



Tupperware®

Microwave
RICE MAKER
Recipes

RICE MAKER FEATURES

- The Microwave Rice Maker will simplify your life. Just fill the ingredients, close securely and place in the microwave. No need to check, to stir or change the power setting mid-way. As you can serve in it too, there will be less washing-up to do.
- Left-over of the rice can also be stored in the fridge and re-heated in the microwave, however the cover is not liquid tight.
- The Rice Maker features a unique double cover that breaks and collects foam created during cooking into the inside chambers, redirects the excess moisture onto the doughnut shaped recess and drains it back into the main dish. Your microwave stays clean and safe from spills.
- By respecting the maximum filling lines for rice and water quantities and the cooking time and power setting guidelines listed below you can have perfect fluffy rice every time.
- The cover locks securely down on to the base giving you a solid grip when removing hot rice from the microwave oven. Your thumbs are protected from the heat thanks to the ribs.
- The assembly instructions are conveniently etched on to the Insert.
- Makes perfect fluffy rice worry-free and mess-free - and no burnt pots!
- Cooks, serves and stores rice all-in-one
- Double cover redirects foam overflow, avoids spills and keeps microwave clean
- Solid locking handles and ribs ensure a safe grip
- Dishwasher safe
- 10½ x 8 x 6"
- 3 Qt., makes 4 cups of rice
- Max watt 900



RICE MAKER INSTRUCTIONS



USE

- Fill the base with rice first and then add water, paying attention to the maximum fill line. To avoid boiling over, do not exceed maximum quantities.
- Place the insert on to the base with the rimmed side up.
- Line up the handles of the lid with the handles on the side of the base. Snap the handles in place by folding down and “clicking” the handles of the cover on the handles of the base to lock them in place.

FOR BEST RESULTS

- **Rinse the rice unless otherwise stated on the packaging.**
- Use cold water.
- When cooking with salt (1 tsp.) add 2 – 4 minutes of cooking time.
- Allow rice to stand 5 minutes before serving.
- Fluff the rice after cooking with a plastic non-scratch Tupperware utensil.

COOKING GUIDELINES FOR 4 SERVINGS:

All Rice and/or Grain needs to stand for at least 5 minutes before servings unless otherwise noted below.

GRAIN	GRAIN QUANTITY	WATER QUANTITY	COOKING TIME
BASMATI RICE	1 cup	1½ cups	High Power: 5 min. Medium Power: 15 min.
BROWN RICE	1 cup	2½ cups	High Power: 5 min. Medium Power: 40 min.
ISRAELI COUSCOUS	1 cup	2 cups	High Power: 10 min.
JASMINE RICE	1 cup	1½ cups	High Power: 8 min. Medium Power: 15 min.
QUINOA	1 cup	2 cups	High Power: 8 min. Medium Power: 15 min.
SUSHI RICE	1 cup	1½ cups	High Power: 5 min. Medium Power: 15 min.
TEXMATI RICE	1 cup	2 cups	High Power: 5 min. Medium Power: 15 min.
WHITE RICE, NO SALT	1 cup	1½ cups	High Power: 5 min. Medium Power: 15 min.
WILD RICE	1 cup	1½ cups	High Power: 5 min. Medium Power: 55 min.

**Timing and water level should be adjusted according to grain quantity, microwave power setting, microwave wattage and desired moisture.*

RICE MAKER RECIPES

5. Autumn Rice Pilaf
6. Basmati Primavera
7. Biryani (Middle eastern rice)
8. Black Beans & Rice
9. Cheddar Broccoli Rice
10. Cilantro Lime Rice
11. Cucumber & Tomato Quinoa Salad
12. Curried Rice
13. Farro Salad with Pomegranate Vinaigrette
14. Fried Rice
15. Lemon Almond Pilaf
16. No Fry Stir Fry Rice
17. Overnight Steel Cut Oats
18. Peas & Onion Rice Salad
19. Pineapple Rice
20. Provençal Rice
21. Quinoa & Pork Tenderloin Salad
22. Quinoa & Black Bean Salad
23. Quinoa & Spinach Salad with Cilantro Lime Dressing
24. Raisin & Almond Rice
25. Spanish Rice
26. Tuna Rice Salad

