



# Rock

# 'N Serve

# Recipes



## *Rock 'N Serve Information*

### **Variety of Sizes:**

Medium Shallow - 2 ½ cup  
Medium Deep - 6 ¼ cup  
Large Deep - 15 ½ cup  
Small Round Set - 1 ¾, 2 ½ and 3 ½ cups  
Divided Dish - 4 cup capacity

**Modular:** The containers can be stacked for more efficient use of space.

**Virtually unbreakable:** Can withstand extreme temperatures of the freezer and microwave. Made for Lexan Polycarbonate (the same material used to make bullet-resistant windows and canopies for the F-16 fighter jets.)

**Elegant and see through:** Looks like glass, hence elegant to serve food on your dining room table.

**Stain & scratch resistant:** Resistant against stains and scratches.

**Large Textured Handles:** Easy to grip and transport. Handles remain cold even when the container is hot.

**Textured fill line:** Fill line is visible from every angle and allows enough room for food to expand during freezing.

**Four feet on underside:** Air can circulate more efficiently under the containers, so food can heat and cool evenly.

**Curved sides:** Air can circulate more efficiently around the containers in the microwave and freezer.

**Deep lip area on seal:** Seal fits securely on the containers.

**Large easy off tab:** The virtually air-tight seals are quick and easy to remove.

**One touch rocker vent:** The one touch rocking action is just a push of a finger. Steam can escape when reheating in the microwave. Leaving the seal on prevents food from splattering in your microwave.

**Dishwasher safe:** Making clean up easy!

### **Best Hot Dip Ever**

2 (8 oz.) pkg. cream cheese, softened	1 (8oz.) sour cream
1 pkg. dried beef	1 tsp. Worcestershire
½ green pepper, chopped	2 Tbsp. onion, grated
¼ tsp. garlic salt & pepper	slivered almonds

Mix all ingredients in the Medium Deep or Large Deep Rock 'N Serve. Top with slivered almonds and microwave on high for 3 ½ - 4 ½ minutes or until hot and bubbly. Serve with Frito's.

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### **Hot Crab Dip**

1 (6 ½ oz.) can crab meat	1 (8 oz.) Cream cheese
3 Tbsp. Mayonnaise	1 Tbsp. Worcestershire
2 tsp. lemon juice	1 tsp. minced onion

Rinse crab in cool water. Soften cream cheese in Rock 'N Serve for 45-60 seconds, stirring after 30 seconds. While cream cheese is in the microwave, mince the onion and add mayo, lemon juice and Worcestershire sauce. Add crab and mixture to cream cheese. Microwave at 50% power for 4-6 minutes, or until mixture is hot, stirring after 2 minutes. Serve with crackers or fresh vegetables. Reheat in microwave as needed.

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### **Homemade Cheese Spread**

1 lb. Velveeta cheese  
2 sticks margarine  
1 can evaporated milk or skim evaporated milk

Cube cheese and add margarine and evaporated milk, microwave covered at 70% power (med-high) until melted and smooth. (Just like cheese whiz at a fraction of the cost.)

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### **Homemade Hot Fudge Sauce**

½ cup sugar  
1- ½ Tbsp. cornstarch  
3 Tbsp. Cocoa

Mix together in Quick Shake; ½ cup water and mix. Microwave in Rock 'N Serve for 1 minute, stir and microwave another minute. Add 1 Tbsp. of butter and 1 tsp. vanilla. Great on ice cream or to frost brownies. Add to orange sherbet for a tootsie roll treat.

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### **Jell-O Roll Ups**

1 small box Jell-O (NOT sugar free)  
½ cup warm water  
14 large marshmallows

Mix jell-o and water in Large Deep Rock 'N Serve. Microwave on high for 1 ½ minutes. Add marshmallows, microwave on high for 1 minute. Blend with wire whisk until well mixed and frothy. Pour in a lightly greased 9x13" sized pan.

Place in fridge for 30-40 minutes. Loosen edges with the Sauce Silicone Spatula and roll towards you from the top. Slice into ½” pieces. Makes about 15 roll ups.

