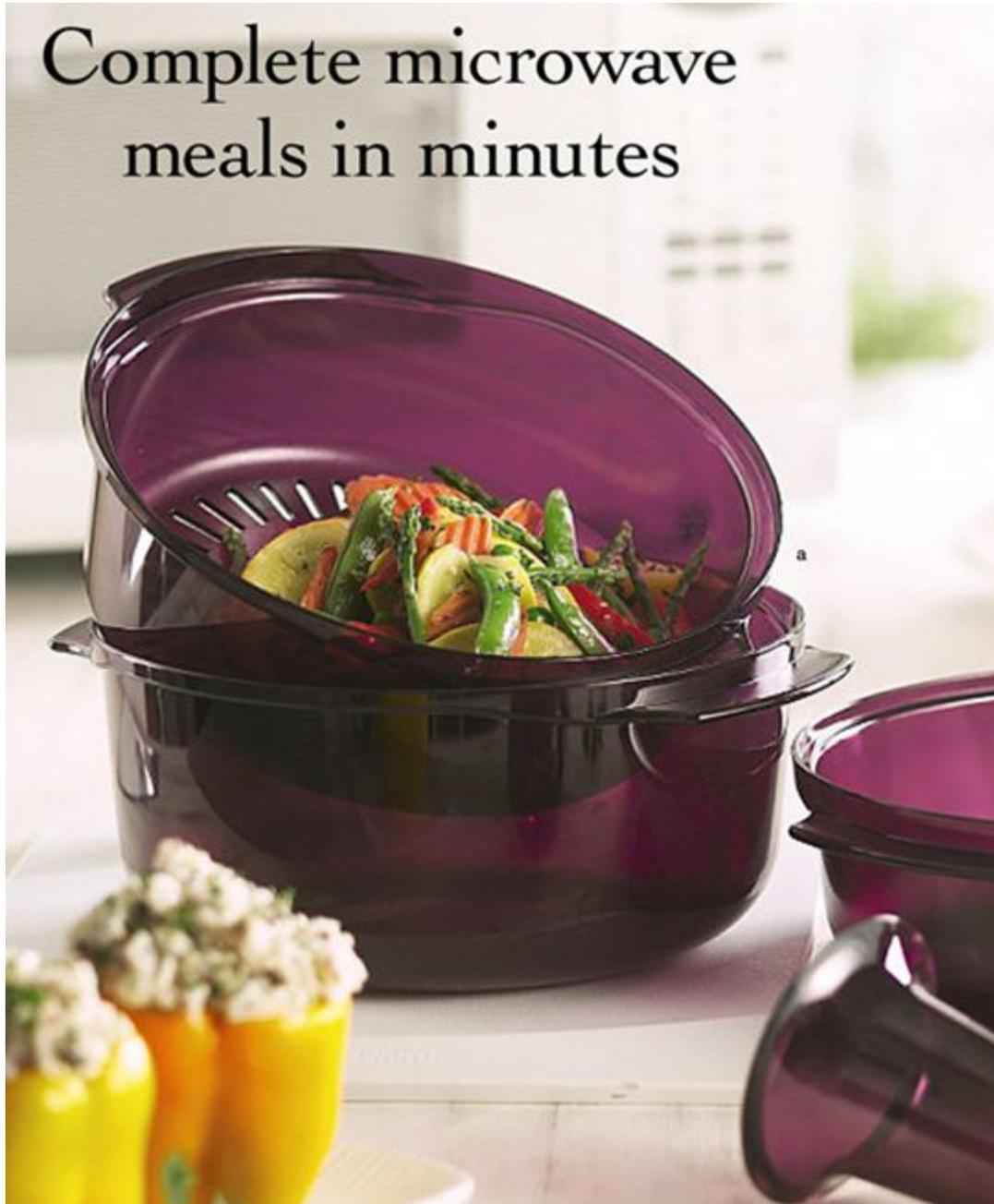


The Best of the Best

TupperWave Stack Cooker Recipes

A



A collection of tried and true recipes from some of Tupperware's finest.

MICROWAVE BASICS FOR YOUR STACK COOKER!

BASICS

- The oven vs. microwave ratio is 4 to 1. What takes 40 mins. In the oven takes 10 in the micro!
- The microwave is a real money saver since it is a smaller appliance and much more efficient.
- You can cook 85% of everything you cook on the stove or in the oven in your microwave.
- All cooking in the stack cooker is on high temperature unless otherwise noted.
- Remember, all microwaves are a little different, just like stoves and ovens. You will have to experiment a little and adjust the times to your microwave. It is best to start with a shorter amount of time until you have more knowledge.

MEATS AND EGGS

- Cooking times: Meats- 6 mins per lb. Fish-3 mins per lb. Eggs-1 min per egg (poke eggs to prevent explosions!)
- Hamburger browned in the colander has the same amount of fat as chicken.
- Brown hamburger in the colander, discard the fat and cholesterol. Add sloppy joe mix, taco seasoning, spaghetti sauce, chili or prepare a casserole and microwave accordingly.
- Cook a whole chicken in the stack cooker, set the chicken onto the cone, sprinkle with paprika (the chicken will be golden brown) Cover and Cook 6 min per lb. Yummy & quick!

BAKING

- Use regular box mixes, following box directions to mix, in general 10 minutes microwave time.
- Use the 3 qt bowl with the cone
- Do not grease or flour, the casserole is nonstick.
- To cut out fat & calories, substitute equal amounts of applesauce for the oil.
- Let stand 5 minutes after cooking and removing from the pan.
- Cakes will pull away from the edge of the pan when done.

