp. pepper

DIRECTIONS

1. Thoroughly wash greens and pat dry with paper towels.
2. Place garlic and oil in **Stack Cooker 1¼ Qt. Casserole**. Microwave on high power 1-2 minutes.
3. Add greens to oil, add salt and pepper, toss to coat.
4. If cooking individually, cover and place in microwave and cook on high for 8-10 minutes.
5. If stack cooking, stack in middle position, and microwave on high for 15-20 minutes.
6. Let stand for 5 minutes.



1¼ Qt. Casserole

Tupperware

#3 STACK COOKER 3 QT. CASSEROLE RECIPES

- | | | |
|---------------------------------------|---|--|
| 209. Apple Cabbage Slaw | 242. Deviled Succotash | 275. Minted Peas & Onions |
| 210. Apple Crisp Lite | 243. Dijon Mushrooms | 276. New Potatoes with Herbs |
| 211. Apple Sauerkraut Relish | 244. Dilled Carrots | 277. Nutty Brown Rice |
| 212. Arroz Con Griego | 245. Dilled Peas | 278. Peas & Mushrooms |
| 213. Arroz Con Salchichas | 246. Double Corn Stuffing | 279. Perfect Quinoa |
| 214. Asparagus Risotto | 247. Easy Macaroni and Cheese | 280. Pesto Potatoes |
| 215. Au Gratin Potato Casserole | 248. Easy Potato Casserole | 281. Pineapple Rice |
| 216. Bacon Onion Rice | 249. Fiesta Peas | 282. Polenta |
| 217. Baked New Potatoes | 250. Fresh Mushroom Stuffing | 283. Potato Gratin |
| 218. Barley & Mushroom Bake | 251. Garlic & Lemon Broccoli | 284. Presto Pasta |
| 219. Breakfast Casserole | 252. Garlic & Tomato White Beans | 285. Quick Basic Rice |
| 220. Broccoli & Cauliflower Casserole | 253. Greek Green Beans | 286. Ratatouille 2 |
| 221. Broccoli with Pecans | 254. Green Beans Amandine | 287. Rice Fondant |
| 222. Broccoli with Lemon Butter | 255. Grits | 288. Rice with Sausage |
| 223. Buttered Pasta | 256. Harvest Beets | 289. Saffron Rice |
| 224. Cajun Squash | 257. Hash Brown Bake | 290. Savory Rice |
| 225. Candied Butternut Squash | 258. Herbed Orzo | 291. Sesame Bok Choy |
| 226. Caraway Red Cabbage | 259. Hot Fudge Pudding Cake | 292. Smashed Potatoes |
| 227. Cheese Grits | 260. Italian Asparagus | 293. Spanish Rice |
| 228. Cheesy Orzo | 261. Italian Meatloaf | 294. Spiced Cauliflower |
| 229. Chili Beans and Rice | 262. Italian Sausage with Pepper & Onions | 295. Spicy Fettuccini |
| 230. Chorizo Corn Stuffing | 263. Italian Zucchini | 296. Spicy Shells & Cheese |
| 231. Cinnamon Orange Poached Pears | 264. Lentil Stew | 297. Spiral Pasta with Spicy Red Sauce |
| 232. Coconut Rice | 265. Lemon Butter Pasta | 298. Squash Corn Medley |
| 233. Corn Medley | 266. Lemon Parmesan Orzo | 299. Squash Duo |
| 234. Couscous | 267. Loaded Hash Browns | 300. Summer Squash with Dill |
| 235. Creamed Corn | 268. Macaroni & Cheese Casserole | 301. Sweet Potato Casserole |
| 236. Creamed Peas | 269. Marinara | 302. Tomato Rice |
| 237. Creamy Brussels Sprouts | 270. Marinated Vegetable Salad | 303. Warm Corn Casserole |
| 238. Creamy Polenta | 271. Mashed Creamy Potatoes | 304. Warm Pineapple Orange Salad |
| 239. Creamy Spinach & Rice | 272. Mashed Potato and Pumpkin | 305. White Rice |
| 240. Creamy Tomato Soup | 273. Mashed Potatoes | 306. Zucchini & Carrot Ribbons |
| 241. Cuban Black Beans | 274. Mashed Sweet Potatoes | |

Apple Cabbage **SLAW**

INGREDIENTS

- 3 Tbsp. fresh lemon juice
- 2 tsp. apple cider vinegar
- 1 Tbsp. honey
- Salt and black pepper to taste
- 2 tsp. Dijon mustard
- 2 Tbsp. water
- 2 cups cabbage, chopped
- 2 red apples, peeled, cored and sliced

DIRECTIONS

1. Combine all ingredients in **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



3 Qt. Casserole

Tupperware

APPLE CRISP

Light



INGREDIENTS

- 1 (20 oz.) can apple slices in water
- 1 (1.5 oz) pkg. instant oatmeal, any flavor
- 1 Tbsp. brown sugar
- ½ tsp. ground cinnamon
- 1 Tbsp. butter, melted

DIRECTIONS

1. Place apple slices in **Stack Cooker 3 Qt. Casserole**, sprinkle with oatmeal, brown sugar, and cinnamon, drizzle with butter.
2. If cooking individually, place in microwave and cook on high for 4-5 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



3 Qt. Casserole

Tupperware

APPLE SAUERKRAUT

Relish

INGREDIENTS

- 1 (16 oz.) can sauerkraut, rinsed and drained
- 1 small red apple, cored and chopped
- $\frac{1}{3}$ cup apple juice
- 2 Tbsp. brown sugar
- 1 Tbsp. dried onion, minced
- 1 tsp. caraway seeds
- $\frac{1}{8}$ tsp. garlic powder

Great on grilled brats

DIRECTIONS

1. Combine all ingredients in **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



3 Qt. Casserole

Tupperware

Arroz con GREIGO

INGREDIENTS

- 3 cups instant rice
- ½ cup chopped ham
- 1 (10% oz.) cans French onion soup
- 1 (10% oz.) cans beef consommé
- ¼ cup water

DIRECTIONS

1. Combine all ingredients in **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



3 Qt. Casserole

Tupperware

Arroz CON SALCHICHAS

INGREDIENTS

- 2 cups instant rice
- 2 (4.6-oz.) cans Vienna sausages or cooked chorizo
- ¼ cup green olives, roughly chopped or 2 tsp. capers
- 2 cups water
- 1 Tbsp. sofrito
- ½ tsp. oregano
- ¼ tsp. annato
- 1 tsp. Adobo seasoning with pepper

DIRECTIONS

1. Slice sausages into bite-size pieces.
2. Combine all ingredients in **Stack Cooker 3 Qt. Casserole**, stir.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.