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### **Three Minute Fudge**

- 3 cups chocolate chips (you can mix semi & milk chocolate ,etc.)
- 1 (14 oz.) can Eagle Brand sweetened condensed milk
- 1 ½ tsp. vanilla (optional)
- ½- 1 c. nuts (optional)

Put all ingredients in Tupperware’s Rock ‘N Serve Large Shallow. Stir until blended.

Microwave uncovered on Hi power for 3 minutes. Remove from Microwave, add nuts, stir quickly until blended. Let set until firm.

\*Note - To make 1/2 recipe:

- 1-1/2 c chocolate chips
- 2/3 c. sweetened condensed milk

Mix in Rock ‘N Serve Medium Shallow. Microwave on Hi power 1-1/2 minutes Stir & let set until firm.

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### **Three Minute Fudge**

- 1 ½ cups semi-sweet chocolate chips
- 1 ½ cups milk chocolate chips
- 1 tsp. Vanilla
- 1 can sweetened Condensed milk

Combine all ingredients in Rock ‘N Serve Large Deep container. Cook on high 3 minutes. Stir and chill.

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### **Brownies**

Use an 8x8 size brownie mix of your choice. Not 9x13. Prepare as directed. Spread batter in the Rock ‘N Serve Large Deep Container, cover and microwave on high 4-5 minutes. It should pull away from the edges when done. Turn ½ way through if you don’t have a carousel. Let cool and cut  
Variation: 9x13 box = 9-10 minutes

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### **Brownies**

- 6 Tbsp. butter or margarine
- ¼ cup cocoa

Melt together for 40-45 seconds in the Large Deep Rock ‘N Serve Container

Add:

- 1 cup sugar
- 2 eggs

*All Rock ‘N Serve recipes  
are cooked at 50% power  
like all reheatables.*

- 1 tsp. vanilla
- 1 cup flour
- ¼ tsp. salt
- ½ cup chopped nuts (optional)

Mix and bake 5 minutes in the Microwave. Wipe off seal/dry

Shake chocolate chips on top during standing time. After 2 minutes, swirl with a knife.

Or: Place 8 After Dinner Mints on top and follow same procedure above

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### **Chocolate Truffles**

- 1 ½ cups semi-sweet or bittersweet chocolate chips
- 1/3 cup heavy whipping cream
- 2 Tbsp. butter, unsalted
- 1/8 tsp. Cinnamon-Vanilla Spice

Coating options: 3 Tbsp. unsweetened cocoa, or finely chopped nuts

Heat cream in microwave for 30 seconds; set aside. In the Rock 'N Serve Large Deep, microwave chocolate chips, butter, and Spice for 1 minute; stir and heat for 30 more seconds, if necessary. Stir chocolate until silky smooth; slowly add cream; stirring until cream is absorbed; repeat until cream is gone. Pour chocolate mixture in a Medium Deep Rock 'N Serve Container; seal and freeze for 15 minutes. Remove from freezer and scoop out with 1 /2 Tbsp. (about 3 /4" diameter). Roll into ball and quickly coat in cocoa or nuts. Place either in container or small muffin paper. Repeat until finished. Please Note: If chocolate becomes too soft, place container back in freezer for a few minutes. Makes 24 Truffles

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### **Fruit Cobbler**

- 1 pkg. of 12 Archway Oatmeal cookies
- 1 can pie filling (your choice)

Using the Rock 'N Serve Large Deep, place six cookies in the bottom. Pour pie filling over the top of that. Crumble remaining 6 cookies over the pie filling.

Microwave for 3-4 minutes. Top with Cool Whip or ice cream.

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### **Apple Crisp**

- 1 medium apple
- 2 Tbsp. oatmeal
- 2 Tbsp. flour
- 2 Tbsp. brown sugar

Core and chop the apple, place in the medium shallow Rock 'N Serve. Mix dry ingredients together and pour over apples. Top with 1 Tbsp. butter and microwave for 2 minutes. Stir and microwave for 1 minute more.