BAKING IDEAS

- Take any powdered cake mix plus a can of pie filling and 3 eggs. Mix together and cook 14 minutes.
- Angel Foods – buy one-step box mix. Split the batter in half, cook 15 min in large bowl, repeat for the other half of batter.
- Rice Krispie Bars – put 40 marshmallows and 2 TBSP margarine in 3 qt casserole. Cook 2 min uncovered. Stir, cook 1 min stir, and pour over 6 cups of rice krispies. Stir and pat into pan.
- Almond Bark – 1 ½ lb pkg almond bark. Put in 1 ¾ stack cooker cover, cook 3 min stir, Stays creamy and workable approx 20 mins.
- Incorporate a dark ingredient (whole grain flour, molasses, or chocolate) into the batter to get a product that is darker than one made with white flour.
- Grease and coat the casserole with toasted wheat germ or finely chopped nuts for a crust like color and texture.
- When making muffins, use double paper cups to absorb excess moisture.
- Increase leavening by 10% when baking scratch recipes. Rapid cooking doesn't give leavening time to work. • Items with leavening ingredients need to sit 5 minutes BEFORE you put in the microwave, so the ingredients can "activate".
- Graham cracker crusts can be "baked" on high for 1-½ minutes.
- Use the cone on most cakes. It promotes more even cooking. Smaller cakes like the pineapple upside down cake do not need the cone.
- Mix, don't beat most cake batters. The mixer puts extra air in the batter that is not necessary in a micro-baked cake. It won't hurt it but it isn't necessary

VEGETABLES, PASTA & RICE

- For pasta & noodles, put just enough water to cover. Cook covered. It usually takes 7-9 minutes for about 2 cups of pasta.
- Corn on the cob takes approx. 2 minutes per ear.
- Fresh & Frozen vegetables take very little water to cook, just rinse before cooking. Most vegetables take 7-8 minutes for 2 ½ to 3 cups. Green beans are denser and take a bit longer.
- Instead of boiling potatoes on the stove, do it in the stack cooker. It will only take 8-10 minutes for approx. 6 medium potatoes. You can leave a little water that is left and mash that right into the potatoes.
- Instant Rice – 2 cups rice plus 2 cups water stir and cook approx 8-9 minutes.
- Long cooking rice – boil 1 cup water, add ¾ cup of rice, cook 6-7 min.

TUPPERWAVE STACK COOKER RECIPES

All microwave wattages are different so please experiment with these recipes cook time and power level.

MEALS

Ruben Chicken, Rice & Apple Dessert

Bottom

2 cups boiling water

1 cup seasoned rice mix

Place water in 3 Qt Tupperwave Casserole and microwave to boiling. Add rice and stack cook. (TO COOK SEPARATELY: Microwave on high 10 - 12 minutes.)

Middle

4 whole chicken breasts, split, skinned and boned

1 can sauerkraut, well drained

4 (6x4 inch) slices Swiss cheese

1 ¼ cups Thousand Island salad dressing

1 cup crushed cracker crumbs with caraway seed

Place well drained sauerkraut in 1 ¾ Qt Tupperwave Casserole and combine with Thousand Island salad dressing.

(add 1 tsp Caraway Seed if desired). Place a layer of Swiss cheese slices in a circle around outside edge of

casserole. Top with split chicken breasts and sprinkle with cracker crumbs.

(TO COOK SEPARATELY: Microwave on High for 15 - 17 minutes or until chicken is done thru)

Top

3 large or 4 small apples

½ can pie filling of choice

1 - 1 ¼ cups Streusel Topping

Cut apples with peeling on into pieces or slices and top with ½ can pie filling of your choice.

Sprinkle with Streusel

Topping. Prepare in 1 Qt Tupperwave Casserole.

STREUSEL TOPPING:

1/3 cup flour

2 Tbsp sugar

¼ tsp ground cinnamon

2 Tbsp margarine or butter

In a Small Mixing Bowl combine flour, sugar and cinnamon. Cut in margarine until mixture resembles coarse crumbs. (TO COOK SEPARATELY: Uncovered on 100% power (high) for 5 to 7 minutes or until apples are tender.)

Super Easy Supper

Bottom

2 cans french cut green beans
3 T soy sauce

1/2 cup brown sugar
3 slices bacon, quartered

Middle

1 onion, slivered
4-6 boneless chicken breast or thighs seasoned salt for the chicken

4 new potatoes, sliced thin

Top

3 Granny Smith apples, cored and sliced
1/2 cup red hots

1/2 cup brown sugar

Nest all three casseroles and place in your microwave. Zap on high 25 min. This is so wonderful and simple!!

Quick Tupper Supper

Bottom

1 cup rice

1 cup HOT water

Middle

2 diced chicken breasts coated with Ranch dressing and placed in a donut shape

Top

Frozen broccoli florets or fresh with a couple Tbsp of water.

Microwave 25 minutes on High and viola'! Combine all into middle dish for a great casserole.

Texas Rice, Italian Seasoned Chicken & Quick Cobbler

Bottom

1 1/2 cups water
1 single serving size envelope instant creamy chicken soup
1 tsp. dried minced onion

1 1/4 cups quick cooking rice
1 tsp. parsley

In the 3 Qt casserole combine all ingredients. Stack and cook as directed below. Stir before serving. Garnish with parsley, if desired. Serves 4. Once you prepared each recipes, put the stack together (3 Qt, 1 3/4 Qt, and cover), place in microwave cook for 25 minutes. Let stand 5 minutes.

Middle

3 cups frozen or canned mixed vegetables
4 boneless skinless chicken breast halves (1 LB total)
1/3 cup finely chopped bread crumbs

1 Tbsp. mayo
1/8 tsp. paprika
3 Tbsp. grated parmesan cheese

Rinse vegetables with warm water in strainer. Place vegetables in TUPPERWAVE 1 3/4 Qt casserole. Rinse chicken pieces & pat dry. Brush chicken with Mayo. Combine crumbs & cheese. Roll chicken in crumb mixture, coating generously. Place on top of vegetables around outer edges of casserole, with thickest portions toward outer edge. Sprinkle chicken with paprika & any remaining breadcrumbs. Stack & cook as directed.

Top

2 - 21 oz Cans of apple or peach pie filling
1/2 box dry cake mix (white, yellow, chocolate, etc.)