3 Qt. Casserole

Tupperware

Asparagus RISOTTO



INGREDIENTS

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 1 cup arborio rice, uncooked
- Dash ground turmeric
- 1 (16 oz.) can chicken broth, low sodium
- ½ cup dry white wine or water
- 1 cup parmesan cheese, grated
- 1 (10 oz.) pkg. frozen asparagus

DIRECTIONS

1. Combine oil and onion in **Stack Cooker 3 Qt. Casserole**, microwave on high for 2-3 minutes.
2. Add rice, turmeric, broth, wine and asparagus, stir to combine
3. If cooking individually, place in microwave and cook on high for 8-10 minutes at 70% power.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.
6. Stir in cheese.



3 Qt. Casserole

Tupperware

Au Gratin

POTATO CASSEROLE

INGREDIENTS

- 1 lb. red potatoes, ends removed
- ¼ cup heavy cream
- 1 tsp. garlic powder
- ½ tsp salt
- 1 cup sharp white cheddar cheese, shredded
- ½ cup French fried onions

DIRECTIONS

1. Place Mandoline on top of **Stack Cooker 3 Qt. Casserole** and place notch on setting #3. Attach potato to food guider and slide down to cut potatoes. Repeat process with remaining potatoes or cut with knife to about ¼" thickness.
2. Add cream, garlic powder and salt, then toss to coat.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes before serving.
6. Top potatoes with cheese and fried onions.



3 Qt. Casserole

Tupperware

Bacon Onion RICE

INGREDIENTS

- 3 cups quick cooking rice
- ½ cup bacon bit, or cooked and crumbled
- 1 (10.5 oz.) can French onion soup
- 1 (10.5 oz.) can Beef Consommé
- ¼ cup water

DIRECTIONS

1. Add all ingredients to the base of the **Stack Cooker 3 Qt. Casserole**, stir to combine.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



3 Qt. Casserole

Tupperware

Baked NEW POTATOES

INGREDIENTS

- 1 lb. medium sized new potatoes
- ¼ cup water
- Salt and pepper, to taste

DIRECTIONS

1. Wash potatoes, prick with a fork.
2. Place potatoes and water into the **Stack Cooker 3 Qt. Casserole**.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Drain and season to taste.



3 Qt. Casserole

Tupperware

Barley & Mushroom **BAKE**



INGREDIENTS

- 2 Tbsp. butter, melted
- 2 carrots, diced
- 2 ribs celery, diced
- 1 small onion, diced
- 8 oz. button mushrooms, sliced
- 1 cup quick cooking barley
- 1 tsp. salt
- ¼ tsp. ground black pepper
- 2¼ cups chicken broth, low sodium

DIRECTIONS

1. Add butter, carrots, celery, onion and mushrooms into the **Stack Cooker 3 Qt. Casserole**, microwave on high for 3-4 minutes. Add remaining ingredients, stir to combine.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Breakfast **CASSEROLE**

INGREDIENTS

- 1 cup hash brown potatoes, shredded fresh or thawed
- 1 cup ham, diced
- 1 cup cheddar cheese, shredded
- 4 eggs
- 1 cup milk
- 1 tsp. southwest chipotle seasoning, optional*
- Salt and pepper, to taste

DIRECTIONS

1. Add potatoes to the **Stack Cooker 3 Qt. Casserole**, top with ham and cheese.
2. In small bowl beat eggs, milk and seasoning, pour over hash browns
3. If cooking individually, place in microwave and cook on high for 5-7 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.

Ask your consultant for this recipe or use Taco seasoning.



3 Qt. Casserole

Tupperware

Broccoli & Cauliflower **CASSEROLE**

INGREDIENTS

- 1 (2.4 oz.) packet Instant cream of chicken soup mix
- $\frac{1}{3}$ cup milk
- Dash ground nutmeg
- 3 cups frozen broccoli & cauliflower
- $\frac{1}{4}$ cup Swiss cheese, shredded
- 2 Tbsp. crushed Ritz crackers
- $\frac{1}{8}$ tsp paprika

DIRECTIONS

1. Combine soup mix, milk and nutmeg in the **Stack Cooker 3 Qt. Casserole**, add vegetables and cheese, stir to combine.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with crackers and paprika.



3 Qt. Casserole

Tupperware

BROCCOLI with Pecans



INGREDIENTS

- 4 cups frozen broccoli
- $\frac{1}{3}$ cup water chestnuts, chopped
- $\frac{1}{4}$ tsp. onion salt
- 2 Tbsp. butter, melted
- $\frac{1}{4}$ cup pecans, chopped
- $\frac{1}{4}$ tsp. orange peel, finely diced, optional

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

BROCCOLI

with Lemon Butter

INGREDIENTS

- 1 head broccoli, chopped into florets
- ¼ cup water
- 1 lemon, juiced and zested
- 1 Tbsp. butter, melted

DIRECTIONS

1. Combine broccoli and water in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Combine lemon and butter, pour over broccoli.



3 Qt. Casserole

Tupperware

Buttered PASTA

INGREDIENTS

- 4 oz. spiral pasta or elbow macaroni
- 1½ cup water
- 1 Tbsp. butter
- Salt and pepper, to taste

Optional additions, parmesan cheese, poppy seeds, garlic, fresh basil

DIRECTIONS

1. Place pasta and water into the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, cover and place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain, add butter and season with salt and pepper to taste.



3 Qt. Casserole

Tupperware



Cajun SQUASH

INGREDIENTS

- 1 medium zucchini, cubed
- 1 cup butternut squash, cubed
- 1 medium tomato, seeded and chopped
- ½ small onion, chopped
- ¼ tsp. Cajun seasoning
- ⅛ tsp. garlic salt

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware



Candied
**BUTTERNUT
SQUASH**

INGREDIENTS

- 1 lb. butternut squash, peeled and cut in 1" cubes
- ½ cup orange juice
- 3 Tbsp. brown sugar
- ¼ tsp. nutmeg
- 1 Tbsp. butter
- ½ cup pecans

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Caraway RED CABBAGE



INGREDIENTS

- 1 (2 lb.) head red cabbage, cored and cut into 8 wedges
- ¼ cup water
- ¼ cup cider or red wine vinegar
- 1 Tbsp. caraway seeds
- ½ tsp. salt
- 2 Tbsp. butter, melted
- 1 Tbsp garlic, minced
- Crumbled cooked bacon, optional

DIRECTIONS

1. Place cabbage in the **Stack Cooker 3 Qt. Casserole**.
2. In a small bowl mix remaining ingredients and pour over cabbage.
3. If cooking individually, place in microwave and cook on high for 15-17 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Sprinkles with cooked bacon before serving.



