

# TupperWave Stack Cooker Recipes

TupperChatters

Recipes



Thank you to everyone who contributed ideas towards the Recipes!

## 1-2-3 Potato Soup

½ Cup Frozen Chopped Onions

1 Can (14 ½ Oz). Reduced-Sodium Chicken Broth

Salt, Pepper, and Dried Parsley Flakes to Taste

½ of a 22-oz. Pkg. Frozen Mashed Potatoes

1 Pint (2 cups) Half and Half or Milk

Shredded Cheddar Cheese, Bacon Bits, 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.

## 2 Minute Fudge

1 lb confectioner's sugar

1 cup chopped nuts

¼ tsp salt

1 Tbs. vanilla

½ cup cocoa

¼ cup milk

1 stick butter

Mix all but nuts and butter in 3 Qt. TupperWave Casserole. Put butter on top in center of dish. Cook on high for 2 min. until milk feels warm Stir vigorously. Blend in nuts. Cool 15 minutes in the freezer or 35 minutes in the refrigerator and cut into squares.

## 3 Minute Fudge

1 14 oz. Can sweetened condensed milk

1 tsp vanilla

12 oz semi-sweet chocolate chips

1½ cup chopped nuts

1 oz unsweetened chocolate

In 1 Qt. TupperWave stir together milk, chocolate chips and chocolate. Microwave uncovered on high for 1 minute. Stir. Microwave 2 more minutes on high until chocolate is melted and mixture can be stirred smoothly. Stir in vanilla and nuts.

Pour into buttered FreezeSmart Large #1. Refrigerate till firm.

## 9 Minute Peanut Brittle

1 Cup Sugar

½ Cup Light Corn Syrup

1 Cup Dry Roasted Peanuts

1 Tsp. Butter

1 Tsp. Vanilla

1 Tsp. Baking Soda

Butter 12-inch or larger cookie sheet and set aside. Combine sugar and corn syrup in 3 Qt. TupperWave casserole. Microwave on high for 4 minutes. Stir in peanuts; microwave again on high for 4-5 minutes (until light brown). Add butter and vanilla, blend. Microwave on high for 30-60 seconds. Add baking soda; gently stir until well mixed and foamy. Pour on cookie sheet. Cook and crack into pieces.



**Biscuit Breakfast Buns (Sticky Buns)**

1/3 cup packed brown sugar	3 Tbs. butter or margarine	1 Tbs. water
1/3 cup chopped nuts	10 refrigerator biscuits	

Place sugar, butter and water in small microwave container. Heat on full power 1 minute, stir until butter is melted. Sprinkle nuts evenly around 3 Qt. TupperWave Casserole with Cone in place. Cut each biscuit in half. Stir into sugar mixture, coating each piece. Arrange around ring. Cook at full power for 3 minutes (turn ½ way through). Let stand 2 minutes. Invert onto serving dish and serve immediately.

**Broccoli & Chicken Bake**

1-20 oz Pkg. frozen broccoli	2 cups cubed cooked chicken	1 can cream of chicken soup
¼ cup flour	1 cup milk	1 cup mayonnaise
½ tsp onion powder	¼ tsp dill weed	1 Tbs. butter or margarine
1 cup seasoned bread cubes	1½ cup shredded cheddar cheese	

Place thawed broccoli in bottom of 1¾ Qt. TupperWave Casserole. Top with chicken. Combine soup, flour, milk and mayonnaise. Pour over broccoli/chicken then top with bread cubes. Add butter and cheese. Place in Stack Cooker or cook separately 15 min on high.

**Broccoli Bacon Burgers**

4 slices bacon	1 lb ground beef	3 Tbs. dry bread crumbs
2 Tbs. snipped chives	¼ tsp salt	tsp. thyme leaves
tsp. marjoram leaves	2 Tbs. milk	1 egg
Several spears of broccoli		

Prepare bacon in the microwave partially cooked. Combine ground beef and all ingredients except broccoli and bacon. Mix well and form into patties. Top with broccoli spears and cross bacon half strips. Place in 1¾ Qt. TupperWave Casserole or in the Colander over the 1¾ Qt. Casserole. Complete the rest of the stack and cook for 25 minutes.

**Broccoli Dip**

1 stick butter	1 small pkg. Almonds (2¼ oz)
1-10 oz. Pkg. Frozen chopped broccoli	1 small can mushrooms, drained
1 can cream of mushroom soup	1 small jar Kraft Old English Cheese (5 oz.)

In 3 Qt. TupperWave Casserole cook broccoli according to package directions and drain. In 1¾ Qt. TupperWave Casserole melt butter. Stir melted butter, soup, cheese and mushrooms into broccoli. Heat at 70% power until hot about 4-5 minutes, stirring after 2 minutes. Top with almonds and serve with corn chips for dipping.

