

Serves 6

Serving size: 4 oz./115 g steak served with broccoli & sauce

PREP: 5 minutes

COOK: 35 minutes

BEEF & Broccoli

1½–2 lb./680 g–1 kg flank steak, cut into 4 quarters
1 tsp. Steak & Chop Seasoning
4 garlic cloves, peeled and minced in Chop 'N Prep Chef
1¾ cups beef stock, divided
½ cup low-sodium soy sauce
1 tbsp. sesame oil
¼ cup brown sugar
3 tbsp. corn starch
14-oz./415 g bag frozen broccoli florets

1. Season steak with seasoning and place in base of Microwave Pressure Cooker.
2. In a medium bowl, combine garlic, 1½ 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.
3. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10–15 minutes. 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.
5. Stir frozen broccoli into liquid in Pressure Cooker. Seal and microwave on high power 5 minutes.
6. Serve warm and over rice, if desired.

Nutritional Information (per serving):

Calories: 340 Total Fat: 13g Saturated Fat: 4.5g Cholesterol: 90mg Carbohydrate: 17g Sugar: 8g Fiber: 2g Protein: 34g Sodium: 1050mg Vitamin A: 0% Vitamin C: 40% Calcium: 4% Iron: 10%



Microwave Pressure Cooker



Steak & Chop



Chop 'N Prep Chef



Whisk



Measuring Cups



Measuring Spoons



Silicone Spatula

Serves 6
Serving size: 1 cup

PREP: 5 minutes
COOK: 30 minutes

Black Bean SOUP

16-oz./455 g 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
1½ tsp. coarse kosher salt
¼ cup sherry vinegar
3 cups vegetable stock

1. Rinse beans, place in a bowl or base of Microwave Pressure Cooker, cover with water, and soak overnight.
2. Drain and rinse beans and place in base of 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, should be about 3 cups.
4. Seal and microwave on high power 30 minutes. 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.

Nutritional Information (per serving):

Calories: 270 Total Fat: 1g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 51g
Sugar: 4g Fiber: 17g Protein: 16g Sodium: 880mg Vitamin A: 2% Vitamin C: 30%
Calcium: 6% Iron: 25%



Microwave Pressure
Cooker



Southwest
Chipotle



Power Chef™ System



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 6
Serving size: 1 cup

PREP: 5 minutes
COOK: 30 minutes

Cajun RED BEANS

16-oz./455 g package dry red kidney beans
1 medium onion, peeled and quartered
3 garlic cloves, peeled
1 green pepper, seeded, cored and quartered
2 celery stalks, quartered
3 cups vegetable stock
1½ tbsp. Cajun seasoning
1 tsp. coarse kosher salt

1. Rinse beans, place in a bowl or base of Microwave Pressure Cooker, cover with water, and soak overnight.
2. Drain and rinse beans and place in base of 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 Pressure Cooker.
4. Stir in seasonings and cover to maximum fill line with vegetable broth, should be about 3 cups. Seal and microwave on high power 30 minutes.
5. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10–15 minutes
6. 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.
7. Serve over rice with hot sauce, if desired.

Nutritional Information (per serving):

Calories: 260 Total Fat: 1g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 47g
Sugar: 4g Fiber: 13g Protein: 16g Sodium: 870mg Vitamin A: 2% Vitamin C: 30%
Calcium: 6% Iron: 25%



Microwave Pressure
Cooker



Power Chef™ System



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 4
Serving size: 1 cup

PREP: 5 minutes
COOK: 15 minutes

Cheeseburger PASTA

8 oz./225 g macaroni
½ lb./225 g ground beef
1 small onion, peeled and finely chopped using Chop 'N Prep Chef
¼ cup ketchup
2 tbsp. yellow mustard
2 tbsp. dill relish
1 ⅓ cups beef stock
½ tsp. coarse kosher salt
1 cup shredded cheddar cheese

1. Combine ingredients, except for cheese, in base of Microwave Pressure Cooker. Stir to make sure noodles are submerged. If not submerged add ½ cup extra beef stock.
2. Seal and microwave on high power 15 minutes. 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.

Nutritional Information (per serving):
Calories: 470 Total Fat: 18g Saturated Fat: 9g Cholesterol: 65mg Carbohydrate: 52g
Sugar: 8g Fiber: 3g Protein: 25g Sodium: 1000mg Vitamin A: 8% Vitamin C: 6%
Calcium: 25% Iron: 10%



Microwave Pressure
Cooker



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 6

Serving size: 4 oz./115 g chicken, 1 cup veggies and sauce

PREP: 5 minutes

COOK: 20 minutes

Chicken CURRY

2 lb./1 kg boneless skinless chicken breast
13.5-oz./400 g can coconut milk
2 tbsp. red curry paste
1 red pepper, roughly chopped using Quick Chef® Pro System
1 small onion, roughly chopped using Quick Chef® Pro System
5-oz./140 g can water chestnuts, drained
1 tsp. coarse kosher salt
8 oz./225 g snap peas

1. Combine ingredients, except snap peas, in base of Microwave Pressure Cooker, making sure chicken is submerged in coconut milk.
2. Seal and microwave on high power 20 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes.
3. 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.
4. Serve warm, over rice if desired.