3 Qt. Casserole

Tupperware

Cheese GRITS

INGREDIENTS

- ⅓ cup quick cooking grits
- ½ cup cheddar or Monterey cheese, shredded
- 2 Tbsp. butter, melted
- 2 Tbsp. green chili peppers
- ¼ tsp. chicken bouillon granules
- Dash of garlic powder
- 1½ cups boiling water
- 1 egg, beaten

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Cheesy **ORZO**

INGREDIENTS

- ½ tsp. garlic salt
- 1 (14 oz.) can chicken broth
- 1 cup orzo pasta
- ½ cup parmesan cheese, grated
- 1 Tbsp. fresh basil, chopped
- Salt and pepper, to taste

DIRECTIONS

1. Place garlic salt, broth and orzo in the Stack Cooker 3 Qt. Casserole, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Stir in cheese, basil, salt and pepper.



3 Qt. Casserole

Tupperware

CHILI BEANS

and Rice

INGREDIENTS

- ½ cup boiling water
- ½ cup quick cooking rice
- ½ cup onion, chopped
- ¼ green pepper, chopped
- ½ tsp. chicken bouillon granules
- ½ tsp. chili powder
- 1 cup chili beans, canned or Black Beans
- ¼ cup cheddar cheese, shredded

DIRECTIONS

1. Add water, rice, onion, green pepper, chicken bouillon and chili powder into the **Stack Cooker 3 Qt. Casserole**, stir and microwave for 2-3 minutes. Stir in beans.
2. If cooking individually, place in microwave and cook on high for 4-6 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with cheese.



3 Qt. Casserole

Tupperware

Chorizo Corn **STUFFING**



INGREDIENTS

- 2 chorizo sausages, sliced
- ½ small onion, chopped
- 4 Tbsp. unsalted butter
- 1 (15.25-oz.) can whole kernel corn, drained
- 2 cups herb-seasoned classic stuffing mix
- ⅔ cup chicken broth
- ½ tsp. salt

DIRECTIONS

1. Place chorizo, onion, and butter in the **Stack Cooker 3 Qt. Casserole**, stir and microwave for 2-3 minutes. Add remaining ingredients and stir until combined.
2. If cooking individually, place in microwave and cook on high for 5-6 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with cheese.



3 Qt. Casserole

Tupperware

Cinnamon Orange **POACHED PEARS**

INGREDIENTS

- 4 pears, peeled, cored, and cut into quarters
- 1 orange, sliced, do not peel
- ½ cup orange juice
- 1 tsp. ground cinnamon

DIRECTIONS

1. Place pears the **Stack Cooker 3 Qt. Casserole**, top with orange slices, orange juice and cinnamon.
2. If cooking individually, place in microwave and cook on high for 5-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Coconut RICE

INGREDIENTS

- ¾ cup coconut milk
- ¾ cup water
- 1½ cups quick cooking brown rice
- 1 tsp. salt
- 1 tsp. granulated sugar

DIRECTIONS

1. Place all ingredients the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 5-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Corn MEDLEY

INGREDIENTS

- 1 onion, thinly sliced
- 1 garlic clove, minced
- 1 Tbsp. butter
- 3 cherry tomatoes, cut in half
- 1 (15 oz.) bag of frozen corn
- 1 Tbsp. parsley, chopped

DIRECTIONS

1. Place all ingredients, except parsley in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle chopped parsley and serve.



3 Qt. Casserole

Tupperware

COUSCOUS

INGREDIENTS

- 1 cup couscous
- 1½ cups water
- ½ tsp. coarse kosher salt
- ½ small onion, chopped

DIRECTIONS

1. Place all ingredients in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Creamed **CORN**

INGREDIENTS

- 1 (8¾ oz.) can cream style corn
- 1 (8¾ oz.) can whole kernel corn, drained
- ⅓ cup milk
- ⅓ tsp. paprika
- Dash black pepper
- 2 slices bacon cooked and crumbled
- 1 green onion sliced

DIRECTIONS

1. Combine both cans of corn, milk, paprika and black pepper in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes. a
5. Sprinkle with cooked bacon. and green onion.



3 Qt. Casserole

Tupperware

Creamed PEAS



INGREDIENTS

- 1 (2 oz.) pkg. instant vegetable soup mix
- 1 cup water
- 1 (10 oz.) pkg. frozen peas
- ½ cup sour cream

DIRECTIONS

1. Combine soup mix, water and peas in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Stir in sour cream.



3 Qt. Casserole

Tupperware



Creamy
**BRUSSELS
SPROUTS**

INGREDIENTS

- 1 (10 oz.) pkg. frozen brussels sprouts, half thawed and cut in half
- 1 (5 oz.) jar cream cheese with pimento spread
- 2 Tbsp. milk
- 2 slices bacon, cooked and crumbled

DIRECTIONS

1. Combine brussels sprouts, cream cheese and milk in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with bacon.



3 Qt. Casserole

Tupperware

Creamy **POLENTA**



INGREDIENTS

- 1 cup yellow cornmeal
- 3 cups hot water
- ½ tsp. salt
- ½ tsp. fennel seed
- 2 Tbsp. butter, melted
- ½ cup parmesan cheese, grated
- ¼ cup sundried tomatoes, chopped
- 2 Tbsp. fresh basil chopped

DIRECTIONS

1. Combine cornmeal, water, salt and fennel in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Stir in remaining ingredients.



3 Qt. Casserole

Tupperware

A close-up photograph of a creamy spinach and rice dish. The rice is white and fluffy, mixed with bright green spinach leaves and a thick, yellowish-cream sauce. The texture appears soft and moist.

Creamy SPINACH & RICE

INGREDIENTS

- 1 (10 oz.) pkg. frozen spinach, thawed and drained
- ½ cup quick cooking rice
- ½ cup sour cream
- ½ cup water
- 1 Tbsp. milk
- 2 tsp. beef bouillon granules
- 1 tsp. dried minced onion
- ¼ tsp. ground nutmeg
- 2 Tbsp. parmesan cheese

DIRECTIONS

1. Combine spinach, rice, sour cream, water, milk, beef bouillon, onion and nutmeg in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with parmesan cheese.