**Brownie Mix**

4 tsp salt	8 cups sugar	6 cups flour
2 ½ cups cocoa	4 tsp baking powder	

Mix together in Thatsa Bowl. Cut in 2 cups shortening. Store in Modular Mates Container.

To prepare brownies:

2 cups Brownie Mix	2 eggs	1 tsp vanilla
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Stir together and Microwave on high for 4 min. in TupperWave 1 Qt Casserole.

**Brunch for the Stack Cooker**

Level "A"—Herbed Potatoes

Level "B"—Sausage ring

2 lb. Hot or mild sausage (bulk).

Mold first in Jel-Ring and chill for ½ hour.

Level "C"—5 egg omelet

Mix together:

¼ cup green pepper	4 oz mushrooms	5 eggs beaten
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During last standing time may add ½ cup shredded cheese if desired.

**Caramel Apple Dip**

1 bag caramels 2-8 oz. Pkg. cream cheese

Melt in  $\frac{3}{4}$  TupperWave Casserole at 70% power for 3 min. Dip with apples.

**Caramel Corn**

2 Bags of Popped Microwave Popcorn (kernels removed) 10 Large Marshmallows  
1 Stick Margarine 1 Cup Brown Sugar

Combine margarine, brown sugar and marshmallows in 3 Qt. TupperWave casserole. Microwave on high until melted (keep an eye on it), the marshmallows do not lose their shape completely. Take out and stir, it will make a thick sauce. Pour over popcorn in Thatsa Bowl, seal and shake.

**Carrot Cake**

2 cups sugar 1 cup oil 4 eggs 2 cups flour  
1 tsp baking soda 1 tsp salt 2 tsp cinnamon 2 tsp baking powder  
3 cups shredded carrots 1 cup chopped nuts

Beat sugar and oil in bowl until thick. Add eggs; beat well. Sift flour, baking soda, salt, cinnamon and baking powder into mixture; mix well. Fold in carrots and nuts. Pour into 3 Qt. Casserole with Cone. Let stand 5 minutes. Bake 15 minutes on high power and let stand for 5 minutes.

**Cheddar Potato Casserole**

1 Cup Milk 4 Tbsp. Melted Margarine  $\frac{1}{2}$  Tsp. Salt  
 $\frac{1}{2}$  Tsp. Pepper 24 Oz. Bag Frozen Hash Brown Potatoes, thawed 1 Tsp. Paprika  
 $\frac{3}{4}$  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.

**Cheesy Vegetable Casserole**

1-16 oz Pkg. California Blend vegetables 1 small jar cheez whiz  
 $\frac{1}{2}$  can cream of mushroom soup 1 can French fried onion rings

Combine first 3 ingredients. This can be used in the 3 Qt. Casserole as the "C" level of the Stack Cooker. When ready to serve top with onion rings.

**Cheez Whiz on a Budget**

Cube 2 lbs of Velveeta cheese (or store brand) into TupperWave 3 Qt. Casserole, add 2 sticks of margarine and 1 can evaporated milk (can use skim evaporated milk). Melt on 70% power for several min until smooth, stirring every few minutes. Store in the refrigerator in a FreezeSmart Container, Modular Mate Container or One Touch Bowl.

**Cherry-Berry Crunch**

$\frac{1}{3}$  cup margarine or butter 1 cup flour  
 $\frac{1}{2}$  cup rolled oats  $\frac{1}{2}$  cup packed brown sugar  
 $\frac{1}{2}$  cup bran flakes cereal, crushed 1 can (21 oz) prepared cherry pie filling  
1 Pkg. (10 oz) frozen sweetened strawberries, thawed

Microwave on high, margarine in TupperWave Cover 20-30 seconds or until softened. Add flour, oats, bran flakes and brown sugar. Mix with fork until crumbly. Microwave on high, uncovered, 5-6 min or until lightly toasted, stirring twice. Press half of crumb mixture into bottom of 1 Qt TupperWave Casserole. Combine pie filling and strawberries until mixed. Spoon fruit over crust. Sprinkle with remaining crumb mixture. Microwave on high, uncovered, 5-6 min or until filling is bubbly. Serve warm or chilled.

**Cherry Cake**

1 can cherry pie filling

1 box chocolate cake mix

In 3 Qt. Casserole with cone spread can of pie filling on bottom and mix cake as directed on box and pour over pie filling. Let stand for 5 minutes. Bake 13-14 minutes on high power. Let stand for 5 minutes after cooking.

**Chicken and Ham Fold Overs**

4 small boneless, skinless chicken breast

1 cup Crisp Coating Mix

4 ham slices

4 slices Swiss cheese

3 tsp. butter melted

Place in the center of the chicken breast: 1 slice of Swiss cheese and 1 slice of ham. Dip into melted butter (you can also use milk or yogurt if desired) and then dip in Crisp coating Mix or corn flake crumbs. Place in 1 ¾ Qt. TupperWave Casserole, stack and cook. This is the "B" level.