1/2 stick margarine
1/2 cup pecans (optional)

In TUPPERWAVE cover, add 1/2 can pie filling, sprinkle 1/2 of cake mix, cut 1/2 of butter across the cake mix, top with 1/2 pecans. Repeat layers with remaining ingredients. Stack

Beef Mix - Makes 24 servings

6 lbs. lean ground beef
3 cups chopped celery
3 cups chopped green bell peppers
1 ½ tsp. pepper or to taste
3 cups chopped carrots
3 cups chopped onions
1 tsp. salt

In the Colander, set over the 3-quart Casserole, place about half the beef and vegetable mixture in a circle arrangement, leaving a hole in the center. Place cover and microwave on High 8-10 minutes, stirring once or twice, to break up meat. Stir again and continue to microwave 5-8 minutes, until meat is no longer pink and vegetables are crisp and tender. Drain and place in a Thatsa™ Bowl. Repeat procedure for remaining mixture and place in same bowl. Mix can be refrigerated for 2-3 days. Beef Mix will make 6 main dish recipes of 4 servings each

Easy Beef Stroganoff - Makes 24 servings

2 cups Beef Mix (see recipe)
1 can (6- 6 1/2oz.) sliced mushrooms, drained
1 cup regular or fat-free sour cream
1 can (10 3/4 oz.) low-sodium, low fat cream-of-chicken soup
1 garlic clove, minced
2 Tbs. catsup
2 Tbs. minced fresh parsley
Cooked and buttered wide egg noodles (optional)

In a TupperWave® 3-quart Casserole, combine Beef Mix, garlic, mushrooms, soup and catsup. Microwave on High for 10-15 minutes, stirring once or twice, until very hot, but not boiling. Stir in sour cream and parsley and microwave an additional 5 minutes, but do not boil.

Fast Fixin Chili - Makes 4 Servings

2 cups Beef Mix (see Beef Mix recipe)
1 ½ Tbs. chili powder
1 can (16 oz.) diced tomatoes
Salt and pepper to taste
1 garlic clove, minced
1 ¼ cups water
1 can (16 oz.) chili beans

In a TupperWave® 3-qt. Casserole, stir together Beef Mix, garlic and chili powder, then stir in water, tomatoes and chili beans. Season to taste with salt and pepper. Microwave on High 10-15 minutes, stirring once, until mixture is heated through.

Steak Soup - Makes 24 servings

2 cups Beef Mix (see Beef Mix recipe)
1 can (16 oz.) diced tomatoes
1 ½ soup cans water
2 cups frozen mixed vegetables, thawed
1 tsp. pepper or to taste
2 cans (10 3/4 oz. each) low-sodium, low-fat cream-of-celery soup

In a TupperWave® 3-quart Casserole, combine Beef mix, soup and water and blend thoroughly. Stir in vegetables, tomatoes and pepper. Microwave on High 12-15 minutes, stirring once, until heated through.

Store in Freeze Smart containers and freeze for future meal.

Shrimp Scampi

Combine 1/3 cup of butter and 1 minced Garlic Clove in Tupperware 1 3/4 quart casserole. Microwave on High for 2 min. Add 1/4 Cup Chopped Parsley, 1 Tbsp. Lemon Juice, 1/2 Tsp. Salt. Stir in (coating each piece with butter sauce) 1 LB Raw, Peeled and Deveined Shrimp Cover. Microwave on High for 3 1/2 min to 4 min. or till shrimp is done. Serve with lemon wedges.

Pork Chops

5-6 boneless pork chops
1 can of cream of chicken soup
3 tablespoons ketchup
2 tablespoons Worcestershire Sauce
1 tablespoon minced onion

In the 3 qt Stack cooker place the soup, ketchup, sauce and onion. Mix thoroughly. Place the pork chops in the sauce and stir to cover. Place the cover on the 3 qt cooker. Cook on 70% power for 7 minutes. Take out. Stir. Place vegetables in the colander. Place the colander in the 3 qt. Cook for 7 minutes at 80% power. Take out. Stir both. Cook for 3-5 minutes at full power. (My microwave is 1100 watts; you may need to adj. Power/ time).

Taco Salad

1 Lb. Ground Beef, Turkey or Chicken
1 Pkg. Taco Seasoning Mix
¾ Cup Water Shredded Lettuce
Finely Shredded Cheddar Cheese
1 Diced Tomato
Salsa Sour Cream
Black Olives, optional Tortilla Chips

Brown meat by crumbling meat in the TUPPERWAVE Colander. Place colander over the 3 Qt. TUPPERWAVE casserole. Cook, covered, on high power for 5-7 minutes or until meat is no longer pink, stirring once. Remove colander. Drain fat and wipe out 3 Qt. casserole. Transfer cooked meat to 3 Qt. casserole and add ¾ cup water and taco seasoning. Stir. Cook on high for 3 minutes. Let sit for 2 minutes. Slowly stir in cheddar cheese to meat mixture. Serve over tortilla chips and top as desired.

Herbed Meat Loaves

1 beaten Egg
½ C. herb-seasoned stuffing mix
1/3 C. milk
1 Tbs. Onion Soup mix
2 Tbs. bottled barbecue sauce, chili sauce, or catsup
1- ¼ lb. lean ground beef
¼ C. bottled barbecue sauce, chili, or catsup, optional

In a medium bowl combine egg, stuffing mix, milk, onion soup mix and the 2 Tbs. barbecue sauce. Add ground beef and mix well. Shape into 5 loaves. Arrange loaves in the 1-3/4 qt. Casserole. Stack and cook as directed. Spoon the 1/4 C. barbecue sauce over loaves before serving. To make separately. Cover on high for 8-10 minutes or until no longer pink. Spoon 1/4 C. sauce over loaves before serving.

Meatloaf

2 lb. ground beef	1 medium onion chopped
2 eggs well beaten	½ cup tomato catsup
½ t black pepper	½ t salt

Mix together thoroughly. Place TUPPERWAVE colander in 3 qt. TUPPERWAVE casserole. Place cone in center of colander and pat Meatloaf mixture evenly around cone. Cover and microwave on full power approximately 14 minutes. Top Meatloaf, cover and return to the microwave for an additional 2-3 minutes. Topping recipe: ¾ cup catsup, 2 T. ground mustard, 1/2 cup dark brown sugar. Mix together and pour over Meatloaf.

