

**Microwave Pressure Cooker**



**Your Tupperware Consultant**

**Tupperware  
Microwave Pressure Cooker  
Recipes**

### How a Pressure Cooker Works Overview

In a tightly sealed pot, the boiling point of liquid is higher. Why does this matter? In a normal cooking pot water boils at 212 F, and the boiling water creates steam that stays at about 212 F as well. Seal that environment (like you do in a pressure cooker) and everything changes. When the water gets hot enough to boil inside the cooker, the water molecules can't escape it. This in turn increases the pressure within the cooker. More energy is now needed to make the water boil and steam. AND THIS increases the internal temperature inside the pressure cooker.

To Recap - You now have pressure in your pressure cooker, (created by the water molecules that can't escape) and that pressure measures at about 7 - 8 psi ("pounds per square inch"- this is just what pressure is measured in). 8 psi translates into your food cooking around 240F/115C.

Safety Feature – our pressure cooker can go up to 14 psi before safety features will need to be engaged. With your foods cooking at such a high temperature in a closed environment you can extract more flavor from your ingredients & quickly cook and tenderize meats that would normally require hours in the oven. If you are a vegetarian you still need this product to quickly cook all sorts of legumes and beans. So much better tasting than canned, you won't want to go back after eating fresh. Example on how this translates into cooking meat – in tougher cheap cuts of meat (like a chuck roast used in the pot roast recipe) you are relying on the length of time exposed to heat to break down the connective tissue in the meat. Once that connective tissue is broken down the meat is no longer chewy but tender. This break down is accelerated and made possible in 30 minutes through using the higher cooking temperatures in the pressure cooker.

### **Summer Poached Pears**

2 pears, peeled, halved and cored	¼ cup golden raisins
¼ cup dried cranberries	¾ cup pink lemonade
¼ cup honey	½ tsp. coconut extract

1. Place pears in base of **Tupperware Microwave Pressure Cooker**. In medium bowl, stir together remaining ingredients and pour over pears. Seal and microwave on high power 10 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 4–6 minutes.
3. Serve warm with vanilla ice cream, if desired.

## Cheeseburger Pasta

8 oz. macaroni  
½ lb. ground beef  
1 small onion, peeled and finely chopped using **Chop 'N Prep**  
¼ cup ketchup  
2 tbsp. yellow mustard  
2 tbsp. dill relish  
1 1/3 cups beef stock  
½ tsp. coarse kosher salt  
1 cup shredded cheddar cheese

1. Combine ingredients, except for cheese, in base of **Tupperware Microwave Pressure Cooker**. Stir to make sure noodles are submerged. If not submerged add ½ cup extra beef stock. Seal and microwave on high power 15 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 5 minutes.
3. Stir and serve warm topped with cheese.

## Chicken 'n dumplings

4 skinless, boneless chicken breasts  
1 onion, finely chopped using **Chop 'N Prep**  
2 tablespoons butter  
2 cans cream of chicken soup  
16 oz. chicken broth  
1 package frozen noodles (Reames brand)

1. Put all ingredients EXCEPT noodles into **Tupperware Microwave Pressure Cooker**. Add enough broth to reach max fill line. Cook for 30 minutes. Remove chicken. Add noodles and some additional broth if needed. Cook 12 minutes. While noodles are cooking, shred chicken. Add chicken to noodles and serve.

## Black Bean Soup

16-oz. package black beans  
1 medium onion, peeled and quartered  
2 garlic cloves, peeled  
1 green bell pepper, seeded, cored and quartered 1 tbsp.

### Southwest Chipotle Seasoning

1 ½ tsp. coarse kosher salt  
¼ cup sherry vinegar  
3 cups vegetable stock

1. Rinse beans, place in a bowl or base of **Tupperware Microwave Pressure Cooker**, cover with water, and soak overnight.
2. Drain and rinse beans and place in base of **Tupperware Microwave Pressure Cooker**.
3. Place onion, garlic and pepper in base of **Power Chef™ System** fitted with blade attachment. Cover and pull cord several times to chop. Add to beans along with seasonings and vinegar. Cover to maximum fill line with vegetable broth. Seal and microwave on high power 30 minutes.
4. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 – 15 minutes.
5. Remove 2 cups beans and place in base of **Power Chef™ System** fitted with blade attachment. Cover, pull cord several times to process and stir into soup to slightly thicken. Serve garnished with sour cream, cilantro or red onion, if desired.