**Chicken Breast Diane**

4 large boneless skinless chicken breast halves

½ tsp salt

¼ tsp black pepper

2 Tbs. olive or salad oil

2 Tbs. butter or margarine

3 Tbs. chopped fresh chives or green onions

Juice of ½ lemon or lime

2 Tbs. brandy (optional)

3 Tbs. chopped parsley

2 tsp Dijon-style mustard

¼ cup chicken broth

Place chicken breast between sheets of waxed paper or plastic wrap. Pound slightly. In 1¾ Qt. TupperWave Casserole melt butter and mix with oil. Place chicken breast in Casserole, coating breasts on both sides. Microwave on high power for 3 min. Let rest for 1 min. Turn breasts over. Microwave again on high power for 3 min until chicken breast are done (not overcooked). Set aside. Sauce by mixing chives or green onion, lime juice and brandy (if used), mustard and parsley in 1¾ Qt. TupperWave Casserole. Microwave on high power for 1 min. Add juices from chicken and broth. Stir until smooth. Pour sauce hot over chicken breast. Serve immediately with noodles.

**Chicken Parmesan**

4 boneless, skinless chicken breast halves

1 egg

1 Tbs. olive oil

½ cup Italian flavored bread crumbs

½ tsp basil

½ tsp garlic powder

¼ cup plus 2 Tbs. grated Parmesan cheese

4 slices mozzarella cheese

1 cup marinara sauce

Rinse chicken and wipe dry. Beat egg and oil until well blended. On a plate toss together bread crumbs, basil, garlic powder and ¼ cup Parmesan cheese. Dip each chicken breast into egg to coat, and then toss into bread crumbs. Press lightly to help them adhere. Arrange chicken in the 1 ¾ Qt. TupperWave Casserole with thickest portion to the outside. Prepare bottom and top layer and stack cook for 25 min or cook separately for 7-9 min on high.

Remove and place 1 slice of mozzarella cheese on top of each piece of chicken, spoon sauce over cheese and cook uncovered 2-3 min until sauce is hot and cheese is melted. Sprinkle remaining Parmesan cheese on top.

**Chili Beef Casserole**

1 lb ground beef or turkey

½ cup chopped onion

Cook in Colander together (beef &amp; onion) for 5 mins.

Add:

1-16 oz can stewed tomatoes

¾ cup instant rice

1-16 oz can kidney beans (undrained)

½ tsp chili powder

¼ tsp cumin

¼ tsp garlic powder

Mix all together with ground meat mixture. You can then use in the stack cooker in the middle layer or you can cook separately for 8-10 min.

During standing time add:

¾ cup jack or cheddar cheese

1 bag of crushed Fritos

**Choco-Lite Brownies**

2/3 cup flour	3/4 cup sugar	1/3 cup unsweetened cocoa
1/4 tsp baking powder	1/4 tsp salt	1/3 cup margarine-melted
2 tsp vanilla	2 eggs (slightly beaten)	Powdered sugar

In large bowl, combine flour, sugar, cocoa, baking powder and salt. Blend well. Add margarine, vanilla and eggs. Stir just to combine. Pour into 1 Qt. TupperWave. Cook 5 minutes on high rotating 3 times.

**Chocolate Cherry Forest Cake**

3/4 can cherry pie filling	1 box chocolate cake mix	1/2 cup oil	3 eggs
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Mix together cake mix, pie filling, oil and eggs. Let stand for 5 minutes. Bake 12 minutes on high power. Let stand for 5 minutes after cooking. Use remaining pie filling to spread over the top of the cake.

**Chocolate Chip Pecan Brownies**

2 oz (2 squares) unsweetened baking chocolate	1 stick butter	2 eggs
3/4 cup sugar	1/2 cup flour	2 tsp vanilla
1/4 tsp salt	1 cup chocolate chips	1 cup coarsely chopped pecans or walnuts

In the 1 Qt TupperWave Casserole cook unsweetened chocolate and butter on high 1 1/2 min or until butter is melted. Stir to melt chocolate. Blend well. In another bowl, beat eggs. Add melted chocolate and butter, sugar, flour, vanilla, baking powder and salt. Blend well. Stir in nuts and chocolate chips. Turn batter into 1 Qt TupperWave casserole. Cook on high 5-6 min until brownies begin to pull away from side of pan. Cake will be moist but will firm up as it cools. Let cool completely before cutting into squares.

**Chocolate Crunch**

1 6 Oz. Pkg. Butterscotch Chips	1 6 Oz. Pkg. Chocolate Chips
1 Cup Salted Peanuts	1 Cup Rippled Potato Chips

Melt butterscotch and chocolate chips in 3 Qt. TupperWave casserole at 50% power for 4-6 minutes, stirring occasionally. Stir in peanuts and potato chips. Drop by teaspoon onto wax paper. Cool until set. Freezes well.