Cheddar Potato Casserole

1 Cup Milk	4 Tbsp. Melted Margarine
½ Tsp. Salt	½ Tsp. Pepper
24 Oz. Bag Frozen Hash Brown Potatoes, thawed	1 Tsp. Paprika
¾ Cup Shredded Cheddar Cheese (or more if you like)	

In 3 Qt. TUPPERWAVE casserole, combine milk, butter and spices. Add potatoes and cheese, mix well. Cook on high for 12-15 minutes or until bubbly.

1-2-3 Potato Soup

½ Cup Frozen Chopped Onions	½ of a 22-oz. Pkg. Frozen Mashed Potatoes
1 Can (14 ½ Oz). Reduced-Sodium Chicken Broth	1 Pint Half and Half or Milk
Salt, Pepper, and Dried Parsley Flakes to Taste	Shredded Cheddar Cheese (optional)
Bacon Bits (optional)	Chopped Chives (optional)

In the TUPPERWAVE 3QT. Casserole, place butter and onions. Microwave on high 4-5 minutes, until onion is softened, but not browned. Add frozen mashed potatoes to casserole, then stir in broth. Microwave on high 4-6 minutes, until mixture is bubbling at edges. Stir briskly with wire whisk, then stir in half and half. Microwave on medium-high (70% power) 5-7 minutes until bubbling, but do not allow mixture to boil. Season to taste with salt, pepper and parsley. To serve, ladle into soup bowls and top, if desired, with cheese, bacon bits and/or chives.

Cheesy Rice Broccoli

1-10oz frozen chopped broccoli	¾ c. water
1 ½ c. minute rice	1 small jar Velveeta

In 3qt Tupperwave bring water & broccoli to boil in microwave (about 2 min.). Add rice, stir, cover & vent. Cook on 80% power for 4 min. Add cheese and let sit for 5 min. covered

Dilled Green Beans And Onions

3 C. loose-pack frozen French-style green beans	1 C. loose-pack frozen small whole onions
1 tsp. Instant chicken bouillon	

Combine green beans, onions, bouillon granules, and dill weed. Sprinkle with water, Cook COVERED. Stir before serving.

Chicken Fajitas

1 Large Green Bell Pepper
1 Large Onion
4 Boneless Skinned Chicken Breasts
10-15 Flour Tortillas

1 Large Red Bell Pepper
1 Clove Garlic
1 Jar Mild Salsa

Suggested Toppings:

Sour Cream Lettuce & Tomato
Grated Cheddar Cheese Guacamole

Slice Peppers, Onions and Chicken thin. Mince Garlic. Place in bowl and stir in salsa. Put half of mixture in Stack Cooker Colander leaving a hole in the middle. Cook 6 minutes. Repeat with remaining portion. Tortillas can be warmed in the Family MicroSteamer.

Spaghetti Pie

½ package of spaghetti noodles
1 egg ½ container of cottage cheese
1 to ½ cups spaghetti sauce
(1/2 lb. of cooked hamburger meat if desired)

1 Tbl. butter
1 to 2 cups shredded mozzarella cheese

Stack Cooker 3Qt or 1 ¾ Qt. (Quantities are all estimated for the container). Once you've made it once, you'll be comfortable with estimating the amounts) Break your spaghetti noodles in half, put into Stack Cooker container with water. Cover, vent and put into the microwave for 8 - 10 minutes on high. Drain. Put cooked spaghetti back into Stack Cooker container and stir in butter and egg. Press spaghetti noodles around bottom of container and up the sides about 1 inch like a crust. Spread cottage cheese over noodles, spaghetti sauce (with or without meat) over that and then sprinkle mozzarella cheese over the top. Cover, vent and microwave 6 minutes on high.

Stack Cooker Quiche

12 Brown 'n Serve Sausage Links
2 c. whole milk
¼ tsp. pepper
¼ tsp. salt
1/3 c. finely chopped onion (green onion, bell pepper, mushrooms, broccoli too!)

1 c. sliced Swiss Cheese (cheddar, etc.)
½ c. pancake mix
6 eggs
¼ tsp. pepper

Cook sausage in Stack Cooker colander 5-8 minutes. Clean base and lightly coat with cooking spray. In base, add crumbled sausage, onions (and any other veggies!) and cheese. Mix remaining ingredients and pour over sausage mixture. Cover and cook for 16 minutes on high. Let stand for 5 minutes covered. Serve with pie server.

Italian-Style Zucchini

2 C. sliced zucchini (about 9 oz)
½ tsp. Dried basil, crushed
¼ tsp. Dried thyme, crushed (optional)
1 small tomatoes, seeded and coarsely chopped (1 cup)

1 T. olive oil
¼ tsp. Garlic powder
1 T. Parmesan cheese

In the 3 qt. Casserole, combine zucchini and tomatoes. Stir in oil, basil, garlic powder and thyme. Stack cook. Sprinkle with Parmesan cheese before serving

Mexican Egg Ring

8 eggs
1 cup jack cheese
1 cup Cheddar cheese
8 pieces cooked and crumbled bacon

¼ cup chopped onion
1 cup cottage cheese
1 sm. can Ortega green chilies

Mix eggs together in the Quick Shake Container. Pout into Mix N Stor Pitcher. Add the remaining ingredients and mix well. Spray TupperWave 3QT Casserole and Cone lightly with vegetable spray. Pour mixture into 3QT Casserole with Cone. Cover with waxed paper. Cook on HIGH for 14 minutes. Let stand 5 minutes. Serve with guacamole, salsa and sour cream. Serve with hot tortillas stored in pie taker or MicroSteamer.

Mexi Dip

1 lb.. Uncooked Ground Beef
Small Jar Salsa Tortilla Chips

Small Jar Cheese Whiz

Using the TupperWave 1 ¾ qt Casserole and colander, Place the ground beef in the colander, chop with a spoon and arrange meat around outside edges of colander. Microwave on high for about 4 minutes or until brown, stirring once halfway through cooking time. Dump fats and fillers and wipe out casserole. Place beef in the casserole and add the salsa and cheese. Mix and microwave on high for 5 minutes. Serve hot with the chips.