Autumn RICE PILAF



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INGREDIENTS

- 1 cup jasmine rice
- 1½ cups chicken broth
- 3 Tbsp. unsalted butter
- ½ large onion, diced
- 1 cup mushrooms, diced (2 oz.)
- 2-3 loosely packed cups spinach or baby kale
- ¼ cup sunflower seeds
- ½ cup dried cranberries
- 1 tsp cinnamon
- ½ tsp garlic powder
- salt & pepper to taste

DIRECTIONS

1. Combine jasmine rice and chicken broth in the **Microwave Rice Maker**.
2. Replace cover and microwave on high for 13-15 minutes.
3. Meanwhile, melt butter in a **Chef Series Frypan** over medium heat. When the butter begins to sizzle add the onions and cook for 2 minutes. Add the mushrooms and continue to cook until the onions are nearly translucent. Season with salt & pepper.
4. Add spinach. Stir often to cook, reducing heat if rice is not done yet.
5. Add cinnamon, garlic powder, sunflower seeds and dried cranberries. Stir well.
6. Fold in cooked rice. Take care to stir well, but not to over-stir so rice doesn't become mushy.
7. Taste and season with salt & pepper as needed.

Basmati **PRIMAVERA**



INGREDIENTS

- 2 cups water
- ½ tsp. coarse kosher salt, divided
- ¾ cup rice
- ¼ cup carrot, chopped
- ¼ cup parsnip, chopped
- ¼ cup butternut squash, chopped
- 4 tbsp. butter
- ¼ cup heavy cream
- 1 small garlic clove, crushed
- 1 tbsp. fresh thyme, minced

DIRECTIONS

1. In the **Microwave Rice Maker** add water, salt, rice, carrot, parsnip, and butternut squash; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 10 minutes more.
2. Remove from microwave, let stand 5 minutes. Transfer rice and vegetables to a large bowl, fluff with fork.
3. Meanwhile in the 2 Cup **Micro Pitcher** add butter, cream, garlic, and thyme. Microwave on high power, 30 seconds, or until butter has melted.
4. Pour butter mixture over rice; toss to coat. Serve warm.



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Biryani

MIDDLE EASTERN RICE

INGREDIENTS

2 cups basmati rice, rinsed with cold water
3¼ cups fat-free chicken broth - OR- water mixed with 2 chicken bouillon cubes
½ tsp. ground black pepper
½ tsp. turmeric
½ tsp. ground allspice
½ tsp. ground cloves

½ cinnamon stick -OR- ½ tsp. ground cinnamon
¼ tsp. ground cardamom
1 (12-oz.) pkg frozen peas and carrots, thawed
¼ cup Italian parsley, minced (garnish)
¼ cup toasted cashews or slivered almonds (garnish)

DIRECTIONS

1. In the **Microwave Rice Maker** add water, rice, and spices; stir to combine. Place cover on and microwave on high heat 5 minutes.
2. Remove **Microwave Rice Maker** from microwave and remove cover. Add thawed vegetables and stir gently to combine. Replace cover and microwave on 50% power for 15 minutes.
3. Remove from microwave and remove cover. Add optional nuts and parsley and stir in gently with a fork.
4. Serve immediately.