**Chocolate Fondue**

2/3 cup Karo light or dark corn syrup	1/2 cup heavy or whipping cream
1 Pkg. (8 oz) semisweet chocolate	Assorted fresh fruit

In 1 3/4 Qt. TupperWave Casserole combine corn syrup and cream. Microwave on high for 1 1/2 minutes or until boiling. Add chocolate and stir until completely melted. Chocolate fondue can be made a day ahead. Refrigerate and reheat at 50% power before serving. Dip with fresh fruit.

**Chocolate Pecan Cheesecake**

By: Dawn Thomas; aka Cheesecakemaster

**CRUST**

· 1/2 stick BUTTER	· 1/2 cup chopped pecans	· 1/2 cup ground graham crackers
· cinnamon sugar mixture	· 4 tablespoons sugar	

**FILLING**

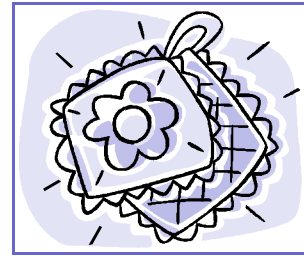
· 8 ounces cream cheese, softened	· 1/2 cup sour cream	· 1/3 cup sugar
· 1/4 cup milk	· 1 beaten egg	· 1 cup chocolate chips
· 1/2 teaspoon vanilla		

**Directions:****CRUST**

Melt butter in the cover for about 45 seconds or until melted. Chop pecans in either the Quick Chef or The Chopper Machine sprinkling with cinnamon sugar mixture before you start. Pour into the melted butter (directly in the cover). Next chop the graham crackers and add them along with the 4 tablespoons sugar to the butter. Mix well and press into the bottom of the cover. Cook on high for 1 to 1 1/2 minutes or until set.

**FILLING**

In Mix-N-Stor Plus combine cream cheese, sour cream, sugar, milk, and egg. Beat with electric mixer on medium until smooth. Melt chocolate chips in the small Rock 'N Serve for about 1 minute or until smooth. Add melted chocolate and vanilla to cream cheese mixture. Pour into crust. (U may have a little extra) Cook uncovered for 11-14 minutes on MEDIUM (50%) or until knife inserted 2 inches from edge comes out clean. Center will be slightly set but not firm. Cool slightly then serve or refrigerate. Top as desired. Store in the refrigerator in the Round Pie Taker.



**Chocolate Zucchini Cake**

- |                        |                            |                   |
|------------------------|----------------------------|-------------------|
| ½ cup soft margarine   | ½ cup vegetable oil        | 1¾ cup sugar      |
| 2 eggs                 | 1 tsp vanilla              | ½ tsp cinnamon    |
| 2 cups grated zucchini | ½ cup sour milk            | 2½ cups flour     |
| 4 Tbs. cocoa           | ½ tsp baking powder        | 1 tsp baking soda |
| ½ tsp ground cloves    | ½ cup mini chocolate chips |                   |

Cream margarine, oil and sugar. Add eggs, vanilla and sour milk. Beat with mixer. Mix together dry ingredients and add to creamed mixture; beat well. Stir in grated zucchini and chocolate chips. Spoon batter into 3 Qt. Casserole with Cone. Let stand for 7 minutes and bake for 12 minutes on high. Hint: If you do not have a spice cake mix, you may take a box of white cake mix and add 1 tsp cinnamon, ½ tsp cloves and ½ tsp nutmeg.

**Creamy Sauce Mix**

- |                         |            |             |              |
|-------------------------|------------|-------------|--------------|
| 1/3 cup nonfat dry milk | 1 tsp salt | ¾ cup flour | ½ cup butter |
|-------------------------|------------|-------------|--------------|

In Medium Mixing Bowl combine above ingredients, cut until crumbly. Store in Modular Mate until needed (makes 3 cups)

**Medium White Sauce**

Combine ½ cup Creamy Sauce Mix and 1 cup water in TupperWave Casserole. Microwave until thick and bubbly.

**Cheese Sauce**

Prepare as for Medium White Sauce. Add 1 cup shredded American cheese. Stir until melted.

**Crisp Coating Mix**

- |                         |                     |                    |                             |
|-------------------------|---------------------|--------------------|-----------------------------|
| 3 cups cornflake crumbs | 1 cup wheat germ    | ½ cup sesame seeds | 5 Tbs. dried parsley flakes |
| 1 Tbs. paprika          | 2 tsp salt          | 1 tsp dry mustard  | 1 tsp onion salt            |
| 1 tsp celery salt       | ½ tsp ground pepper |                    |                             |

In a large bowl combine all ingredients. Seal the bowl and shake until evenly distributed. Pour into a 5 cup Modular Mate and label and seal. Store in a cool, dry place. Use within 2 months.

**Croutons**

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|-----------------|-----------------------------------|---------------|
| 1 stick butter  | Italian Seasoning                 | Garlic powder |
| Parmesan cheese | 4-5 slices bread (cut into cubes) |               |

In 1 Qt. TupperWave Casserole melt butter. Add Italian seasoning, garlic powder and Parmesan cheese to taste. Add bread cubes. Mix bread and butter mixture and cook on high for 5 minutes. Stir after bread has cooked for 2½ minutes. Let stand to cool.