Nutritional Information (per serving):

Calories: 350 Total Fat: 17g Saturated Fat: 13g Cholesterol: 90mg Carbohydrate: 13g Sugar: 5g Fiber: 3g Protein: 36g Sodium: 650mg Vitamin A: 15% Vitamin C: 60% Calcium: 6% Iron: 20%



Microwave Pressure
Cooker



Quick Chef® Pro
System



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 8

Serving size: 1 cup

PREP: 10 minutes

COOK: 40 minutes

Chicken Orzo SOUP

3 lb./1.3 kg whole chicken
4 cups water, divided
2 carrots, peeled & cut in 2"/5 cm pieces
2 celery stalks, peeled & cut in 2"/5 cm pieces
1 medium onion, peeled and quartered
2 garlic cloves, peeled
1 cup orzo pasta
1½ 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 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./1.3 kg 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 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 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.

Nutritional Information (per serving):

Calories: 290 Total Fat: 11g Saturated Fat: 3g Cholesterol: 70mg Carbohydrate: 21g
Sugar: 4g Fiber: 2 g Protein: 25g Sodium: 460mg Vitamin A: 70% Vitamin C: 10%
Calcium: 4% Iron: 10%



Microwave Pressure
Cooker



Zest 'N Press®
Gadget



Quick Chef® Pro
System



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 5
Serving size: 2 meatballs

PREP: 10 minutes

COOK: 15 minutes

Chicken Parmesan MEATBALLS

1 lb./455 g boneless skinless chicken breast, cut into 1"/2.5 cm cubes
2 garlic cloves, peeled
½ medium onion, peeled quartered
¾ 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 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. Serve warm, topped with Parmesan cheese.

Nutritional Information (per serving):

Calories: 400 Total Fat: 17g Saturated Fat: 8g Cholesterol: 120mg Carbohydrate: 26g Sugar: 11g Fiber: 5g Protein: 35g Sodium: 1260mg Vitamin A: 15% Vitamin C: 10% Calcium: 30% Iron: 15%



Microwave Pressure
Cooker



Italian Herb



Fusion Master™



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 4
Serving size: 1 cup

PREP: 5 minutes
COOK: 22 minutes

Lentil SLOPPY JOES

1½ cups brown lentils
2 cups water
1 small onion, peeled, quartered and chopped using Chop 'N Prep Chef
2 tsp. Steak & Chop Seasoning
15-oz./425 g jar tomato sauce
2 tbsp. brown sugar
1 tbsp. red wine vinegar
1 tbsp. chili powder

1. Rinse lentils and place in base of Microwave Pressure Cooker. Add water, onion and seasoning.
2. Seal and microwave on high power 22 minutes. 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.

Nutritional Information (per serving, without bun):
Calories: 320 Total Fat: 1.5g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 58g
Sugar: 14g Fiber: 13g Protein: 21g Sodium: 260mg Vitamin A: 10% Vitamin C: 15%
Calcium: 6% Iron: 30%



Microwave Pressure
Cooker



Chop 'N Prep
Chef



Steak & Chop



1-Qt./1 L Micro
Pitcher



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 4
Serving size: 3-4 slices

PREP: 5 minutes
COOK: 10 minutes

OJ Beet SALAD

3 beets, peeled
1 cup orange juice
1 tsp. coarse kosher salt
¼ cup walnuts, toasted
¼ 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.
2. Secure beet to food guider. Push food guider down Mandoline to slice beets into discs. Repeat with remaining beets.
3. Place sliced beets in base of Microwave Pressure Cooker and pour orange juice and salt over them.
4. Seal and microwave on high power 10 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 4-6 minutes.
5. Top with walnuts and goat cheese. Serve over mixed greens with orange wedges and another splash of orange juice, if desired.

Nutritional Information (per serving):

Calories: 140 Total Fat: 7g Saturated Fat: 4.5g Cholesterol: 15mg Carbohydrate: 14g Sugar: 10g Fiber: 2g Protein: 6g Sodium: 640mg Vitamin A: 8% Vitamin C: 40% Calcium: 8% Iron: 6%



Microwave Pressure
Cooker



Mandoline



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 6–8

Serving size: 4 oz./115 g pork served with sauce

PREP: 5 minutes

COOK: 15 minutes

PORK TENDERLOIN with Raisin Cream Sauce

2–3 lb./1–1.3 kg pork tenderloin

1 tsp. coarse kosher salt

½ tsp. black pepper

½ cup golden raisins

1½ cups apple cider

¼ cup heavy cream

2 tbsp. corn starch

1. Season tenderloin with salt and pepper. Place in base of Microwave Pressure Cooker.
2. Add raisins and apple cider to Pressure Cooker.
3. Seal and microwave on high power 15 minutes. 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.
4. Remove pork from Pressure Cooker and place on cutting board.
5. In a small bowl, whisk the corn starch into heavy cream until combined. Whisk cream mixture into liquid in base of Pressure Cooker. Seal and microwave on high power 1–2 minutes.
6. Slice pork tenderloin and serve with warm raisin cream sauce.