3 Qt. Casserole

Tupperware



Creamy TOMATO SOUP

INGREDIENTS

- 1 lb. ripe tomatoes
- 1 garlic clove, minced
- 2 Tbsps. tomato paste
- ¼ cup chicken stock
- 5 basil leaves
- 1 Tbsp. heavy cream Salt and pepper to taste

DIRECTIONS

1. Place all ingredients except heavy cream in the **SuperSonic Chopper Extra** with the blade attachment, pull cord until well blended.
2. Pour into the **Stack Cooker 3 Qt. Casserole**, and cover.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Stir in heavy cream.



3 Qt. Casserole

Tupperware

Cuban **BLACK BEANS**



INGREDIENTS

- 2 Tbsp. olive oil, divided
- ½ cup bell pepper, chopped
- ½ cup red onion, chopped
- 2 garlic cloves, minced
- 2 (16 oz.) cans black beans, drained and rinsed
- 2 Tbsp. apple cider or white vinegar
- ½ tsp. dried oregano
- 2 slices cooked bacon, crumbled

DIRECTIONS

1. Place 1 Tbsp. oil, bell pepper, onion and garlic in the Stack **Cooker 3 Qt. Casserole**, microwave on high for 2-3 minutes. Add remaining ingredients, stir to combine.
3. If cooking individually, place in microwave and cook on high for 8-10 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Deviled **SUCCOTASH**

INGREDIENTS

- 2 Tbsp. water
- 1 Tbsp. horseradish mustard
- 1 Tbsp. butter, melted
- 1 (10 oz.) pkg. frozen lima beans
- 1 cup frozen whole kernel corn

DIRECTIONS

1. Combine all the ingredients in the **Stack Cooker 3 Qt. Casserole**, and cover.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Dijon MUSHROOMS



INGREDIENTS

- 2 Tbsp. butter, melted
- 2 Tbsp. Dijon mustard
- ½ tsp. dried savory
- 8 oz. white button mushrooms, sliced
- 2 portabella mushroom cap, sliced
- 1 tsp. parsley, minced

DIRECTIONS

1. Combine all the ingredients in the **Stack Cooker 3 Qt. Casserole**, stir to combine.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware



Dilled **CARROTS**

INGREDIENTS

- 1 lb. carrots, peeled and sliced diagonally
- 2 Tbsp. butter, melted
- 2 Tbsp. fresh dill, chopped
- 1 tsp dried dillweed

DIRECTIONS

1. Combine all the ingredients in the **Stack Cooker 3 Qt. Casserole**, and cover.
2. If cooking individually, place in microwave and cook on high for 12-15 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware



Dilled PEAS

INGREDIENTS

- 1 (16 oz) pkg. Frozen Peas
- 1 Tbsp. water
- 1 Tbsp. butter
- ½ tsp. dried dillweed
- ½ tsp. chicken bullion granules

DIRECTIONS

1. Combine all the ingredients in the **Stack Cooker 3 Qt. Casserole**, and cover.
2. If cooking individually, place in microwave and cook on high for 6-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Double CORN STUFFING

INGREDIENTS

- 1¼ cup water
- 1 cup frozen corn kernels
- 1 (6 oz.) pkg. cornbread stuffing mix
- ¼ cup butter, melted
- ½ stalk celery, sliced

DIRECTIONS

1. Combine all the ingredients in the **Stack Cooker 3 Qt. Casserole**, and cover.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware



Easy
**MACARONI AND
CHEESE**

INGREDIENTS

- 4 oz. elbow macaroni
- 1½ cups water
- ¼ cup heavy cream
- 8 oz. shredded cheese
- 1 tsp. garlic powder
- 1 tsp salt

DIRECTIONS

1. Place macaroni and water in **Stack Cooker 3-Qt. Casserole** and cover.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Strain macaroni using **Stack Cooker Colander** and stir in remaining ingredients.



3 Qt. Casserole

Tupperware®

Easy POTATO CASSEROLE



INGREDIENTS

- 2 cup frozen southwest style hash browns, thawed
- 1 (10 oz.) can cream of chicken soup
- 1 cup cheddar cheese, grated
- 1 cup cornflakes, crushed
- 2 Tbsp. butter, melted
- 1 tsp. southwest chipotle seasoning, optional*

DIRECTIONS

1. Combine all the ingredients in the **Stack Cooker 3 Qt. Casserole**, and cover.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

Ask your consultant for recipe or use Taco seasoning.



3 Qt. Casserole

Tupperware



Fiesta PEAS

INGREDIENTS

- 1 (4 oz.) can mushrooms
- 1 (10 oz.) bag peas
- 1 small onion, chopped
- ½ cup celery, chopped
- 1 Tbsp butter
- 1 (2 oz.) jar pimientos, drained & chopped
- ½ tsp. salt
- ⅛ tsp. pepper

DIRECTIONS

1. Combine all the ingredients in the **Stack Cooker 3 Qt. Casserole**, and cover.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Fresh
**MUSHROOM
STUFFING**

INGREDIENTS

- 1½ cups fresh mushrooms, thinly sliced
- ⅓ cup onion, chopped
- ⅓ cup celery, chopped
- ¼ cup butter, melted
- 2 cups herb stuffing mix
- ½-¾ cup chicken broth

DIRECTIONS

1. Place mushroom, onion, celery and butter in the **Stack Cooker 3 Qt. Casserole** and microwave on high for 2-3 minutes.
2. Stir in stuffing mix and add enough broth to make very moist.
3. If cooking individually, place in microwave and cook on high for 3-5 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Garlic & Lemon **BROCCOLI**



INGREDIENTS

- 1 (2 lb.) head of broccoli, cut into florets, stems sliced
- 2 cloves garlic, minced
- ¼ cup water
- 1 lemon, juiced and zested
- 1 Tbsp. butter, melted

DIRECTIONS

1. Place broccoli, garlic and water in the Stack Cooker 3 Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Mix together, lemon juice, zest and butter, pour over broccoli.



3 Qt. Casserole

Tupperware

Garlic & Tomato **WHITE BEANS**

INGREDIENTS

- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1 (16 oz.) can tomatoes, chopped, drained
- 2 Tbsp. fresh parsley, chopped
- 2 (16 oz.) cans white beans, cannellini or white kidney

DIRECTIONS

1. Place garlic and oil in the **Stack Cooker 3 Qt. Casserole** and microwave on high for 1-1½ minutes, add remaining ingredients stir.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Greek GREEN BEANS



INGREDIENTS

- 1 small onion, thinly sliced
- 1 garlic clove, minced
- ¼ cup olive oil
- 1 lb. fresh green beans, end removed
- 1 tsp. fennel seeds
- 1 Tbsp. fresh parsley, chopped
- 1 tsp. dried mint
- 8 cherry tomatoes, cut into quarters

DIRECTIONS

1. Place onion, garlic and oil in the **Stack Cooker 3 Qt. Casserole**, microwave on high for 2-3 minutes, add beans, fennel, parsley and mint, stir.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Add tomatoes and stir.