Salsa Chicken & Rice

Boneless chicken breasts
Minute rice

Jar of salsa

Place minute rice (about 1 cup) in 1 1/2 or 3 quart pan (middle or bottom pan) add 1 cup hot water and some margarine place colander on top, place boneless chicken in colander; pour salsa on top. Cover, microwave about 12 minutes (more if breasts are big).

Chicken Tetrazzini

1 (10oz) can condensed cream of chicken soup
1 (3oz) can sliced mushrooms, undrained
2 Tbsp. lemon juice
1 lb chicken, cooked, cubed

1 (6oz) can evaporated milk
2 Tbsp. margarine
2 Tbsp. parmesan cheese
Pasta of choice, cooked

Combine soup, milk, mushrooms with liquid, margarine, lemon juice, parmesan cheese in Stack Cooker; mix well. Add chicken to sauce. Heat until mixture is bubbly. Pour over pasta in serving bowl. Serve with additional parmesan cheese

Herbed Salmon Steaks - *Makes 4 servings*

4 salmon steaks, each about 6 ounces
1 teaspoon ground black pepper
1 Tablespoon chopped fresh thyme or 1 teaspoon dried thyme
1 Tablespoon olive oil
2 small limes

Place salmon steaks in 1-3/4 quart TupperWave Stack Cooker casserole with thickest portion toward outside edge of casserole. Rub each steak with some of the olive oil, then sprinkle with thyme and pepper and the juice of one lime. To stack cook, place in middle position. Otherwise, cover with 3/4 quart casserole/cover. Microwave until fish flakes easily with a fork. Cut remaining lime into wedges and serve with each salmon steak.

Enchilada Casserole

1 lb. lean ground beef
1-10oz can enchilada sauce
1/4 tsp. pepper 6- 6" corn tortillas, cut into 8 wedges
1/2 cup shredded cheddar cheese
1 medium onion, chopped
1/2 tsp. garlic powder
1/2 cup shredded Monterey Jack cheese

To brown meat, crumble ground beef into colander; add onion. Place colander over 1 3/4-qt. Casserole. Cook, covered, on 100% power for 4-5 minutes or until meat is no longer pink, stirring once. Remove colander. Drain & wipe out Casserole. Transfer cooked meat and onion to Casserole. Stir in enchilada sauce, garlic powder, & pepper. Gently fold in tortilla wedges & cheeses. Stack & cook until heated through.

Easy Quiche

12 slices bacon, cooked and crumbled*
1/2 cup Colby cheese
1 3/4 cup milk
Seasoning Salt (to taste)
1 cup Swiss Cheese
4 eggs
1/2 cup of Bisquick mix**

Mix meat and cheese together in the bottom of ungreased 1 3/4 qt. Stack Cooker. In a separate bowl, add eggs, milk, season salt and bisquick mix. Beat for 1 minute with rotary beater. Pour over cheeses and meat. Microwave on full power for 14 minutes, turning after 7 mins (if there's no turntable). This recipe will set up on it's own and needs no crust. *Can substitute 1/2 pork sausage or ham (cooked & cut into small pieces) instead of bacon.

Gourmet Chicken Breasts

6 boneless, skinless chicken breast, halved
2 tablespoons lemon juice
1/2 teaspoon. celery salt
1/4 teaspoon garlic powder
1/4 teaspoon cayenne pepper
1/4 cup chopped pecans
1 cup sour cream
2 teaspoons Worcestershire sauce
1 teaspoon paprika
1/2 teaspoon salt, optional
3/4 cup seasoned dry bread crumbs

Rinse and dry chicken breasts. Mix sour cream, lemon, Worcestershire, and spices. Add chicken, coating each piece. Let stand, covered, in refrigerator overnight. Mix bread crumbs and pecans. When ready to cook, remove coated chicken, and roll in crumb/nut mixture, coating evenly. Arrange 4 breasts at a time in "circle fashion", thickest portion to outside in 3 qt. Stack Cooker with cone in middle. Cook on High power (100%) for 6 minutes per pound, or until juices run clear.

Microwave Spiced Pork Chops - Yields 4 Servings

2" thick boneless loin, pork chops, trimmed of fat
2 Tbsp chopped fresh cilantro
Seasoned Bread Crumbs:
1/3 c dried bread crumbs mixed w/ pinch of cayenne
1/4 tsp ground cumin
1/4 tsp salt

1 Tbsp lime juice
2 Tbsp unsalted butter

1 tsp minced garlic
1/4 tsp oregano

Rub pork chops with lime juice and coat with cilantro. In 1 3/4 Qt. Tupperware Casserole, microwave butter and garlic for 1 1/2 minutes or until it sizzles. Dip pork chops in garlic butter, then in seasoned breading. Place in center of pie plate. Sprinkle with remaining seasoned breading, drizzle on butter. Cover and microwave on medium high for 6 minutes. Turn over and rotate and microwave, for 6 minutes longer or until center is no longer pink. Bread crumbs create moist topping.

Microwave Vegetable Quiche - Yields 4 Servings

1 Zucchini, sliced
1 cup Peppers, sliced
4 Eggs, beaten
1 cup Mozzarella cheese, grated
1 Tbsp Flour
2 tsp Dill, chopped
Paprika

12 Mushroom, sliced
1 lb Spinach, cooked and Chopped
3/4 cup Cheddar cheese, grated
1/2 cup Cream
1 Tbsp. Oil
1/4 cup Butter

In 8 cup casserole, combine veggies and butter. Cover and cook at 100% (High) for 5-7 minutes, stirring once midway. Add spinach and set aside. In another bowl, mix egg, flour, cream, oil, salt, pepper and cheddar cheese. Pour over veggies, cover with mozzarella, sprinkle with paprika. Put on a raised rack and cook at 70% (Med—High) for 15-17 minutes. Let stand 5 minutes.