**Crunchy Snack Mix**

- |                             |                               |                              |
|-----------------------------|-------------------------------|------------------------------|
| ½ cup butter                | 1 tsp seasoned or garlic salt | 1-3 oz can chow mein noodles |
| 1 Tbs. Worcestershire sauce | 1-10 oz Pkg. oyster crackers  | 2 cups peanuts               |

In 1¾ TupperWave Casserole place butter. Cook on high 1-2 min until butter melts. Stir in Worcestershire sauce and salt. Mix dry ingredients in TupperWave 3 Qt. Roasting Pan and pour butter mixture over them and stir until well coated. Cook on high 7-8 min, stirring after 3-5 min or until mix is toasted. Cool on paper towels. Yields: 1 Oval 5 or 1 Square 2 Modular Mates Container.

**Dark Chocolate Zucchini Cake**

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|---|-----------------------|----------------------------------|
| 1 Pkg. Duncan Hines Dark Dutch Fudge Cake | 1 tsp ground cinnamon | 3 eggs                           |
| 1¼ cup water                              | ½ oil                 | 1 cup shredded unpeeled zucchini |

Mix all ingredients together except zucchini. Mix for 2 minutes and fold in zucchini. Microwave on high for 12-13 minutes in 3 Qt. Casserole with Cone. Take ½ cup cream cheese frosting, heat in microwave until soft and drizzle over cake.

**Dilly Bars**

A cross between fudge and Rice Krispie treats.

1 stick margarine	1 cup peanut butter	12 oz Pkg. chocolate chips (divided in half)
10½ oz mini marshmallows	2-3 cups Rice Krispies	1 cup dry roasted peanuts (optional)
¼ cup milk	1 tsp vanilla	1-2 cups powdered sugar

In TupperWave Casserole melt margarine on high for approx. 1½ min. Add one half the chocolate chips, peanut butter and marshmallows. Microwave on high for 1½ min until marshmallows are melted. Stir. Add Rice Krispies and nuts (if desired). Spread in a Modular Mate Rectangle #1. In casserole put milk and remaining chocolate chips. Microwave on high for 2½ min. Stir. Add vanilla and as much powdered sugar as needed for thin spreading consistency. Spread over dilly bars. Seal and put in freezer for one hour or refrigerate for longer.

**Easy Bread Pudding**

10 slices cinnamon raisin bread	3 eggs	1 1/2 cup milk
1/4 cup sugar	1/4 tsp. nutmeg	

Mix all together in 3 qt. [TupperWave](#). Cover and cook in microwave for 13 min. Let stand for 5 min. Delicious and quick to make.

**Easy Cheesy Microwave Potatoes**

Makes 4; ¾ cup servings

3 Tbs. margarine— melt in 1 ¾ Qt. TupperWave Casserole for 45 seconds

3 Tbs. flour— stir into melted margarine and cook for 30 seconds. Add dash of salt and 1 cup milk and stir. Microwave on high 2 min, stir and microwave on high 3-4 min stirring every minute or until thickened.

Stir in:

1 cup shredded cheddar cheese	1/3 cup grated Parmesan cheese	4 cups (4 med) potatoes peel & cube
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Cover and microwave on high for 15-20 minutes or until potatoes are cooked, stirring twice during cooking. Wipe Cover dry. In Cover mix 1 Tbs. margarine (melted) and ¼ cup dry bread crumbs. Sprinkle over potato mixture and enjoy.

**Easy Cream Fudge**

1 lb any flavor chocolate coating wafers	1 stick softened butter
1 tsp vanilla	1 14 oz. Can sweetened condensed milk

Line a Bacon Keeper with foil. Butter foil, extend foil up on long side of Bacon Keeper for handles to pull out fudge. In 3 Qt. TupperWave Casserole melt wafers at 5% power for about 5-6 min until chocolate is glossy but holds its shape. Check chocolate frequently as it burns easily. Stir well to finish melting. In 1 Qt. TupperWave Casserole warm remaining ingredients 3-5 min at 5% until butter melts. Stir into melted chocolate. Quickly pour into prepared Bacon Keeper and spread evenly. Cool in refrigerator and pull out of Bacon Keeper. Remove foil and cut into 1 inch squares. Can add chopped nuts, sprinkles, etc.

**Easy Microwave Fudge**

3 cups chocolate chips	1 can (14 oz) Eagle Brand milk
¼ cup margarine	1 cup chopped pecans or walnuts

Place all ingredients except nuts in 3 Qt. TupperWave Casserole. Microwave at 50% power until chocolate chips are melted, 3-5 minutes, stirring once or twice. Stir in nuts. Pour into greased Rectangle #1 Modular Mate Container. Refrigerate until set. Makes 2 lb. Variation: Substitute 1 cup peanut butter chips for chocolate chips.