*Goes great with Spicy Moroccan Fish in the **MicroPro Grill** album*



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BLACK BEANS and Rice



INGREDIENTS

1 cup long-grain, white basmati rice
1½ cups water or chicken broth
salt and pepper
½ red onion, chopped
1 bay leaf
2 garlic cloves, minced
1 tsp. dried oregano
1 tsp. ground cumin

1 (15 oz.) can black beans, NOT drained
1 tsp. hot sauce
3 tsp. red wine vinegar

Optional, for serving

¼ cup cilantro, roughly chopped
½ red onion, diced
Lime wedges
Sour Cream

DIRECTIONS

1. In the **Microwave Rice Maker** add rice, water, onion, bay leaf, garlic, oregano, cumin, hot sauce and vinegar; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 10 minutes more.
2. Remove from microwave, let stand 5 minutes. Fluff with fork.
3. Stir in cilantro. Serve with red onion and lime wedges.



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Cheddar Broccoli RICE

INGREDIENTS

- 1 cup long grain rice
- 1 cup water
- 1 cup chicken broth
- ½ tsp. minced garlic
- ½ cup small broccoli florets, chopped
- ¾ cup sharp cheddar cheese, grated
- 1 tbsp. oil
- Salt, pinch
- Pepper, pinch

DIRECTIONS

1. In the **Microwave Rice Maker** add water, rice, chicken broth, garlic and broccoli; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 12-15 minutes more.
2. Remove from microwave, let stand 5 minutes.
3. Stir in remaining ingredients, mix well.



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Cilantro Lime RICE

INGREDIENTS

- 1 cup basmati rice
- 1½ cups water
- Zest of one lime
- 3 Tbsp. lime juice
- ¾ cup cilantro, chopped

DIRECTIONS

1. In the **Microwave Rice Maker** add water, rice and lime zest; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 15 minutes more. Remove from microwave, let stand 5 minutes.
2. Add lime juice and cilantro, mix and serve.



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Cucumber & Tomato QUINOA SALAD



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INGREDIENTS

1 cup quinoa
1½ cups chicken broth
2 tbs. red wine vinegar
1 tbs. olive oil
½ t sp. salt
½ tsp. garlic powder
½ tsp. onion powder
½ t sp. oregano
2 roma tomatoes
½ English cucumber

¼ cup flat leaf parsley
1 can rinsed and drained chickpeas

DIRECTIONS

1. Combine quinoa and chicken broth in the **Microwave Rice Maker**.
2. Replace cover and microwave on high for 15-18 minutes. Fluff with a serving spoon.
3. Place red wine vinegar, olive oil, salt, garlic powder, onion powder and oregano in a **Quick Shake Container**. Replace seal and shake well to combine.
4. Place tomatoes, English cucumber and flat leaf parsley in the Supersonic Copper Extra with blade attachment. Replace cover and pull cord 2-3 times to coarsely chop.
5. Place chopped vegetable and chickpeas with cooked quinoa in a large bowl.
6. Toss vegetables and cooked quinoa with dressing.
7. Season with salt and pepper to taste.

Curried RICE



INGREDIENTS

- 1 cup long grain rice
- 2 cups chicken broth
- 3 tbsp. onion, minced
- ½ teaspoon garlic
- ½ tsp. allspice
- ½ tsp. turmeric
- ½ tsp. curry powder
- Salt, pinch
- Pepper, pinch

DIRECTIONS

1. In the **Microwave Rice Maker** add all ingredients; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 12-15 minutes more. Remove from microwave, let stand 5 minutes.
2. Fluff rice and serve.

*Note Spices may stain **Microwave Rice Maker***



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FARRO SALAD

with Pomegranate Vinaigrette



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INGREDIENTS

1 cup farro, rinsed
2 cups water

½ cup pistachio nuts
1 cup basil leaves
½ cup mint leaves
¾ cup cherry tomatoes, halved
½ cup shredded parmesan
cheese
1 lemon zest

Vinaigrette

¼ cup pomegranate juice
⅓ cup olive oil
1 tsp. Dijon mustard
¼ tsp salt
⅛ tsp. pepper

DIRECTIONS

1. In the **Microwave Rice Maker** add Farro and water; stir to combine. Microwave for 15 minutes. Remove from microwave, let stand 5 minutes.
2. In the **SuperSonic Chopper Extra** with the blade attachment, add nuts, basil and mint leaves. Cover and pull cord until roughly chopped. Stir into cooked Farro.
3. Add tomatoes, lemon zest and parmesan cheese to Farro, stir.
4. In the **Quick Shaker Container** add vinaigrette ingredients, cover and shake until well combined, pour over salad.