Microwave Ham Quiche - Yields 2 Servings

1/3 cup Shredded mozzarella cheese
2 Eggs
1/4 tsp Salt
2 Tbsp Finely chopped, fully Cooked smoked ham

1 Tbsp. finely chopped green onion (with tops)
1/3 cup Milk
6 Drops red pepper sauce

Cornmeal Quiche Shells:

Mix:

1/3 cup all-purpose flour
1/3 tsp salt

1 Tbsp + 1 tsp cornmeal
1 Tbsp + 2 tsp shortening

Sprinkle quiche shell ingredients with 5 - 6 teaspoons water, tossing with fork until all flour is moistened and pastry cleans side of TW bowl. Gather pastry into ball. Press firmly against bottom and side in casserole cover. Prick bottom and side thoroughly with fork. Place in microwave oven. Microwave uncovered on high (550 watts) 2 minutes; rotate 1/2 turn. Prick any bubbles with fork. Microwave uncovered until pastry appears dry and flaky, 1 1/2 to 3 minutes.

Sprinkle cheese and onion in shells. Beat eggs, milk, salt and pepper sauce with fork; stir in ham. Microwave uncovered on medium heat (385 watts) until warm, 2 to 3 minutes, stirring after 1 minute in 1 1/2 qt. casserole. Stir; pour into shell (in cover). Place in microwave oven. Microwave uncovered on medium high (385 watts) 2 minutes; turn 1/2 turn. Microwave uncovered until center is almost set, 2 to 3 minutes.

PIZZA PULL APART

½ lb. ground beef
½ c. chopped green pepper
1 pkg. (10 count) refrigerator biscuits

¼ c. chopped onion
½ - ¾ c. pizza sauce
1 c. shredded cheddar cheese

Microwave the beef, onions and green pepper on high 6 minutes, using the 3qt. Tupperwave casserole and colander. Stir twice during cooking. Place the meat mixture in a bowl and add the pizza sauce. Stir to mix well. Place the Tupperwave cone in the center of the stack cooker cover and spread the meat mixture in the bottom of the lid. Place the biscuits on top of the beef mixture in a circle. Microwave on high for 4-6 minutes. Let set for 3 minutes. Invert onto a serving plate and sprinkle the cheese on top.

Hash Brown Potato Bake

2 c. frozen hash browns
3 oz. cream cheese, softened and cut up
¼ t. garlic powder
¼ t. paprika (optional)

¼ c. shredded cheese
½ c. milk
¼ c. crushed corn flakes

Rinse potatoes with cold water until thawed. In 3 Qt. Casserole combine potatoes, cheese, cream cheese, milk, garlic powder. Sprinkle on corn flakes after cooking (and paprika if wanted). Cook in stack cooker for 25 minutes on high and let sit 5 minutes before serving.

Mexican Lasagna

1 lb ground beef
8 - 6 inch corn tortillas
1 - 8 oz can tomato sauce
1 - 4oz can sliced black olives, drained
2 cups grated monterey jack cheese

1 pkg taco seasoning
1 cup salsa
1 - 11oz can whole kernal corn, drained
1 - 4oz can mild chiles, drained

Cook ground beef in the stack cooker & colander or the oval microwave cooker. Transfer meat to base of stack cooker or oval micro cooker, add taco seasoning and 1/2 cup water. Cook on high for 3 minutes. In Rock 'N Serve Large shallow, place 4 tortillas overlapping to cover the bottom. Mix the salsa and tomato sauce together. Top the tortillas with 1/2 of meat, corn, olives, and chiles. Pour 1/2 the sauce mixture over all, and top with 1/2 of the cheese. Repeat the layer one more time, starting with the tortillas and finishing with the cheese. Cover, vent and cook for 15 minutes. Enjoy!

Lazy Person's Complete Breakfast

1 slice Bread -- cubed
¼ cup Milk
1 dash Worcestershire sauce
¼ teaspoon Dry mustard

1 each Egg
¼ cup Ham -- chopped
2 Tbsp Cheddar cheese -- shredded
1/8 teaspoon Salt

Combine all ingredients in the 3qt Tupperwave casserole. Mix well. Cover with lid. On MEDIUM HIGH (80%) power - microwave for 4 ½ to 5 ½ minutes. Halfway through cooking time, turn dish so that back in now facing front of microwave. Let stand, covered for 30 to 60 seconds to finish cooking. For a complete nutritional breakfast serve with fresh fruit or fruit juice. You can fix this the night before and refrigerate for a quick meal in the morning - but lengthen cooking time since the ingredients will be cold.

Bacony Chicken Wings - *You can serve these as a party appetizer or a family snack.*

8 chicken wings	4 tablespoons catsup
2 tablespoons dry sherry	3 tablespoons Gravy Master
3 to 4 drops sesame oil	2 garlic cloves, finely minced
8 slices bacon, cut in half crosswise	

Remove wing tips and save for soup or other uses. Cut each wing at the joint to make 2 pieces. Place in shallow TW bowl. Combine catsup, sherry, Gravy Master, sesame oil and garlic. Mix well and pour evenly over chicken wings to coat well. Cover and refrigerate 20 minutes. Remove chicken from marinade. Wrap each wing piece with a bacon strip, securing with wooden toothpicks. Place chicken in one layer in 1 ½ qt. Tupperwave casserole. Cover loosely and cook on HIGH 5 or 6 minutes, turning once, until bacon is crisp. Drain on paper towels. Makes 16 pieces.

Microwave Corn Pudding

2 cups milk	1/4 cup (4 ounces) melted butter or margarine
1/2 cup yellow cornmeal	1 tablespoon sugar
1/2 teaspoon salt	4 large eggs, beaten
several dashes Tabasco or other hot sauce, or to taste	1 can (11-15 oz) Mexican-style corn, drained
1 1/4 cups French fried onions, divided	4 oz shredded Cheddar cheese (1 cup)
1/2 teaspoon baking powder	

Combine milk, melted butter, cornmeal, sugar, and salt in a 3-quart Tupperwave Casserole. Whisk well, cover, and microwave on high for 8 minutes, or until mixture is thick and most of the liquid is absorbed. Whisk twice during cooking. Combine eggs, Tabasco, 3/4 cup fried onions, cheese, and baking powder in a TW bowl. Stir egg and cheese mixture into the cornmeal mixture. Microwave uncovered at 50% power (medium) for 5 minutes, or until knife inserted in center comes out clean. Sprinkle with remaining fried onions (1/2 cup). Microwave for another 1 minute at 50% power. Serves 4 to 6 as a side dish.