**Easy Pie Filling Cake**

1 double layer cake mix (any flavor)	
1 can pie filling (flavor to complement cake—Examples: Lemon cake mix with Peach pie filling. Or Chocolate cake mix with cherry pie filling)	3 Eggs

Mix cake mix, pie filling and eggs in a [Mixing Bowl](#). Pour into [TupperWave Casserole](#) with the cone in place. Cook 13 minutes on High Power (in full wattage microwave oven—longer in less powerful oven). Remove cake and cover for 4-5 minutes. Turn out onto a [Cake Taker](#)



## Enchiladas

1 lb. Ground Beef or ground chicken	1 pkg. Corn or Flour Tortillas	1 pkg. Taco Seasoning
1 Can Enchilada Sauce	Mixed Cheese (Cheddar & Jack)	Optional:
1 med. Onion (chopped)	1 Can Olives (chopped)	

Brown ground beef in TupperWave Stack Cooker & colander at 6 Min. per. pound. Stopping half way through to break up with a large spoon. Add taco seasoning into meat, the onions may be added now or at the end. Place the Tortillas into a dishtowel & microwave for 1-2 Min. to soften. Leave the tortillas in the dishtowel to keep warm. Pour the enchilada sauce into the lid of the TupperWave Stack Cooker & dip each tortilla into the sauce & spoon the beef mixture inside. Roll up. Place in Large shallow Rock N Serve. Continue until the tray is full. Sprinkle with extra sauce if desired & add Cheese. Onions & olives may be sprinkled across the top if desired. Microwave for 3-4 Min.

## English Toffee

1 Stick Butter	1 Cup Sugar	Dash Salt
4 Tbsp. Water	½ Cup Sliced Almonds	4 Oz. Milk Chocolate Bar, Finely Broken

Oil or butter top inch of 3 Qt. TupperWave casserole to prevent boil-over. Place butter, sugar, salt and water in casserole. Microwave on high 10-12 minutes or until lightly browned, stirring two times (each with a clean spoon). Sprinkle almonds on a buttered 9x13 pan, pour cooked mixture on top. Sprinkle broken chocolate bar over almond candy. Cool 5 minutes and gently spread chocolate with a spatula. Refrigerate and break into pieces.

## Favorite Meatloaf

2 lb. ground beef	1 medium onion chopped (food chopper)
2 eggs well beaten (E-Series whisk)	1/2 cup tomato catsup (measuring cups)
1/2 t black pepper (measuring spoons)	1/2 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. Put glaze on top of Meatloaf, cover and return to the microwave for an additional 2-3 minutes. Glaze recipe: 3/4 cup catsup, 2 T. ground mustard, 1/2 cup dark brown sugar. Mix together and pour over Meatloaf.

## Festive Holiday Pretzels

12 Pretzels	1 Block White Almond Bark	M&M's
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Place pretzels on wax paper. Melt the almond bark in the Tupperwave 3 Qt. Casserole on 50% power for 45 seconds at a time. Stir. Using a plastic spoon, fill center of pretzel with bark and place M&M's in the center.

## Fudge

2 Lbs. Confectioners Sugar	2 Tbsp. Vanilla	½ Cup Milk
1 Cup Butter	1 Cup Cocoa	1 Cup Chopped Pecans

Blend sugar and cocoa in 3 Qt. TupperWave Casserole. Add milk and butter. Do not stir. Microwave on high for 4-6 minutes, then stir with a wooden spoon until smooth. Add vanilla and nuts, stir until blended. Pour into large FreezerMate 1, seal and refrigerate until set. Cut into squares. After cutting, may be frozen.

## Fuzzy Navel Cake

Cake:		
1 orange cake mix (or yellow cake plus ½ tsp orange extract)		½ cup oil
4 eggs		2/3 cup peach schnapps (can use non-alcoholic)
½ cup orange juice		1 Lg. Pkg. instant vanilla pudding
Glaze:		
4 Tbs. orange juice	2 Tbs. peach schnapps	1 to 1½ cups powdered sugar

Combine all of the cake ingredients in Large Mixing Bowl. Mix thoroughly. Lightly grease and flour (or use powdered sugar) the 3 Qt. Casserole with Cone. Pour the batter evenly into the Casserole and microwave on 50% power for 20-23 minutes. (Cake is done if it appears dry when you lightly scrape surface) While the cake is baking, mix the Glaze in a small bowl until smooth. Remove cake from the microwave and let cool slightly. Turn the cake out onto Round Cake Taker Tray and gently poke holes into the top with a fork. Pour glaze evenly over the top so it soaks into the cake. Cool completely before serving.