## Chicken Orzo Soup

- 3 lb. whole chicken
- 4 cups water, divided
- 2 carrots, peeled & cut in 2" pieces
- 2 celery stalks, peeled & cut in 2" pieces
- 1 medium onion, peeled and quartered
- 2 garlic cloves, peeled
- 1 cup orzo pasta
- 1 ½ tsp. coarse kosher salt
- ½ tsp. black pepper
- 1 lemon, juiced using **Zest N' Press® Gadget**

1. Place chicken breast side up in base of **Tupperware Microwave Pressure Cooker**, and add 3 cups water. Chicken should be submerged in water and contents should not be above the max fill line. Seal and microwave on high power 20 minutes. 20–25 minutes for a 3-lb. chicken.
2. While chicken cooks, add carrots, celery, onion and garlic to base of **Quick Chef® Pro System** fitted with blade attachment. Cover and turn handle until roughly chopped.
3. Remove **Tupperware Microwave Pressure Cooker** from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes.
4. Check to ensure internal temperature of chicken has reached 165° F/ 75° C. Remove chicken from base. Add remaining cup of water, chopped vegetables and remaining ingredients to base of **Tupperware Microwave Pressure Cooker**. Seal and microwave on high power 10 minutes.
5. While pasta and vegetables are cooking, remove chicken meat from bones, discarding skin. Shred larger pieces using 2 forks.
6. Remove Pressure Cooker from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 2 minutes.
7. Stir shredded chicken into soup and serve.

## One Pot Pasta

- 1 onion, peeled and quartered
- 1 garlic clove, peeled
- 1 tsp. **Italian Herb Seasoning**
- 8 oz. penne pasta
- 24-oz. jar marinara
- 1 cup beef broth
- 1 lb. ground beef (optional)
- Parmesan cheese
- basil

### Without meat

1. Add onion and garlic to base of **Chop 'N Prep Chef**. Cover and pull cord to finely chop.
2. Combine onion and garlic with seasoning, pasta, marinara and broth in base of **Tupperware Microwave Pressure Cooker**. Seal and microwave on high power 10 minutes.
3. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 2–4 minutes, before opening.
4. Serve topped with Parmesan cheese and basil, if desired.

### With meat

1. Place **Tupperware Microwave Pressure Cooker** base underneath **Fusion Master™**, fitted with the coarse mincer disc. Fill hopper with beef and turn handle to begin processing. Once there is room in the hopper, add remaining beef followed by onion and garlic until all have been processed.
2. Add seasoning, pasta, marinara and broth to meat in **Tupperware Microwave Pressure Cooker** base and microwave on high power 15 minutes.
3. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 3–5 minutes, before opening.
4. Serve topped with parmesan cheese and basil, if desired.

## Roast Beef with Horseradish Cream Sauce

3-lb. beef eye round or rump roast

1 Tbsp. **Steak & Chop Seasoning**

**3 cups beef stock**

$\frac{3}{4}$  cup sour cream

1 tbsp. horseradish

$\frac{1}{4}$  tsp. coarse kosher salt

$\frac{1}{4}$  tsp. black pepper

1 tbsp. mayonnaise

3 green onions, chopped using **Chop 'N Prep Chef**

1. Coat roast with seasoning and place in base of **Tupperware Microwave Pressure Cooker**. Pour beef stock into base to maximum fill line, about 3 cups.\* Seal and microwave on high:
2. Below are guidelines for doneness
  - 20 minutes for a medium rare center
  - 25 minutes for a medium center
  - 30 minutes for a well-done center
3. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10-15 minutes.
4. Remove roast to cutting board. Allow to rest at least 10 minutes before slicing.
5. Meanwhile mix together remaining ingredients to create horseradish cream sauce.
7. Slice beef and serve with sauce.

\*If the shape of your roast causes it to rise about the max fill line, simply trim off that portion. Submerge this piece into the beef broth next to your roast. This piece will be well done. Any portions above the max fill line or not submerged in broth may burn.

## OJ Beet Salad

3 beets, peeled

1 cup orange juice

1 tsp. coarse kosher salt

$\frac{1}{4}$  cup walnuts, toasted

$\frac{1}{4}$  cup crumbled goat cheese mixed greens of your choice

1. Set **Mandoline** round knob to #9, triangle knob to “lock” and select the straight v-shaped blade insert. Secure beet to food guider. Push food guider down **Mandoline** to slice beets into discs. Repeat with remaining beets.
2. Place sliced beets in base of **Tupperware Microwave Pressure Cooker** and pour orange juice and salt over them. Seal and microwave on high power 10 minutes.
3. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 4–6 minutes.
4. Top with walnuts and goat cheese. Serve over mixed greens with orange wedges and another splash of orange juice, if desired.