### **5 Layer Bars**

Melt 1/3 cup butter in Rock 'N Serve Large Container for 45 sec. Add 1 cup graham cracker crumb; mix, flatten and microwave 1 1/2 minutes.

Then add the following:

3/4 cups milk chocolate chips or whatever

3/4 cups coconut or toffee chips or whatever

2/3 cups sweetened Condensed milk (about 1/2 of the can)

Cover and microwave for 4-5 minutes. Cool completely, cut and serve.

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### **Pineapple Upside Down Cake**

1 yellow cake mix, mixed as directed

1 small can pineapple (slices)

Maraschino cherries

1 cup brown sugar

1 stick of butter or margarine

1 Large Deep Rock 'N Serve container

Melt butter in bottom of Rock 'N Serve and top with brown sugar, sprinkled evenly. Lay pineapple rings around bottom and place a cherry in the center of each one. Pour in prepared cake mix and microwave 7 minutes and then on medium for 7 more minutes. Take out of microwave and let set about 5-15 minutes. Inver onto plate, eat and enjoy!

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### **German Chocolate Cake**

1 German Chocolate cake mix

1 cup water

3 eggs

8 oz. sour cream

1 can coconut pecan frosting

1 Large Deep Rock 'N Serve

Mix cake mix, water, eggs and sour cream. Pour into the Rock 'N Serve. Top with 1/3 can of frosting. Microwave for 7 minutes, then on medium for 7 more minutes. Let stand for about 10 minutes before you invert and serve.

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### **Turtle Cake**

1 Devils food cake mix

3 eggs

1 cup chopped pecans

1 Large Rock 'N Serve Container

1 cup water

8 oz. sour cream

1/2 cup caramel ice cream topping

Mix cake mix, water, eggs and sour cream. Sprinkle bottom of Rock 'N Serve with pecans. Pour cake mix on top of pecans. Spoon caramel topping over cake batter making sure not to touch sides of Rock 'N Serve. Microwave for 7 minutes and then 7 minutes on medium. Let stand for 5-10 minutes before serving.

### **Pumpkin Cake**

1 yellow cake mix  
3 eggs  
¼ cup oil  
1 can pumpkin

1 tsp. cinnamon  
½ tsp. ground cloves  
½ tsp. ground ginger

Stir with whisk all ingredients. Pour half of batter into the Large Deep Rock 'N Serve. Cover and vent. Microwave for 6 minutes. Let stand for 5 minutes. Invert onto tray. Can layer with cream cheese Frosting.

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### **Easy Cake**

Any cake mix (do not mix)  
Any pie filling (regular size can)  
3 eggs

Mix the top ingredients together in the Mix –N-Stor Plus Pitcher. Pour into the Rock 'N Serve Large Deep or the base of the Oval Microwave Cooker. Cook on high for 8-12 minutes. Yummy!

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### **Cinnamon and Sugar Coffee Cake**

1 yellow cake mix, mix according to directions on box  
Cinnamon and sugar for sprinkle topping

Pour batter in the Rock 'N Serve Large Deep container. Sprinkle the top with a mixture of Cinnamon and sugar. Microwave on high for 10 minutes

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### **Rice Krispies Treats**

In the Large Deep Rock 'N Serve:  
¼ cup margarine  
10 ½ oz. bag Marshmallows.

Microwave on high for 2 minutes. Stir, then add 6 cups Rice Krispies. Spread lightly greased 9x13 " pan. Cut and enjoy!

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### **Giant Cookie**

18 oz. size of ready made cookie dough  
A baggie  
1 Large Rock 'N Serve Container

Line Rock 'N Serve with wax paper. Place cookie dough on wax paper & smash with hand in the baggie. Microwave for 5 minutes. Remove and let stand to finish cooking.