**Healthy Super Nachos**

1 lb. Ground beef (for every 7 people)  
 1 Recipe Rotel Dip  
 Sour Cream  
 Chopped Green Onions

1 pkg. Taco Seasoning  
 Shredded Lettuce  
 Picante Sauce

Tortilla Chips  
 Chopped Tomatoes  
 Sliced Black Olives,

Cook ground beef in TupperWave Colander, placed inside 3 qt. Casserole with cover atop, 4-6 minutes per pound on high. (Breaking meat up 1/2 way thru cooking cycle) After the beef is completely cooked, get rid of the grease and debris accumulated in the bottom of the 3 qt. Rinse clean, add the cooked meat from the colander. Add the Taco seasoning and 1/2 pouch of water. Stir well. Microwave on high for another 2 minutes to intensify the flavor. (Cook Rotel in Medium Rock 'N Serve Deep: 1 can Rotel, 1# Velveeta cheese). Arrange cold condiments in Serving Center. Use the Serving Center cover for the chips. To serve: arrange chips on plate, add Rotel Cheese dip, pour on the meat and finish with the cold toppings! This can easily be converted to Taco Salad by adding Bush's Chili beans!

**Holiday Casserole**

8 oz Stove Top Stuffing  
 1/2 cup salad dressing  
 2 eggs mixed with

1 1/2 cup broth  
 2 cups chopped cooked chicken or turkey  
 1/2 cup milk

1/4 cup butter  
 1 can cream of mushroom soup

Melt butter in broth in 1 3/4 Qt. TupperWave Casserole for 2 min. Sprinkle 1/2 of the Stove top on the butter/broth mixture; add the chicken mixed with the salad dressing. Sprinkle the rest of the Stove Top on top of the chicken. Pour the egg/milk mixture on top and refrigerate overnight. Add cream of mushroom soup and microwave on high for 15 minutes. To prepare as a stack, prepare as above in the Middle Stack and Stack Cook as normal.

**Homemade Croutons**

1/4 Cup Butter  
 1 tsp. dried parsley

1/4 tsp. garlic  
 2 Cups cubed bread crumbs

1/4 tsp. onion powder

Melt butter, add garlic and onion powder, plus dried parsley. Pour evenly over cubed bread crumbs in TupperWave cover. Microwave uncovered for 2-3 minutes on High. Stir frequently. Let stand 5 to 10 minutes to complete to crisping process.

**Hot Apple Sauce**

2 cups apples (chopped)  
 1/4 tsp. allspice

1/2 cup water  
 2 Tbs. cornstarch

1/4 cup sugar

In TupperWave blend ingredients, stir in chopped apples. Cook for 2-4 minutes (Stir every minute) cook until sauce is thickened and appears to look clear. Cool slightly, serve warm over ice cream or cake.

**Hot Chicken Salad**

2 cups cooked, chopped chicken  
 1 cup chopped celery 2 hard boiled eggs chopped

1 Tbs. lemon juice  
 1/2 can cream of chicken soup 1/2 tsp. minced onion flakes

1/2 cup mayonnaise 1/2 tsp. salt

Mix all together and put in TupperWave or OvenWorks. Sprinkle over the top: 3/4 cup crushed potato chips and 1/2 cup grated cheddar cheese. Seal and refrigerate over night. When ready to serve, heat uncovered on medium/high for 10-12 minutes or until heated through and cheese is melted.

**Hot Fudge Sundae Cake**

In ungreased 3 Qt. Casserole, stir together:

1 cup flour  
 2 tsp baking powder

3/4 cup sugar  
 1/2 tsp salt

2 Tbs. cocoa

Mix in:

1/2 cup milk  
 1 cup chopped nuts (opt)

2 Tbs. oil

1 tsp vanilla

Combine, and then sprinkle over all of the above:

3/4 cup brown sugar

1/4 cup cocoa

Pour 1 3/4 cup of your hottest tap water over the top. Microwave on high for 10 minutes—Let stand for 3 minutes. Dish up your favorite ice cream and top with this delicious stuff.

**Kahlua Fudge Topping**

1 cup cocoa powder	1/3 cup granulate sugar	1/2 cup brown sugar (packed)
1 cup heavy cream	1/4 cup Kahlua	a stick butter
1 1/2 tsp vanilla		

Combine cocoa and sugars. Stir in cream and Kahlua. Add butter and cook on high for 2 min. Stir well. Cook on high for 2 min. Stir in vanilla. Serve warm Store in refrigerator. To reheat: 50% power for 2-3 min.

**Marshmallow Chocolates**

12 oz chocolate chips	6 oz butterscotch chips	Pkg. miniature marshmallows
2 Tbs. butter	1/4 cup peanut butter	1 cup peanuts

Place chips, butter and peanut butter in 3 Qt TupperWave Casserole. Microwave at 50% power for 4-5 1/2 minutes, stirring after 3 min. stir until smooth. Add marshmallows and peanuts. Spread into buttered container. Cool and cut into squares. These freeze well.