FRIED RICE



INGREDIENTS

- 1 cup brown rice
- 1½ cups chicken broth
- 1 cup peas & carrots, frozen
- 2 tbsp. red onion, diced,
- 2 eggs
- 1 tbsp. minced garlic
- 2 tbsp. low-sodium soy sauce
- 1 tbsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tsp. minced ginger

Green onion, chopped to garnish

DIRECTIONS

1. Combine brown rice and chicken broth in the **Microwave Rice Maker**.
2. Replace cover and microwave on high for 10-13 minutes. Remove cover add red onion, peas and carrots.
3. Replace cover and microwave on high for 2-3 minutes.
4. In the **Quick Shake Container** add eggs, garlic, soy sauce, sesame oil, rice vinegar, and ginger, replace cover and shake until well blended.
5. Remove cover from **Microwave Rice Maker**, stir in egg mixture, replace cover and microwave for 1-2 minutes.
6. Serve and top with chopped green onions.



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Lemon Almond RICE



INGREDIENTS

- 1¼ cups basmati rice, rinsed, soaked in ½ cup water 20 minutes
- 2 cups vegetable stock plus
- ½ cup water
- ¼ cup butter
- ⅓ cup sliced or flaked almonds
- 1 lemon, zested and juiced

DIRECTIONS

1. Place soaked rice into **Microwave Rice Cooker** with stock and water. Add cover and cook in microwave on high at 900 watts for 22 minutes. Stand 5 minutes.
2. Melt butter in **Chef Series II 2.5L saucepan**. Add almonds and cook over medium heat 2-3 minutes until pale golden.
3. Pour almonds over rice, add lemon zest and juice. Season with salt and pepper. Stir to combine.



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No Fry STIR FRY RICE



INGREDIENTS

- 1½ cups medium grain rice
- 2 cups water
- 4 green onions, sliced, white and green parts, separated
- ½ cup mushrooms, sliced and cooked
- 1 tsp. sesame oil
- 1 tsp. ginger paste
- 3 Tbsp. soy sauce
- 2 large eggs
- 4 Tbsp. water
- Hot sauce, optional

DIRECTIONS

1. Add rice and water in the **Microwave Rice Maker**, place grain insert and cover, microwave at full power for 5 minutes, then at 50% power for 15 minutes.
2. Add the white part of green onions, mushrooms, sesame oil, ginger paste and soy sauce to the rice. Set aside to cool slightly.
3. In the **Microwave Breakfast Maker** divide water between two egg inserts and crack an egg on top of each one. Cover and microwave for 60-75 seconds or until desired doneness.
4. Transfer rice into a bowl, top with poached egg, garnish with green part of green onions and add hot sauce, if desire.



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Overnight STEEL CUT OATS

INGREDIENTS

1 cup steel cut oats
4 cups water

Toppings
Walnuts
Shredded coconut
Peanut butter
Strawberries
Cinnamon
Almonds
Dried cranberries
Pecans
Golden raisins

DIRECTIONS

The night before

1. Combine steel cut oats and water in the **Microwave Rice Maker**.
2. Microwave at 50% power 8 minutes.
3. Portion into four **Microwave Cereal Bowls** and store in refrigerator overnight.

Morning of

1. Microwave one bowl of oats uncovered at 50% power 3–4 minutes.
2. Add reduced-fat (2%) milk or water, adjust to desired thickness.
3. Add desired toppings.
4. Serve warm.