3 Qt. Casserole

Tupperware

GREEN BEANS

Amandine



INGREDIENTS

- 1 (16 oz.) pkg. frozen green beans
- 2 Tbsp. water
- 1 Tbsp. butter
- 1 tsp. lemon juice
- 2 Tbsp. almonds, slivered

DIRECTIONS

1. Combine all ingredients in the Stack Cooker 3 Qt. Casserole.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

GRITS

INGREDIENTS

- 1 cup grits
- 4 cups water
- ¼ tsp. coarse kosher salt

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware



Harvest BEETS

INGREDIENTS

- 2 (16 oz.) cans beets, sliced
- 1 green apple, cored and diced
- ½ cup apple juice
- 2 Tbsp. golden raisins
- 2 Tbsp. butter, melted
- Dash nutmeg or allspice
- 1 Tbsp. pine nuts and mint leaves, optional

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes. Sprinkle with pine nuts and mint leaves, if desired.



3 Qt. Casserole

Tupperware

Hash Brown **POTATO BAKE**

INGREDIENTS

- 2 cups loose-pack frozen hash brown potatoes
- ¼ tsp. garlic powder
- ½ cup (1 oz.) shredded cheddar cheese
- ½ cup milk
- 3 oz. cream cheese, softened and cut up
- ¼ cup crushed cornflakes

DIRECTIONS

1. In large strainer, rinse potatoes with cold water until slightly thawed; drain.
2. Place all ingredients except cornflakes into the **Stack Cooker 3 Qt. Casserole**, stir.
3. If cooking individually, place in microwave and cook on high for 6-9 minutes.
4. If stack cooking, stack, place in microwave and cook on high for 20 minutes.
5. Stir and top with cornflakes. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Herbed **ORZO**

INGREDIENTS

- ¾ cup orzo
- 1 cup water
- ½ Tbsp. salt
- 1 tsp. dried basil

DIRECTIONS

1. Add all ingredients in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

A close-up photograph of a Hot Fudge Pudding Cake. The cake is a dark, moist chocolate pudding with a thick, white whipped cream topping. The text "Hot Fudge" is written in a cursive font above "PUDDING CAKE" which is in a bold, black, sans-serif font with a white outline.

Hot Fudge PUDDING CAKE

INGREDIENTS

- ½ cup sugar
- ¾ cup all purpose flour
- 2 Tbsp. unsweetened cocoa powder
- 1½ tsp. baking powder
- ⅓ cup milk
- ¼ cup margarine or butter, melted
- 1½ tsp. vanilla
- ¾ cup sugar
- ¼ cup unsweetened cocoa powder
- 1 cup hot water

DIRECTIONS

1. In a medium **Thatsa Bowl** stir together, sugar, flour, 2 Tbsp. cocoa and baking powder.
2. Add milk, margarine and vanilla to the flour mixture, stir to mix.
3. Pour batter into the **Stack Cooker 3 Qt. Casserole**.
4. In a small bowl mix, sugar, cocoa powder and hot water, pour evenly over batter. (Do not stir)
5. If cooking individually, place in microwave and cook on high for 5-8 minutes.
6. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
7. Let stand for 15-20 minutes.



3 Qt. Casserole

Tupperware

Italian **ASPARAGUS**

INGREDIENTS

- 1 lb. asparagus, trimmed
- 1 large tomato, seeded and chopped
- ¼ tsp. oregano
- ⅛ tsp. garlic salt
- ⅛ tsp. ground black pepper
- 1 tsp. parmesan cheese, grated or Goat cheese

DIRECTIONS

1. Combine asparagus, tomato, oregano, garlic salt and pepper the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with parmesan cheese.



3 Qt. Casserole

Tupperware



Italian
MEATLOAF

INGREDIENTS

- 1½ lb. ground beef and pork mixture
- 1 egg, slightly beaten
- ½ cup milk
- ½ cup bread crumbs
- 1 tsp. Italian seasoning
- 1 tsp. garlic powder

Topping

- ½ cup marinara sauce
- ¼ cup parmesan cheese, grated
- ½ tsp Italian seasoning

DIRECTIONS

1. Combine ground meat egg, milk, bread crumbs, Italian seasoning and garlic powder. Press into bottom of the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 12-14 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Pour marinara sauce over meatloaf and sprinkle with seasoning and cheese. Can be heated in the microwave for 1 minutes if desired.



3 Qt. Casserole

Tupperware

ITALIAN SAUSAGE

with Onions & Peppers

INGREDIENTS

- 1½ lb. Italian sausage, sweet or hot, pierced with fork
- 2 medium onions, cut into wedges
- 2 bell peppers, cut into wedges
- 1 (16 oz.) can stewed tomatoes

DIRECTIONS

1. Place Colander in the **Stack Cooker 3 Qt. Casserole**, add sausages and microwave on high for 5-7 minutes.
2. Discard fat in **Stack Cooker 3 Qt. Casserole**. Cut sausage into 3-4" pieces, add to 3-Qt. Casserole, add remaining ingredients.
3. If cooking individually, place in microwave and cook on high for 10-12 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware



Italian
ZUCCHINI

INGREDIENTS

- 2 cups zucchini, sliced
- 1 large tomato, seeded and chopped
- 1 Tbsp. olive oil
- ½ tsp. dried basil
- ¼ tsp. garlic powder
- ¼ tsp. dried thyme
- 1 Tbsp. parmesan cheese

DIRECTIONS

1. Combine zucchini, tomato, oil, basil, garlic powder and thyme the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with parmesan cheese.



3 Qt. Casserole

Tupperware

Lentil STEW

INGREDIENTS

- 1 (15.5 oz) can lentils
- ½ tsp. cumin
- 1 tsp. garlic powder
- ½ red bell pepper, chopped
- ½ onion, chopped
- ½ cup crushed fire roasted tomatoes

DIRECTIONS

1. Place all ingredients in **Stack Cooker 3 Qt. Casserole** and mix well to combine.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes at 70% power.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.



3 Qt. Casserole

Tupperware

Lemon Butter **PASTA**

INGREDIENTS

- 8 oz. fusilli pasta
- 3½ cups water
- 1 Tbsp. unsalted butter
- ¼ cup parmesan cheese, grated
- 1 tsp. salt
- Juice and zest of one lemon

DIRECTIONS

1. Place pasta and water in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Strain using Colander and stir in remaining ingredients.