Microwave Shrimp Barbecue

1/2 cup butter	1/2 cup olive oil
1 tablespoon soy sauce	juice of 1 lemon
2 bay leaves	1 tablespoon black pepper
3/4 teaspoon cayenne pepper	1/2 teaspoon paprika
1/8 teaspoon rosemary	1/8 teaspoon thyme
1/8 teaspoon oregano	2 pounds unpeeled large shrimp
1 1/2 teaspoons salt	

Combine all ingredients except shrimp and salt in TW Stack Cooker. Microwave on high (100%) for 2 to 3 minutes, until butter is melted. Add shrimp; mix to coat. Microwave on high (100%) for 8 to 9 minutes or until shrimp are tender, stirring a few times. Stir in salt and serve with French bread. Serves 4

CREAMY CRAB DIP

6 tbsp. butter	1/4 c. chopped onion
1 clove garlic, minced	2 tbsp. chopped fresh parsley
2 (3 oz.) pkgs. cream cheese, cut into cubes	1-2 tsp. Worcestershire sauce
1/4 tsp. hot sauce	1/8 tsp. salt
2 (6 oz.) pkgs. frozen crabmeat, thawed, drained, and flaked	

Place butter in 3 quart casserole. Microwave at high for 45 seconds or until butter melts. Add onion, garlic, and parsley; cover. Microwave at high for 2 1/2 to 3 1/2 minutes or until onion is tender. Add cream cheese; cover and microwave at high for 1/2 to 1 minute stirring once. Stir in Worcestershire sauce, hot sauce, and salt; mix well. Gently stir in crabmeat. Microwave at high for 1 1/2 to 2 1/2 minutes or until thoroughly heated. Serve on crackers. Yield: 2 cups. Dip may be made ahead and chilled. Serve hot or cold.

Honey Corn Bread Ring

1 cup flour	1 cup cornmeal
3/4 cup milk	1/3 cup honey
1/4 cup vegetable oil	2 large eggs
2 teaspoons baking powder	

Combine all ingredients, stir just until blended. Pour into lightly greased 3 qt casserole with cone. Place in microwave and microwave at high for 8 minutes, rotating 1/2 turn after half the cooking time. Let stand 5 minutes before serving.

TUPPERWAVE CAKES & DESSERTS

Death By Chocolate I

1 Chocolate Cake Mix
2 large Instant Chocolate Puddings

2-12 oz containers of Cool Whip
4 Heath Bars

Directions:

Mix cake in the Mix n stor pitcher plus using directions on package. Pour into the 3 qt Tupperware casserole with the cone in. Microwave cake for 10 minutes on high, turn after 5 min.(oven wattage varies so experiment with time) Let cake cool 10 min before turning out. Mix pudding in the mix n stor pitcher plus, using directions on package. Layer in Thatsa Bowl: ½ of cake crumbled, 1 box of pudding, 1 container of Cool Whip, 2 Heath Bars, chopped. Repeat layers. Seal Bowl and refrigerate. Use ice cream scoop to scoop out of Thatsa Bowl to serve. Great with Ice Cream

Death By Chocolate II

1 Chocolate Cake Mix
1 Cup Chopped Walnuts (optional)
2 Eggs

1 Chocolate Pudding Mix
1 Cup Milk
1 Bag Chocolate Chips

Mix all ingredients together except the chips in the Mix 'N Store. Place the chocolate chips in the bottom of the 3 quart TUPPERWAVE casserole dish with the cone. Pour the cake mixture on top of the chips, microwave on high for 13 minutes. Rotate one time if not using a carousel.

Pineapple Angel Delight

1 Angel Food Cake Mix (one-step)
1 Medium Can Crushed Pineapple

Combine cake mix (dry) and crushed pineapple. Pour into TUPPERWAVE 3 Qt. with cone. Cook on high for 10 minutes. Let stand for 5 minutes. Invert onto serving dish and let cool before serving

So Simple Chocolate Cake

1 Chocolate Cake Mix
1 can cherry pie filling

3 Eggs

Mix ingredients in Mix-N-Store plus pitcher then pour into 3qt. Tupperwave dish with cone in place. Let stand for 10 minutes. Microwave 12 minutes on high, turning 1/4 turn every 4 minutes.

Frosting

1 cup chocolate chips
1 cup sour cream

Melt chocolate chips in 3/4qt. Tupperwave cover, then stir in sour cream. Drizzle over cake.

Easy Cake

1 Pkg. Cake Mix - Any Flavor
1 Can Pie Filling - Any Flavor
3 Eggs

Mix dry cake mix, pie filling and 3 eggs. Pour into 3 Qt. TUPPERWAVE with cone. Microwave on 80% power for 18 minutes. Cool and invert onto cake taker/dish.

Turtle Cake

1 Pkg. Chocolate Cake Mix
1 Cup Water
1 Cup Chopped Pecans

1 Cup Sour Cream
3 Whole Eggs
1 Jar Caramel Ice Cream Topping

Place pecans around the cone in the TUPPERWAVE 3 Qt. casserole. Mix together the cake mix, sour cream, water and eggs. Pour cake mixture on top of pecans. Then top the cake mixture with 2/3 cup of caramel topping. Do not let the caramel touch the sides. Microwave on medium for 9 minutes. Microwave on high for 8 minutes.

Pineapple Upside Down Cake

½ Cup Butter
1 Large Can Crushed or Sliced Pineapple
2 Eggs

½ Cup Brown Sugar
1 Box Yellow Cake Mix

Melt butter in 3 Qt. TUPPERWAVE Casserole. Put in cone and spread brown sugar around the cone. Drain pineapple and save the juice. Place the pineapple in casserole around cone. Mix together cake mix, pineapple juice and eggs. Pour over brown sugar/pineapple mixture. Microwave for 9 minutes on high. Cool and invert.