## Mushroom Risotto

1 cup Arborio rice

8 oz. fresh mushrooms, sliced

1 tsp. coarse kosher salt

1 Tbsp. extra virgin olive oil

2  $\frac{1}{4}$  cups vegetable stock or water\*

1 small onion, peeled, halved and chopped in **Chop 'N Prep Chef**

$\frac{1}{2}$  cup Parmesan cheese

1. Rinse Arborio rice in strainer until water runs clear, about 30–60 seconds.
2. Pour rice into **Tupperware Microwave Pressure Cooker** base and add vegetable stock, mushrooms, onion, salt and oil. Seal and microwave on 70% power 13 minutes.
3. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 4–6 minutes, before opening.
4. Remove cover and stir in Parmesan cheese.

## Shredded Chicken Nachos

1 lb. boneless skinless chicken breast  
10-oz. jar enchilada sauce  
4 oz. tortilla chips  
½ onion, peeled and quartered  
½ green bell pepper, seeded, cored and quartered  
1 cup shredded Mexican cheese blend      ¼ cup black olives  
¼ cup jalapenos      ¼ cup sour cream

1. Place chicken breasts in base of **Tupperware Microwave Pressure Cooker**. Pour enchilada sauce over chicken. Chicken should be mostly submerged in sauce. Seal and microwave on high power 15 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator is fully lowered, about 5–10 minutes.
3. Remove chicken to cutting board and shred using 2 forks. Return shredded chicken to **Tupperware Microwave Pressure Cooker** base and mix with enchilada sauce.
4. Place onion and green pepper in base of **Quick Chef® Pro System**, fitted with blade attachment. Cover and turn handle to roughly chop.
5. Place tortillas onto desired serving plate and top with shredded chicken mixture. Add remaining toppings and serve.

## Chicken Tacos, Nachos & Enchiladas

2 lbs. chicken – cubed      2 cups broth  
2-4 Tbsp. (to taste) Southwest Chipotle Seasoning Blend

1. Put chicken in base of **Tupperware Microwave Pressure Cooker**. Cover with broth and seasoning. Seal and microwave on high for 15 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers.
3. Reserve 1/2 cup of liquid and drain excess. Shred with fork and serve.

## Chicken Parmesan Meatballs

1 lb. boneless skinless chicken breast, cut into 1"/2.5 cm cubes  
2 garlic cloves, peeled  
1/2 medium onion, peeled quartered  
3/4 cup breadcrumbs  
1 tbsp. Italian Herb Seasoning  
1 egg, beaten  
3 cups marinara sauce  
1 cup Parmesan cheese

1. Assemble **Fusion Master™** with coarse mincer disc and place medium bowl underneath hopper.
2. Fill hopper with chicken and turn handle to process. Once there is room in the hopper add garlic and onion, followed by more chicken. Continue processing until all chicken, garlic and onion is processed.
3. Add breadcrumbs, seasoning, egg, and Parmesan to chicken mixture and stir to combine.
4. Once combined, use ice cream scoop to help form mixture into meatballs.
5. Place meatballs in base of **Tupperware Microwave Pressure Cooker**. Cover with marinara sauce. Seal and microwave on high power 15 minutes.
6. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 6–8 minutes. Check to ensure internal temperature of meatballs has reached 165° F/75° C.
7. Serve warm, topped with Parmesan cheese.

## Beef & Broccoli

- 1 ½ –2 lb. flank steak, cut into 4 quarters
- 1 tsp. **Steak & Chop Seasoning**
- 4 garlic cloves, peeled and minced in **Chop 'N Prep Chef**
- 1 ¾ cups beef stock, divided
- ½ cup low-sodium soy sauce
- 1 tbsp. sesame oil
- ¼ cup brown sugar
- 3 Tbsp. corn starch
- 14-oz. bag frozen broccoli florets

1. Season steak with seasoning and place in base of **Tupperware Microwave Pressure Cooker**. In a medium bowl, combine garlic, 1 ½ cups beef stock, soy sauce, sesame oil and brown sugar. Pour over steak. Add extra stock if meat is not fully submerged. Seal and microwave on high power 30 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10–15 minutes.
3. Remove steak to a cutting board and pull apart using 2 forks.
4. In small bowl, whisk together corn starch and remaining ¼ cup beef stock. Whisk into warm liquid in base of Pressure Cooker. Stir frozen broccoli into liquid in Pressure Cooker. Seal and microwave on high power 5 minutes. Serve warm and over rice, if desired.