3 Qt. Casserole

Tupperware

Lemon Parmesan

ORZO



INGREDIENTS

- 1 lemon, zested and juiced
- 2 cups hot water
- ½ tsp. salt
- 8 oz. orzo pasta
- ¼ tsp. ground black pepper
- 2 Tbsp. parmesan cheese, grated

DIRECTIONS

1. Add lemon juice, water, salt and orzo in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain any water, stir in lemon zest, pepper and cheese, stir to combine.



3 Qt. Casserole

Tupperware

Loaded HASH BROWNS



INGREDIENTS

- 14 oz. frozen hash browns
- ¼ cup water
- ½ tsp. paprika
- 1 tsp. onion powder
- 1 tsp. salt
- ½ tsp. black pepper
- 1 green bell pepper
- ½ cup shredded cheddar cheese

Optional toppings
(sour cream, bacon bits, and green onions)

DIRECTIONS

1. Add all ingredients except cheese to the **Stack Cooker 3 Qt. Casserole** and stir to combine.
2. If cooking individually, place in microwave and cook on high for 5-8 minutes.
3. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 15-20 minutes.
5. Top with desired toppings.



3 Qt. Casserole

Tupperware

Macaroni & Cheese **CASSEROLE**

INGREDIENTS

- ¾ cup elbow macaroni
- ¾ cup American cheese, shredded
- ½ cup milk
- ¼ cup green and/or red pepper, diced

DIRECTIONS

1. Add all ingredients except cheese to the **Stack Cooker 3 Qt. Casserole** and stir to combine.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 15-20 minutes.



3 Qt. Casserole

Tupperware

MARINARA



INGREDIENTS

- 1 (28-oz.) can crushed tomatoes
- 1 (14.5-oz.) can diced tomatoes
- 1 small onion, finely chopped
- 1 garlic clove, minced or ½ tsp. garlic powder
- 1 Tbsp. Italian herb seasoning
- ½ tsp. coarse kosher salt

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware



Marinated VEGETABLE SALAD

INGREDIENTS

- 2 (16 oz.) pkg. frozen vegetables, such as carrots, cauliflower, red peppers, snow peas
- $\frac{1}{3}$ cup Italian dressing
- $\frac{1}{8}$ cup parmesan cheese
- $\frac{1}{4}$ tsp. ground black pepper

DIRECTIONS

1. Add vegetables in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Toss vegetables with dressing, cheese and pepper.



3 Qt. Casserole

Tupperware

Mashed Creamy **POTATOES**



INGREDIENTS

- 4 russet potatoes
- ½ cup water
- 1 tsp. salt
- ¼ cup sour cream
- 2 Tbsp. butter
- Salt and pepper, to taste
- 1 Tbsp. parsley

DIRECTIONS

1. Wash, peel and dice potatoes in large chunks, place potatoes in the **Stack Cooker 3 Qt. Casserole**. Add water and salt.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain the potatoes, add butter, while mashing, stir in sour cream, season with salt and pepper, garnish with chopped parsley.



3 Qt. Casserole

Tupperware

Mashed **POTATO & PUMPKIN**



INGREDIENTS

- 1 (14 oz.) can pumpkin puree
- ½ lb. Yukon gold potatoes, peeled and cubed
- ½ cup sour cream
- 3 Tbsp. butter
- Salt and pepper to taste

DIRECTIONS

1. Place potato, pumpkin and sour cream into the **Stack Cooker 3 Qt. Casserole**, and mix.
2. If cooking individually, place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Add butter and seasonings, mash and serve.



3 Qt. Casserole

Tupperware

Mashed **POTATOES**

INGREDIENTS

- 3–4 russet potatoes, peeled
- ½ tsp. coarse kosher salt
- ¼ cup water
- Salt and pepper, to taste
- 2 Tbsp. butter
- ½ cup whole milk

DIRECTIONS

1. Wash, peel and dice potatoes in large chunks, place potatoes in the **Stack Cooker 3 Qt. Casserole**. Add salt and water.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain the potatoes, season with salt and pepper, add butter, while mashing, stir in milk.



3 Qt. Casserole

Tupperware

Mashed

SWEET POTATOES

INGREDIENTS

- 1 lb. (2–3 medium) sweet potatoes, peeled
- ¼ cup water
- ¼ tsp. coarse kosher salt

DIRECTIONS

1. Wash, peel and dice potatoes in large chunks, place potatoes in the **Stack Cooker 3 Qt. Casserole**. Add water and salt.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Drain the potatoes and mash.



3 Qt. Casserole

Tupperware®

Minted PEAS & ONIONS

INGREDIENTS

- 2 (10 oz.) pkg. frozen peas
- 1 (10 oz.) pkg. frozen pearl onions
- 2 Tbsp. butter, melted
- 1 tsp. dried mint

DIRECTIONS

1. Combine all ingredients in **the Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

NEW POTATOES

with Herbs

INGREDIENTS

1 lb. new potatoes

¼ cup water

1 Tbsp. herbs, chopped (*Mix lemon-thyme, oregano and rosemary*)

Salt and pepper to taste

2 Tbsp. butter

DIRECTIONS

1. Place the potatoes and water in the **Stack Cooker 3 Qt. Casserole**. Sprinkle with chopped herbs.
2. If cooking individually, place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
4. Drain, season with salt and pepper, and add butter.



3 Qt. Casserole

Tupperware



Nutty BROWN RICE

INGREDIENTS

- ½ tsp. salt
- 2¼ cups hot water
- 2 cup quick cooking brown rice
- 1 Tbsp. butter, melted
- ¼ cup fresh chives or parsley
- ¼ cup toasted pecans, chopped

DIRECTIONS

1. Place salt, water and rice in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes. Let stand for 5 minutes.
4. Let stand for 5 minutes before serving.
5. Stir in butter, chives and pecans.



3 Qt. Casserole

Tupperware

PEAS & MUSHROOMS

INGREDIENTS

- 2 (10 oz.) pkg. frozen peas
- 1 (4 oz.) can mushrooms, sliced
- ¼ cup green onions, sliced
- ⅛ tsp. marjoram
- ⅛ tsp. ground black pepper
- ¼ cup water

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes. Let stand for 5 minutes.
4. Let stand for 5 minutes before serving.