### **Zucchini Bread**

3 eggs beaten	3 cups flour
1 cup vegetable oil	½ tsp. baking powder
2 cups sugar	1 tsp. salt
2 tsp. vanilla	½ cup chopped walnuts
3 tsp. cinnamon	2 cups grated zucchini

Mix eggs, oil, sugar, vanilla, and cinnamon. Add dry ingredients and stir. Pour into Large Deep Rock 'N Serve. Cook in the microwave uncovered at 80% power for 20 minutes.

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### **Chicken Cordon Blue**

- 1 boneless chicken breast
- 1 piece of Swiss cheese
- 1 piece of ham luncheon meat
- Butter
- Cracker crumbs

Pound chicken breast until thin, place slice of ham and slice of Swiss cheese on breast. Roll up and secure with a toothpick. Roll in melted butter and then cracker crumbs. Microwave on high in medium shallow Rock 'N Serve for 1 ½ minutes. Let stand for 1 minute. You can do 2 for 3 minutes.

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### **Chicken Manicotti**

- 10 Manicotti
- 1 lb. skinless boneless chicken breast (can use strips or cutlets)
- 32 oz. jar Spaghetti Sauce (Ragu Garlic and Onion works well)
- 1 pkg. Lucitella cheese
- 1 cup Ricotta cheese

Pre-cook chicken and Boil Manicotti for 10 minutes. Spread a layer of Spaghetti Sauce over bottom of Large Deep Rock 'N Serve Container.

- Dip cooked chicken pieces in Lucitella cheese
- Stuff coated chicken pieces into cooked Manicotti
- Put in Rock 'N Serve Container

Mix remainder of Spaghetti Sauce with Ricotta cheese and egg. Pour over the stuffed manicotti. Make sure it is completely covered with Spaghetti sauce. Top with Mozzarella cheese. Microwave 8-10 minutes

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### **Chicken Parmesan**

In Rock 'N Serve Large Deep combine:

- 2 cups Bread crumbs
- ½ cup parmesan cheese

Dip thawed chicken breasts (4 pieces) in mixture. Add 1 Tbsp. Canola Oil in mixture. Place breaded chicken on oil and cook on high 3 minutes. Turn breasts over and cook 3 minutes more. Pour 8 oz. can tomato sauce over chicken and



sprinkle with oregano. Cook 6 minutes more. Add mozzarella cheese and let stand covered until cheese melts.

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### **Chicken Divan**

- 1 can Cream of Chicken soup
- 3 Tbsp. milk
- 3 Tbsp. mayonnaise
- ¼ tsp. mustard
- 3-4 cups shredded cooked chicken
- 2 pkgs. Frozen broccoli
- 1 cup shredded cheese

Combine soup, mayo, milk and mustard. Blend. Microwave broccoli on high according to pkg. directions and drain off excess water. Spread broccoli in the bottom of the Large Deep Rock 'N Serve Container and up the sides. Arrange chicken over the broccoli, then spoon mixture over the chicken. Cover. Cook for 10 minutes, turning after 5 minutes. Uncover and sprinkle with cheese.

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### **Ham-Egg Bake**

- 1 cup shredded Co-jack cheese
- 4 eggs
- 1 ¾ cup milk
- ½ cup Bisquick
- 1 ½ cups crumbled ham or bacon

Crumble Ham in bottom of Rock 'N Serve. Sprinkle cheese over ham. Mix together eggs, milk and Bisquick in Mix-N-Stor Plus Pitcher. Pour over ham and cheese. Microwave 11 minutes on high.

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### **Best Chili Ever**

- 1 (20 oz.) can crushed tomatoes with puree
- 1 pkg. Chili O' Mix (French's)
- 1 (8 oz.) can Bush's Chili Beans (hot or mild)
- 2 lbs. browned ground meat (beef or turkey)

In Large Deep Rock 'N Serve container, mix all ingredients. Cook on medium power for 10-15 minutes.