## Pulled Pork

- 2-3 lb. pork butt (Cut up in 4 - 5 chunks)
- 1 can beef broth
- 1 pkg Lipton onion soup
- BBQ Sauce (optional)
- Hawaiian Sweet Bread rolls

1. Place first 3 ingredients in **Tupperware Microwave Pressure Cooker**. Cook for 30 min.
2. Put back in microwave for 15 minutes. Let rest 5-10 minutes. Pull apart using 2 forks and add BBQ sauce. Serve on rolls or Hawaiian sweet bread.

## Lentil Sloppy Joes

- 1 ½ cups brown lentils
- 2 cups water
- 1 sm. onion, peeled, quartered and chopped in **Chop 'N Prep Chef**
- 2 tsp. **Steak & Chop Seasoning**
- 15-oz. jar tomato sauce
- 2 tbsp. brown sugar
- 1 tbsp. red wine vinegar
- 1 tbsp. chili powder

1. Rinse lentils and place in base of **Tupperware Microwave Pressure Cooker**. Add water, onion and seasoning. Seal and microwave on high power 22 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 8–10 minutes.
3. While pressure is releasing, combine remaining ingredients in 1-Qt./1 L Micro Pitcher, cover and microwave on high power 3 minutes.
4. Stir tomato mixture into lentils and serve warm on desired bun.

## Pulled Pork Sandwich

2-lb. boneless pork butt, cut in half lengthwise

1 tsp. coarse kosher salt                      ½ tsp. black pepper  
2 cups apple cider                              2 tbsp. apple cider vinegar

1. Place pork in base of **Tupperware Microwave Pressure Cooker** and season with salt and pepper.
2. Pour cider and vinegar over pork. Cider should cover pork and not exceed max fill line. Seal and microwave on high power 30 minutes.
3. Remove from microwave and allow pressure to release naturally until red pressure indicator is fully lowered, about 10-15 minutes.
4. Check to ensure internal temperature of pork has reached 145° F/63° C. Remove to a cutting board and shred using 2 forks.
5. Serve warm on buns or Texas toast with desired condiments.

## Pot Roast

2 lb beef chuck roast – cut into pieces

1½ tsp. **Steak & Chop Seasoning**

¼ cup all purpose flour                      2 Tbsp. apple cider vinegar

1 onion peeled sliced                      2 cups beef stock

2 large carrots peeled & cut in ½ inch pieces

1/2 lb red potatoes cut in half – or quartered if larger potatoes

1. Place beef in base of **Tupperware Microwave Pressure Cooker**. sprinkle seasoning and flour In a small bowl. Whisk stock into flour and pour over beef. Add remaining ingredients to **Tupperware Microwave Pressure Cooker** base and seal. Microwave on HIGH for 30 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers (about 10 minutes.)
3. Let beef rest for 5 minutes before cutting.

## Chicken Paprika

4 to 5 chicken breasts or thighs

1 tomato, chopped

1 green pepper cut into 1/3 strips

1 clove garlic, chopped

2 Tbsp paprika

1 tsp salt

¼ tsp pepper

1 medium onion, sliced

1 can low sodium chicken stock

1. Place ingredients in the base of **Tupperware Microwave Pressure Cooker**. Add water or additional chicken stock to max fill line or to make sure all the chicken is covered with liquid. Cook in the microwave for 20 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers (about 10 minutes.) Chicken should be fall off the bone tender.

## Barbeque Ribs

St. Louis Ribs

1½ tsp. **Steak & Chop Seasoning**

1 chopped onion

1 can beef broth

BBQ Sauce

1. Cut up a strip of St Louis Style ribs into 6 sections. Season and add one onion, chopped. Place in the **Tupperware Microwave Pressure Cooker** and cover with beef stock to the Max fill line or until meat is covered. Microwave for 25 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers (about 10 minutes.)
3. Remove ribs from base and place in **Vent N Serve** container and cover with your favorite BBQ sauce. REHEAT in the microwave for approx. 4 minutes.



## Pinto Beans

1 lb pinto beans                      2 cloves of garlic  
½ onion sliced                        salt to taste

1. Place all ingredients in **Tupperware Microwave Pressure Cooker**. Cover with water or vegetable stock. Seal and microwave on high power for 30 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 5 minutes.
3. Put back in microwave and cook 10-20 minutes longer, depending on wattage.