3 Qt. Casserole

Tupperware®

Perfect QUINOA

INGREDIENTS

- 1½ cups quinoa, rinsed
- 3 cups chicken stock
- ½ tsp. salt

DIRECTIONS

1. Combine all ingredients in the **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 10-12 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes. Let stand for 5 minutes.
4. Let stand for 5 minutes before serving.



3 Qt. Casserole

Tupperware



Pesto
POTATOES

INGREDIENTS

- 1 lb. baby red potatoes, halved
- ¼ tsp. coarse kosher salt

Pesto

- 1 cup spinach leaves
- ½ Tbsp. lemon juice
- ⅓ tsp. coarse kosher salt
- 1 Tbsp. pine nuts

DIRECTIONS

1. Toss potatoes with salt and place in the Stack **Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.
5. Combine spinach, lemon juice, salt and pine nuts in base of **SuperSonic Chopper Compact**. Cover and pull cord until ingredients are combined.
6. Toss the potatoes with the pesto.



3 Qt. Casserole

Tupperware

Pineapple RICE



INGREDIENTS

- 1 (8 oz.) can crushed pineapple
- $\frac{3}{4}$ cup quick cooking rice
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup green onions, sliced
- $\frac{1}{4}$ tsp. salt
- 2 Tbsp. peanuts, chopped, optional

DIRECTIONS

1. Place all ingredients in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes before serving.

3 Qt. Casserole

Tupperware

POLENTA



INGREDIENTS

- 3 cups water
- 1 cup yellow cornmeal
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper
- 1 cup shredded cheese (parmesan or cheddar)

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

POTATOES

Gratin



INGREDIENTS

- 1 lb. potatoes
- 2 garlic cloves, minced
- ¼ cup heavy cream
- Salt and pepper to taste

DIRECTIONS

1. Wash, peel and thinly slice potatoes. Place potatoes in the **Stack Cooker 3 Qt. Casserole**.
2. Add remaining ingredients and toss to coat.
3. If cooking individually, place in microwave and cook on high for 12 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Presto **PASTA**

INGREDIENTS

- 3 cups hot water
- ½ tsp. salt
- 1 garlic clove, minced
- 8 oz. pasta, uncooked, rotini or bowties
- 2 Tbsp. olive oil
- ¼ cup parmesan cheese, shredded
- 2 Tbsp. fresh parsley, chopped
- 1 tsp. crushed red pepper flakes

DIRECTIONS

1. Add water, salt, garlic and pasta in the **Stack Cooker 3 Qt. Casserole**.
2. Add remaining ingredients and toss to coat.
3. If cooking individually, place in microwave and cook on high for 8-11 minutes.
4. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
5. Let stand for 5 minutes.
6. Drain and stir in remaining ingredients.



3 Qt. Casserole

Tupperware

Quick Basic RICE

INGREDIENTS

- 2 cups quick cooking rice
- 2 cups water
- 1 tsp. coarse kosher salt

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Fluff with fork.



3 Qt. Casserole

Tupperware

RATATOUILLE

2

INGREDIENTS

- ½ red pepper, diced
- 1 cup eggplant, diced
- 1 onion, diced
- 1 small zucchini, diced
- 1 small tomato, peeled, seeded and diced
- 1 Tbsp. tomato paste
- Salt and pepper, to taste

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, toss to combine.
2. If cooking individually, place in microwave and cook on high for 3 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

RICE Fondant

INGREDIENTS

- 1 cup long grain rice
- 1½ cup chicken stock
- 1 (8 oz.) can of pineapple chunks, drained
- 1 onion, chopped
- ¼ cup cashew nuts
- 1 Tbsp. oil
- Salt and pepper to taste

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, and mix.
2. If cooking individually, cover and place in microwave and cook on high for 8 minutes, stir, cook 5 more minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Fluff rice with fork.



3 Qt. Casserole

Tupperware

RICE with Sausage

INGREDIENTS

- 2 cups quick-cooking rice
- 1 cup Vienna sausages or cooked chorizo
- 2 cups water
- 1 Tbsp sofrito
- ½ tsp. oregano
- ¼ tsp. ground annatto
- 1 tsp. adobo seasoning with pepper

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, and mix.
2. If cooking individually, cover and place in microwave and cook on high for 8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Fluff rice with fork.



3 Qt. Casserole

Tupperware

Savory RICE



INGREDIENTS

- 1½ cups water
- 1½ cups quick cooking rice
- 1 Tbsp. butter
- 1 tsp. chicken bouillon granules
- 1 tsp. dried parsley flakes
- ¼ tsp. dried thyme

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, and mix.
2. If cooking individually, place in microwave and cook on high for 3-5 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Saffron RICE

INGREDIENTS

- 1¼ cups rice
- ½ cup parmesan cheese, grated
- 1 lemon, zested and juiced
- 2 saffron threads
- 2 cups chicken broth
- 1 shallot, thinly sliced
- 2 Tbsp. olive oil
- Salt and pepper to taste

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, and mix.
2. If cooking individually, place in microwave and cook on high for 22 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Fluff with fork.



3 Qt. Casserole

Tupperware



Sesame **BOK CHOY**

INGREDIENTS

- 1 head Bok choy, washed and chopped
- ½ tsp. sesame oil
- 2 Tbsp. water
- 1 (12 oz) can straw mushrooms, drained
- 1 Tbsp. toasted sesame seed

DIRECTIONS

1. Add Bok choy, sesame oil, water and mushrooms into the **Stack Cooker 3 Qt. Casserole**, and stir to combine.
2. If cooking individually, place in microwave and cook on high for 22 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with sesame seeds.



3 Qt. Casserole

Tupperware



Smashed POTATOES

INGREDIENTS

- 18 oz. fingerling potatoes, rinsed
- 2 Tbsp. unsalted butter, melted
- 1 tsp. thyme
- 1 tsp. kosher salt
- 3 Tbsp. water

DIRECTIONS

1. Add all ingredients into the **Stack Cooker 3 Qt. Casserole**, and stir to combine.
2. If cooking individually, place in microwave and cook on high for 22 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Smash potatoes to desired texture.



3 Qt. Casserole

Tupperware

Spanish RICE

INGREDIENTS

- 1 cup long grain rice
- 1 (14 oz.) can tomatoes with green chilis and water to make 2 cups
- 2-3 tsp. southwest chipotle seasoning*

DIRECTIONS

1. Add all ingredients in the **Stack Cooker 3 Qt. Casserole**, and stir to combine.
2. If cooking individually, place in microwave and cook on high for 14-16 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.

* Ask your consultant for this recipe or use taco seasoning.