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Peas & Onion **RICE SALAD**



INGREDIENTS

- 2 cups water
- ½ tsp. coarse kosher salt, divided
- ¾ cup long-grain rice
- 1 cup frozen peas
- 2 green onions, chopped
- 2 Tbsp. parmesan cheese

DIRECTIONS

1. In the **Microwave Rice Maker** add water, salt, rice and peas; stir to combine. Microwave on high power 5 minutes. Continue to microwave at 50% power 10 minutes more. Remove from microwave, let stand 5 minutes.
2. Add green onions and parmesan cheese stir to combine.



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Pineapple RICE



INGREDIENTS

- 2 cups water
- ½ tsp. coarse kosher salt, divided
- ¾ cup long-grain rice
- ¼ piece small red onion, peeled
- 2 garlic cloves, peeled
- 1 ½ cups roughly chopped fresh pineapple
- ¼ cup minced fresh cilantro

DIRECTIONS

1. In the **Microwave Rice Maker** add water, salt and rice; stir to combine. Microwave on high power 5 minutes. Continue to microwave at 50% power 10 minutes more. Remove from microwave, let stand 5 minutes.
2. In the **SuperSonic Chopper Extra** with blade attachment add onion and garlic. Cover and pull cord until well minced. Add pineapple, cover and pull cord until finely chopped.
3. In a medium bowl combine rice, pineapple mixture, and cilantro. Serve warm or cold.



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Provencal RICE



INGREDIENTS

- 2 cups water
- ½ tsp. coarse kosher salt, divided
- ¾ cup long-grain rice
- ⅓ cup onion, finely chopped
- ½ cup red bell peppers, diced
- ½ cup yellow bell peppers, diced
- ⅓ cup pine nuts, toasted
- 1 garlic clove, minced
- 2 Tbsp. chopped fresh parsley

DIRECTIONS

1. In the **Microwave Rice Maker** add water, salt and rice; stir to combine. Microwave on high power 5 minutes. Continue to microwave at 50% power 10 minutes more. Remove from microwave, let stand 5 minutes.
2. In the **SuperSonic Chopper Extra** fitted with blade accessory add onion, bell peppers, nuts and garlic. Cover and pull cord until diced. Add to rice, stir to combine.
3. Sprinkle parsley over rice and serve.



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Quinoa & Pork Tenderloin **SALAD**

INGREDIENTS

2 lb. pork tenderloin
5.6-oz. pkg. plain, uncooked quinoa
½ cup marinated artichoke hearts,
sliced
¼ cup sliced olives
½ bunch fresh baby spinach
1 cup cherry tomatoes, cut in half
2 Tbsp. flat-leaf parsley, finely
chopped

¼ cup balsamic vinegar
1½ Tbsp. extra virgin olive oil
4 garlic cloves, minced
salt and pepper

DIRECTIONS

1. Place water in water tray of **SmartSteamer**. Place pork tenderloin in steamer base. Cover and microwave on high power 17 minutes, or until the pork tenderloin reaches an internal temperature of 165°F/74°C. Let rest 5 minutes, then slice thinly.
2. Prepare quinoa in the **Microwave Rice Maker** according to the directions in the product insert (1 cup quinoa, 2 cups water. Microwave on high power for 5 min and let stand 15 minutes). Allow to cool and fluff with a serving spoon. Add artichoke hearts, olives, spinach, cherry tomatoes and parsley.
3. In a small bowl, whisk together balsamic vinegar, olive oil and garlic until well blended; season with salt and pepper to taste and pour over salad. Stir to combine.