Nutritional Information (per serving):

Calories: 310 Total Fat: 10g Saturated Fat: 4.5g Cholesterol: 125mg Carbohydrate: 16g Sugar: 12g Fiber: 1g Protein: 37g Sodium: 330mg Vitamin A: 2% Vitamin C: 2% Calcium: 2% Iron: 10%



Microwave Pressure Cooker



Whisk



Measuring Cups



Measuring Spoons



Silicone Spatula

Serves 8
Serving size: 4 oz./115 g

PREP: 5 minutes
COOK: 30 minutes

Pulled Pork SANDWICH

2-lb./1 kg 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 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.

Nutritional Information (per serving meat only):

Calories: 120 Total Fat: 3.5g Saturated Fat: 1.5g Cholesterol: 40mg Carbohydrate: 8g Sugar: 7g Fiber: 0g Protein: 12g Sodium: 290mg Vitamin A: 0% Vitamin C: 0% Calcium: 0% Iron: 4%



Microwave Pressure
Cooker



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 8

Serving size: 4 oz./115 g + 2 tbsp. horseradish sauce

PREP: 10 minutes

COOK: 20-30 minutes

ROAST BEEF

with Horseradish Cream Sauce

3-lb./1.3 kg beef eye round or rump roast
1 tbsp. Steak & Chop Seasoning
3 cups beef stock
¾ cup sour cream
1 tbsp. horseradish
¼ tsp. coarse kosher salt
¼ 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 Microwave Pressure Cooker.
2. Pour beef stock into base to maximum fill line, about 3 cups.*
3. Seal and microwave on high : 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
4. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10-15 minutes.
5. Remove roast to cutting board. Allow to rest at least 10 minutes before slicing.
6. 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 mx fill line or not submerged in broth may burn.*

Nutritional Information (per serving):

Calories: 300 Total Fat: 14g Saturated Fat: 6g Cholesterol: 120mg Carbohydrate: 2g Sugar: 1g Fiber: 0g Protein: 39g Sodium: 490mg Vitamin A: 4% Vitamin C: 2% Calcium: 4% Iron: 20%



Microwave Pressure Cooker



Steak & Chop



Chop 'N Prep Chef



Measuring Cups



Measuring Spoons



Silicone Spatula

Serves 5

Serving size: 1 sausage link served with peppers and onions

PREP: 10 minutes

COOK: 15 minutes

SAUSAGE & Peppers

5 sausage links, about 1¼ lbs./565 g
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./425 g can diced tomatoes
1 tsp. Italian Herb Seasoning

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

Nutritional Information (per serving, with sweet Italian sausage):

Calories: 170 Total Fat: 7g Saturated Fat: 3g Cholesterol: 25mg Carbohydrate: 11g
Sugar: 5g Fiber: 3g Protein: 15g Sodium: 750mg Vitamin A: 25% Vitamin C: 110%
Calcium: 4% Iron: 10%



Microwave Pressure
Cooker



Italian Herb



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 4

Serving size: 4 oz./115 g chicken with toppings

PREP: 10 minutes

COOK: 15 minutes

Shredded Chicken NACHOS

1 lb./545 g boneless skinless chicken breast
10-oz./285 g jar enchilada sauce
½ onion, peeled and quartered
½ green bell pepper, seeded, cored and quartered
4 oz./115 g tortilla chips
1 cup shredded Mexican cheese blend
¼ cup black olives
¼ cup jalapenos
¼ cup sour cream

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

Nutritional Information (per serving):

Calories: 450 Total Fat: 21 g Saturated Fat: 8 g Cholesterol: 110 mg Carbohydrate: 30 g Sugar: 7 g Fiber: 4 g Protein: 34 g Sodium: 1190 mg Vitamin A: 20 % Vitamin C: 25 % Calcium: 25 % Iron: 10 %



Tupperware®



Microwave Pressure
Cooker



Quick Chef® Pro
System



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

Serves 4

Serving size: ½ pear with ¼ cup dried fruit and sauce

PREP: 10 minutes

COOK: 10 minutes

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

Nutritional Information (per serving):

Calories: 200 Total Fat: 0g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 53g

Sugar: 45g Fiber: 4g Protein: 1g Sodium: 10mg Vitamin A: 0% Vitamin C: 30%

Calcium: 4% Iron: 2%



Tupperware®



Microwave Pressure
Cooker



Measuring
Cups



Measuring
Spoons



Silicone
Spatula