3 Qt. Casserole

Tupperware

Spiced **CAULIFLOWER**



INGREDIENTS

- 2 Tbsp. water
- ½ tsp. garlic salt
- ½ tsp. ground ginger
- 3½ cups cauliflower florets
- ¼ cup green onions, sliced

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, and stir.
2. If cooking individually, place in microwave and cook on high for 6-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Spicy FETTUCCINI

INGREDIENTS

- 4 oz. spinach or regular fettuccini, cooked and drained
- 1 Tbsp. butter
- $\frac{3}{4}$ cup salsa
- $\frac{1}{4}$ cup sour cream
- 3 Tbsp. parmesan cheese grated
- $\frac{1}{8}$ tsp. black pepper
- 1 Tbsp. fresh parsley, chopped

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, and mix.
2. If cooking individually, place in microwave and cook on high for 3-5 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware



Spicy
SHELLS & CHEESE

INGREDIENTS

- 8 oz. cooked pasta, shells, elbow or penne
- ¼ cup milk
- 4 oz. jalapeño cheese, shredded
- ¼ tsp ground black pepper

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, and stir.
2. If cooking individually, place in microwave and cook on high for 6-8 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

SPIRAL PASTA

with Spicy Red Sauce

INGREDIENTS

- 4 oz. spiral pasta
- 1 (7½ oz.) can diced tomatoes
- ¾ cup chicken broth
- 1 garlic clove, minced
- 1 Tbsp. dried parsley flakes
- ½ tsp. dried basil
- ⅛ tsp. black pepper
- Dash crushed red pepper

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

SQUASH CORN

Medley

INGREDIENTS

- 1½ cups zucchini and yellow squash, diced
- 1 (8 oz.) can whole kernel corn, drained
- ¼ cup onion, chopped
- ¼ cup red pepper, chopped
- ¼ cup cherry tomatoes
- 1 clove garlic, minced
- 2 Tbsp. butter, melted

DIRECTIONS

1. Place all ingredients into the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 4-6 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

SQUASH

Duo

INGREDIENTS

- 1 medium zucchini, sliced diagonal ½" thick
- 1 medium yellow squash, sliced diagonal ½" thick
- 1 small red onion, thinly sliced
- 1 carrot, sliced ¼" thick
- 1 Tbsp. olive oil
- 1 tsp. salt
- ¼ tsp. ground black pepper

DIRECTIONS

1. Place zucchini, squash, onion and carrot in **Stack Cooker 3 Qt. Casserole**.
2. If cooking individually, place in microwave and cook on high for 4-6 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Add olive oil, salt and pepper, then mix to coat.



3 Qt. Casserole

Tupperware

SUMMER SQUASH

with Dill



INGREDIENTS

- 2 medium zucchini, sliced diagonal
- 2 medium yellow squash, sliced diagonal
- 1 small red onion, thinly sliced
- 2 Tbsp. olive oil
- 1 Tbsp. fresh dill, chopped
- ½ tsp. salt
- ¼ tsp. ground black pepper

DIRECTIONS

1. Add zucchini, squash, onion, oil and dill in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 6-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Stir in salt and pepper.



3 Qt. Casserole

Tupperware

Sweet Potato CASSEROLE



INGREDIENTS

- 1 (17 oz.) can sweet potatoes in heavy syrup, drained reserving ¼ cup syrup
- 2 Tbsp. brown sugar
- 1 Tbsp. butter, melted
- ½ tsp. ground cinnamon
- Dash ground cloves, optional
- 1 tsp. orange peel, finely shredded
- ¼ cup pecans, chopped

DIRECTIONS

1. In the **Stack Cooker 3 Qt. Casserole**, mash potatoes with ¼ cup of syrup, add brown sugar, butter, cinnamon, cloves and orange peel, stir to combine.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Sprinkle with pecans.



3 Qt. Casserole

Tupperware

Tomato RICE

INGREDIENTS

- 2 cups instant brown rice
- 2 cups water
- 1½ tsp. minced garlic
- ½ cup diced tomatoes
- 1 tsp. salt
- 1 tsp. parsley

DIRECTIONS

1. Add all ingredients in the **Stack Cooker 3 Qt. Casserole**, stir.
2. If cooking individually, place in microwave and cook on high for 6-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware

Warm Corn CASSEROLE

INGREDIENTS

- 1 (16 oz.) pkg. frozen corn kernels
- 1 bell pepper, seeded and cut into 1" cubes
- $\frac{1}{3}$ cup honey
- $\frac{1}{3}$ cup spicy brown mustard
- 2 Tbsp. apple cider vinegar
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. ground black pepper
- 1 Tbsp. flour
- 1 avocado, cut into 1" cubes

DIRECTIONS

1. Add corn, bell pepper, honey, mustard, vinegar, salt, pepper and flour in the **Stack Cooker 3 Qt. Casserole**, stir to combine.
2. If cooking individually, place in microwave and cook on high for 8-10 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Add avocado, stir to combine.



3 Qt. Casserole

Tupperware

Warm
**PINEAPPLE
ORANGE SALAD**



INGREDIENTS

- 1 (11 oz.) can mandarin oranges, drained
- 1 (15 oz.) can pineapple chunks, drained and reserve juice
- 1 (3 o.) pkg. vanilla pudding mix, cook and serve

DIRECTIONS

1. Add enough water to pineapple juice to make 1 cup to the **Stack Cooker 3 Qt. Casserole**, add pudding mix, stir in pineapple and oranges.
2. If cooking individually, place in microwave and cook on high for 5-7 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

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White RICE

INGREDIENTS

- 1 cup white rice
- 2 cups water
- 1 Tbsp. butter, melted
- 1 tsp. salt

DIRECTIONS

1. Add all ingredients in the **Stack Cooker 3 Qt. Casserole**, stir to combine.
2. If cooking individually, place in microwave and cook on high for 15-20 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.
5. Fluff with fork.



3 Qt. Casserole

Tupperware®

ZUCCHINI & CARROT

Ribbons



INGREDIENTS

- 3 carrots, peeled into ribbons
- 2 medium zucchini, peeled into ribbons
- 1 Tbsp. olive oil
- 2 Tbsp. fresh oregano, chopped
- 1 garlic clove, minced
- Salt and pepper to taste

DIRECTIONS

1. Add all ingredients in the **Stack Cooker 3 Qt. Casserole**, stir to combine.
2. If cooking individually, place in microwave and cook on high for 7-9 minutes.
3. If stack cooking, stack in bottom position, place in microwave and cook on high for 15-20 minutes.
4. Let stand for 5 minutes.



3 Qt. Casserole

Tupperware