## Pork Tenderloin with Raisin Cream Sauce

2–3 lb. pork tenderloin            1 tsp. coarse kosher salt  
½ tsp. black pepper                ½ cup golden raisins  
1 ½ cups apple cider              ¼ cup heavy cream  
2 tbsp. corn starch

1. Season tenderloin with salt and pepper. Place in base of **Tupperware Microwave Pressure Cooker**. Add raisins and apple cider to Pressure Cooker. Seal and microwave on high power 15 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes. Check to ensure internal temperature of pork has reached 145° F/63° C.
3. Remove pork from Pressure Cooker and place on cutting board.
4. In a small bowl, whisk the corn starch into heavy cream until combined. Whisk cream mixture into liquid in base of **Tupperware Microwave Pressure Cooker**. Seal and microwave on high power 1–2 minutes.
5. Slice pork tenderloin and serve with warm raisin cream sauce.

## Corned Beef Brisket

1 corned beef brisket,  
6-8 smaller potatoes (cut in half)  
½ head cabbage, rough chopped  
Beef Broth

1. Please brisket, cut into quarters into the **Tupperware Microwave Pressure Cooker**. Add potatoes and cover with low sodium Beef stock until roast and potatoes are covered or to max fill line. Microwave for 25 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 8–10 minutes.
3. Remove meat, and let rest, covered for 10 minutes. Add cabbage to the pressure cooker and reseal. The liquid will cook the cabbage to the tender stage while the roast is resting.

## Sausage & Peppers

5 sausage links, about 1¼ lbs.  
1 onion, peeled and thinly sliced  
1 green bell pepper, seeded and sliced  
1 red bell pepper, seeded and sliced  
2 garlic cloves, peeled and minced  
15-oz. can diced tomatoes  
1 tsp. **Italian Herb Seasoning**

1. Place sausage links in base of **Tupperware Microwave Pressure Cooker**. Add all remaining ingredients to base of Pressure Cooker. Seal and microwave on high power 15 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 8–10 minutes.
3. Serve on a hoagie roll or over rice, if desired.

## Chicken Curry

2 lb. boneless skinless chicken breast  
13.5-oz. can coconut milk                      2 Tbsp. red curry paste  
1 red pepper    1 small onion  
5-oz. can water chestnuts, drained    1 tsp. coarse kosher salt  
8 oz. snap peas

1. Add red pepper and onion to base of **Quick Chef® Pro System** fitted with blade attachment. Cover and turn handle until roughly chopped.
2. Combine ingredients, except snap peas, in base of **Tupperware Microwave Pressure Cooker**, making sure chicken is submerged in coconut milk. Seal and microwave on high power 20 minutes.
3. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes.
4. Remove chicken and place on cutting board. Add snap peas to Pressure Cooker and seal. Allow these to steam while chopping chicken or shredding chicken using 2 forks. Serve warm, over rice if desired.

## BBQ Chicken

6 chicken breasts\*  
2 cups of your favorite bbq sauce  
1 cup diet soda

1. Put chicken in base of **Tupperware Microwave Pressure Cooker**. Add bbq sauce and soda. Seal and microwave on high for 30 minutes.
2. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 – 15 minutes.
3. Drain off excess liquid and pressure cook an additional 15 min. (2 Weight Watcher points per 1/2 cup serving)

\*6 pork loin chops can be used

## Cajun Red Beans

16-oz. package dry red kidney beans  
1 medium onion, peeled and quartered  
3 garlic cloves, peeled  
1 ½ tbsp. Cajun seasoning  
1 tsp. coarse kosher salt  
1 green pepper, seeded, cored and quartered  
2 celery stalks, quartered  
3 cups vegetable stock

1. Rinse beans, place in a bowl or base of **Tupperware Microwave Pressure Cooker** cover with water, and soak overnight.
2. Drain and rinse beans and place in base **Tupperware Microwave Pressure Cooker**
3. Combine onion, garlic, pepper and celery in base of **Power Chef™ System** fitted with blade attachment. Cover, pull cord several times to chop and add to **Tupperware Microwave Pressure Cooker**. Stir in seasonings and cover to maximum fill line with vegetable broth. Seal and microwave on high power 30 minutes.
4. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10– 15 minutes
5. Place 2 cups beans in base of **Power Chef™ System** , fitted with blade attachment. Cover, pull cord several times to process and stir back into beans to thicken mixture. Serve over rice with hot sauce, if desired.