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### **Macaroni And Cheese**

- 3 cups water
- 1 tsp. butter or margarine
- 2 cups uncooked macaroni
- 3 cups shredded cheddar cheese
- 2 tsp. flour
- 1 Tbsp. butter or margarine
- ½ cup milk
- 1 tsp. salt

In Large Deep Rock 'N Serve, combine water and 1 tsp. butter. Cover and microwave 5-6 minutes until boiling. Stir in macaroni; cover and cook on high 10 minutes. Let stand covered 5 minutes. Toss cheese and flour then stir in macaroni with butter, milk and salt. Season to taste with pepper. Cover and cook 5 minutes until sauce thickens. Stir before serving.

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### **Classic Lasagna**

- 5 cups water
- 6 lasagna noodles – uncooked
- 1 Tbsp. cooking oil
- 1 lb. browned ground beef
- 1 lb. Ricotta cheese
- 1 egg
- ½ cup Parmesan cheese
- 1 tsp. dried parsley flakes
- ¼ tsp. pepper
- 30 oz. spaghetti sauce in jar
- 8 oz. Mozzarella cheese
- 1 Large Deep Rock 'N Serve container

In Rock 'N Serve, combine water, uncooked noodles and oil. Cook uncovered on 100% power for 12 minutes to soften noodles. Drain in the large strainer.

Add ground beef to spaghetti sauce. (ground beef is optional) In Junior Thatsa Bowl, combine egg, ricotta cheese and ¼ cup of the Parmesan cheese, parsley and pepper.

Arrange 3 noodles in the Rock 'N Serve. Spread ½ of the ricotta cheese mixture on top of noodles. Top with ½ of Sauce and ½ of mozzarella. Repeat layers. Sprinkle with remaining Parmesan cheese. Cover and cook for 15 minutes. Give Rock 'N Serve a half-turn and cook another 10-15 minutes on 50% power. Let stand for 10 minutes before serving.

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### **Baked Beans Supreme**

- ½ lb. bacon
- 2 medium onions, chopped
- 2 cans Pork and Beans (1 lb. 4 oz. each)
- 1 ½ tsp. dry mustard
- 1 (8 oz.) can crushed pineapple
- ¼ cup tomato chili sauce
- ¼ tsp. salt (optional)

Microwave bacon between paper towels for 5 minutes. Add to bottom of Large Deep Rock 'N Serve Container, stir in onions; cook uncovered for 3 minutes. Stir in beans, mustard, pineapple, chili and salt. Cover and cook on medium power for 45 minutes. Stir after each 15 minutes. Then cook uncovered for 10 more minutes.

### **Possible Potatoes**

- 1 (16 oz.) can Sliced Potatoes
- 1 can Cream of Celery Soup
- 1 diced Onion
- 1 small pkg. Grated Cheese

Drain potatoes. Mix Potatoes and Onions together and place in a Large Rock 'N Serve. Pour the Cream of Celery Soup over potatoes & onions. Microwave for 4 minutes. Sprinkle cheese over top, cook an additional 2 minutes.

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### **Cheddar Potato Casserole**

- 1 cup milk
- 4 Tbsp. melted margarine
- 1 tsp. dried onion flakes
- ½ tsp. salt
- ½ tsp. pepper
- 1 pkg. (24 oz.) frozen hash brown potatoes, thawed
- 1 tsp. paprika
- ¾ cup shredded cheddar cheese

In a small bowl combine milk, butter, onion flakes, salt and pepper. Add potatoes and cheese mix well. Spread in Rock 'N Serve Large Deep, cover and vent. Cook on high for 12-15 minutes or until bubbly. Delicious for a brunch or as a side dish with dinner.

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### **Stuffed Mushrooms**

- 1 (12 oz.) pkg. spinach soufflé
- ½ tsp. minced onion
- 2 Tbsp. fine dry bread crumbs
- ¼ cup grated Parmesan cheese
- 12 mushrooms – 2 inches in diameter
- Large Deep Rock 'N Serve Container

Cook spinach on medium for 2 minutes. Break apart; stir in onion, crumbs and 3 Tbsp. of the cheese. Twist out stems of the mushrooms and mound caps with spinach mixture. Arrange the mushrooms in a circle, and sprinkle with the rest of the cheese. Cook 3-4 minutes, ¼ turn after 2 minutes. Let stand for 3 minutes.