Easy Dessert Recipe (in the 1 3/4 qt. casserole)

Place in casserole in the following order:

1 16 oz. can crushed pineapple
½ box yellow cake mix
½ C. shredded coconut

1 ½ C. mini marshmallows
¼ C. margarine or butter melted
½ C. pecans

Microwave on high for about 12 min. Serve warm or cool; plain or with whipped topping

Reese's Cake

1 box choc cake mix 16 oz sour cream 3 eggs

Mix all together, very sticky but it works. Take mini-reeses peanut butter cups and cut into ½'s. Put ½ batter in 3 qt w/cone. Put as many Reese 1/2 's as you can around cone but don't touch the cone or the sides. Put rest of cake mix. Let set 5 minutes. Microwave on high for 12 minutes. Let set a bit before you invert it. ENJOY!!

Snickers Cake

28 caramels 1(15oz) can sweetened condensed milk
2 Table. Butter 1 (18oz) pkg chocolate cake mix
1 c. water 3 eggs
1 c. pecans, finely chopped

Combine caramels, milk, and 1 table. Butter in 1 3/4 casserole. Microwave for 4 minutes at 100% power, stirring once. Combine in the MIX N STORE the cake mix, water, eggs, and remaining 1 Table butter. Beat well. With cone in place spread half the batter in the 3 qt. Casserole. Top with caramel mixture and sprinkle with pecans. Spread remaining batter then microwave 8-10 minutes at 100% power. Rotate half way through. Cool 10-12 min. Turn out onto the CAKE TAKER.

Monkey Bread

3 Cans 10-count Biscuits	1 Cup Sugar
1 Cup Light Brown Sugar	1 Tsp. Cinnamon
1 Stick Margarine	½ - 1 Cup Chopped Nuts (optional)

Cut biscuits into quarters & place in Thatsa Bowl. Mix 1 cup sugar, ½ cup brown sugar, cinnamon and nuts. Pour over biscuits. Seal bowl and shake until well coated. Place cone in 3 qt. TUPPERWAVE casserole and place biscuits around cone. Melt margarine and ½ cup brown sugar. Mix well and pour over biscuits. Cover and microwave on high 7-10 minutes. Let stand 5 minutes. Invert on tray & serve, pulling apart in sections.

Pumpkin Bread Cake

1 - 16 oz can solid pack pumpkin	1 tsp ground cinnamon
1 small can evaporated milk (5 oz)	½ tsp ground ginger
3 eggs	¼ tsp ground cloves
½ cup sugar	½ to 1 cup chopped nuts

LIGHTLY HAND MIX ONLY JUST UNTIL MOIST! (DO NOT USE MIXER OR BEAT BY HAND)
Spoon evenly in 3 qt Tupperwave with cone insert. Be sure all air bubbles are popped. Microwave on high for 14 minutes (rotate ¼ turn every 3 ½ minutes) Bread is done when sides pull away from pan and top is mostly dry. Twist cone to loosen before inverting onto servicing dish. Remove from pan in 5 minutes.

Graham Streusel Coffee Cake

Topping

1 cup graham cracker crumbs	1/3 cup butter
1/3 cup packed brown sugar	1/3 cup chopped nuts(optional)
1 teaspoon cinnamon	

1 pkg(9oz) (1 layer size like Jiffy) yellow cake mix prepared according to box directions

Glaze

1 cup powdered sugar	1-2 Tbsp. milk
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Combine graham cracker crumbs, butter, sugar, nuts and cinnamon in small round 2 ½ cup Rock 'N Serve; heat on medium for 1-2 minutes in microwave. Stir to blend. Spread half of this topping mixture on bottom of 3 qt. Tupperwave casserole with cone. Prepare cake mix according to directions. Pour half of cake batter on top of topping mixture. Pour remaining topping mixture on top of cake batter. Pour remaining cake batter on top of topping mixture. Cook on medium (50%) for 6 minutes. Cook on high for an additional 3-5 minutes. Cool for 5 minutes and invert on serving platter. Combine powdered sugar and milk to make glaze and drizzle over coffee cake. Enjoy!

Cherry Chocolate Cake *

Chocolate Cake Mix 1 Can cherry pie filling 3 eggs

Top with fudge frosting, whipped topping, grated chocolate, or more cherry pie filling.

Luscious Lemon *

Lemon or White Cake mix 1 can Lemon pie filling 3 eggs

Top with a lemon glaze and whipped topping

Pumpkin Caramel *

Spice Cake mix 1 can solid pumpkin
3 eggs ½ tsp. Cinnamon, optional

Drizzle with caramel ice cream topping and top with whipped topping! A sprinkle of cinnamon sugar is nice too.

Raging Red Raspberry *

White or chocolate cake mix 1 can raspberry pie filling 3 eggs

Top with whipped topping and grated chocolate (white or reg.) and nuts

Apple Cinnamon Spice *

Spice Cake Mix 1 can apple pie filling 3 eggs

Drizzle with caramel. Top with ice cream or whipped topping.

Banana Banana *

Banana Cake Mix 3 eggs
1 Can banana cream pie filling or 14oz. mashed bananas

Glaze with powdered sugar glaze and chopped walnuts

Fantastic, Quick Chocolate Cake * - (4 ingredients)

Chocolate cake mix 16 oz sour cream 3 eggs

½ cup chocolate chips Sprinkle with powdered sugar
(For a really fancy final touch, fill center with strawberries!)

*With the above recipes - follow these instructions.

Mix eggs and pie filling in Tupperware bowl. Add cake mix and blend well. Pour batter into 3 qt. Tupperware with cone and microwave on high for 8-13 minutes (depending on the watts in your mw - if you have a higher wattage you will cook it for less time, ie: 1000 or more watts = 8 minutes cooking time). Let cake cool and invert onto a plate or tray or cake taker, and top with icing or whatever recipe calls for.