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Quinoa & Black Bean **SALAD**



INGREDIENTS

- | | |
|-----------------------------------|--|
| 1 cup quinoa | 1 Tbsp. southwest chipotle seasoning |
| 1½ cups fat-free chicken broth | 1 small yellow pepper, quartered |
| ½ cup fresh squeezed orange juice | 2 medium vine-ripened tomatoes, chopped |
| 1 Tbsp. grated orange zest | 1 (15 oz.) can black beans, drained |
| ⅓ cup extra virgin olive oil | 1 small red pepper, seeded and cut into large chunks |
| 2 cloves garlic, minced | |
| 1 lime, juiced | |
| ¼ cup cilantro, chopped | |
| salt and pepper | |
| 1 Tbsp. Dijon mustard | |

DIRECTIONS

1. Combine quinoa, chicken broth, orange juice and zest in the **Microwave Rice Maker**.
2. Replace cover and microwave on high for 15–18 minutes. Fluff with a serving spoon.
3. Place olive oil, garlic, lime juice, cilantro, Dijon mustard and Seasoning in a **Quick Shake Container**. Replace seal and shake well to combine.
4. Place red and yellow peppers in the **SuperSonic Chopper Compact**. Replace cover and pull cord 2–3 times to coarsely chop.
5. Place peppers and remaining ingredients with cooked quinoa in a large bowl.
6. Toss vegetables and cooked quinoa with dressing.
7. Season with salt and pepper to taste.



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Quinoa & Spinach **SALAD** with Cilantro Lime Dressing

INGREDIENTS

1 cup quinoa
1½ cups low-sodium vegetable
broth
½ cup orange juice
¼ cup red pepper, chopped
¼ cup green pepper, chopped
½ cup black beans canned,
drained
2 cups spinach
2 Tbsp. Cilantro dressing

Cilantro Lime Dressing

¼ cup cilantro
2 garlic cloves, peeled
¼ cup extra virgin olive oil
½ lime, juiced
1 Tbsp. Dijon mustard
1 Tbsp. southwest Chipotle
seasoning*
¼ tsp. coarse kosher salt

DIRECTIONS

1. Combine quinoa, vegetable broth and orange juice in the **Microwave Rice Maker**. Replace cover and microwave on high power 15–18 minutes. Fluff with a fork and chill in refrigerator.
2. Toss quinoa with vegetables .
3. In the **Quick Shake Container** add all dressing ingredients, cover and shake well. Pour over salad.

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



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Raisin & Almond RICE

INGREDIENTS

- 2 cups water
- ½ tsp. coarse kosher salt, divided
- ¾ cup long-grain rice
- 1 cup golden raisins
- 1 cup slivered almonds, toasted

DIRECTIONS

1. In the **Microwave Rice Maker** add water, salt, and rice; stir to combine. Microwave on high power 5 minutes. Continue to microwave at 50% power 10 minutes more. Remove from microwave, let stand 5 minutes.
2. Add raisins and almonds, stir to combine.



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Spanish RICE

INGREDIENTS

- 1 cup long grain rice
- 1 cup water
- 1 cup chicken broth
- 1 envelope enchilada sauce mix
- ½ cup picante sauce

DIRECTIONS

1. In the **Microwave Rice Maker** add water, rice, chicken broth, stir to combine.
2. Microwave on high heat 5 minutes. Continue to microwave at 50% power 12-15 minutes more. Remove from microwave, let stand 5 minutes.
3. Pour rice into a serving bowl, Stir in remaining ingredients, mix well.



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Tuna RICE SALAD



INGREDIENTS

- 2 cups water
- Pinch of salt
- ½ cup of rice
- ¼ cup frozen peas
- ¼ cup bell pepper, chopped
- ¼ cup tomatoes, chopped
- ½ (5 oz.) can tuna
- 2 Tbsp. mayonnaise
- 1 tsp. lemon juice
- Salt and Pepper to taste

DIRECTIONS

1. In the **Microwave Rice Maker** add water, salt, rice, peas and bell pepper; stir to combine. Microwave on high heat 5 minutes. Continue to microwave at 50% power 10 minutes more.
2. Remove from microwave, let stand 5 minutes. Transfer rice and vegetables to a large bowl, fluff with fork.
3. Add tomatoes, tuna, mayonnaise, lemon, salt and pepper stir to combine.



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