**Mexican Bean Dip**

1 lb ground beef	1/2 Pkg. Taco seasoning mix	1/2 cup water	8 oz grated cheese (1 cup)
1 can Frito-Lay Bean Dip			

Place ground beef in TupperWave Colander inside 3 Qt. Casserole. Microwave for 5-6 minutes, stirring occasionally. Pour grease off meat and put into the Casserole. Add taco seasoning, water, bean dip and cheese. Stir until well blended. Place in Microwave 2-3 min on high or until cheese is melted. Serve with Doritos or Fritos.

**Mexican Chocolate Cake**

1/4 cup melted butter or margarine	1/4 cup packed brown sugar	1 tsp cinnamon
1 cup semi-sweet chocolate chips	1 cup nuts	

Mix all together and put in bottom of 3 Qt TupperWave Casserole with Cone.

1 Pkg. chocolate cake mix prepared according to box directions	2 tsp vanilla	1 tsp cinnamon
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Mix together and pour on top of topping. Microwave on high for 12 minutes.

**Mexican Egg Ring**

8 eggs	1/4 Cup chopped onion	1 C jack cheese	1 C cottage cheese
1 C Cheddar cheese	1 sm. can Ortega green chilies	8 pieces cooked and crumbled bacon	

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.

**Mexican Microwave Casserole**

1 lb ground beef	1 can cream of mushroom soup	1 can Ro-Tel Tomatoes with green chilies
1/2 Pkg. taco seasoning	3 cups crushed tortilla chips	1 1/2 cups shredded cheddar cheese

Crumble ground beef into Colander over 1 3/4 Qt. Casserole and microwave on high for 4 minutes. Place ground beef in Casserole and add tomatoes and taco seasoning and mix well. Layer ground beef mixture, cheese and chips 1/2 at a time. Repeat and cover. Microwave on high for 10-12 minutes or until heated through.

**Microwave Lasagna**

Serves 6-8

9 Lasagna noodles (uncooked)	32 oz jar spaghetti sauce	Oregano to taste
Ground pepper to taste	1/4 lb ground beef or ground turkey (or no meat at all)	
10 oz low fat cottage cheese	1 egg	8-12 oz shredded Mozzarella cheese

In the TupperWave Colander inside the 1 3/4 Qt. Casserole brown the meat and drain it well. Mix the spaghetti sauce, oregano and pepper together and heat thoroughly. Put just enough sauce in the 3 Qt. TupperWave Roaster to cover the bottom. Place three uncooked noodles side by side on top of the sauce. Mix the egg with the cottage cheese and layer that next. Place three more uncooked noodles on top of the cottage cheese mixture. Sprinkle all the Mozzarella cheese on next. Put on three more uncooked noodles. Spread the rest of the sauce on top and cover with 5 Qt. TupperWave Roaster. Bake in the microwave for 8 minutes on high. Microwave for 30 more minutes on Medium Low. Let set for a minute and serve.



**Peanut Brittle**

1 cup salted peanuts                      1 cup sugar                      ½ cup white corn syrup                      1 Tbs. butter  
 1 tsp vanilla                      1 tsp baking soda

Combine the sugar and corn syrup in the 3 Qt. TupperWave Casserole and cook on High for 4-5 min. Add the peanuts and cook another 3-4 min. Add the butter and vanilla and continue to cook 1 min. more. Add the baking soda and gently stir until the mixture is light and foamy. Pour and spread quickly on Silicone Baking Mat. Cool and break into pieces.

**Peanut Butter and Jam Bars**

6 tbs. butter or margarine (softened)                      1/3 cup peanut butter                      1/3 cup brown sugar (packed)  
 1/3 cup granulated sugar                      1 egg                      1 2/3 cup flour  
 2/3 cup strawberry jam or preserves

Combine butter, peanut butter, sugars and egg. Beat well. Add flour and beat on low speed until mixture is crumbly. Reserve 1 cup crumbs. Press remaining crumbs into 1 Qt. TupperWave Casserole. Place on inverted Cover to elevate dish. Cook on Medium 6½ min. or until base looks dry, rotating dish if necessary. Spread jam on base to within ½ in. of edge. Sprinkle with reserved crumbs. Cook at Medium 6-7 minutes, or until jam bubbles near the center, rotating dish once. Cool. Makes 16 bars.

**Peanut Butter Fudge**

½ cup butter                      2 cups sugar                      1 5 oz can evaporated milk (2/3 cup)  
 10-12 oz Peanut butter chips                      10 oz Marshmallow Crème

In 1¾ Qt. TupperWave Casserole melt butter at 70% power. Blend in sugar and evaporated milk. Stir until well mixed. Cook on high for 9 minutes. Stir every 3 min. Meanwhile prepare your Modular Mate Rectangle #1 by lining it with foil and buttering the foil. Extend foil up the long sides so you can remove the fudge. Stir in the chips and marshmallow crème and blend well. Pour into prepared Modular Mate, cool and remove from Modular Mate and cut into squares.

**Peanut Clusters**

2 Blocks White Almond Bark                      6 Oz. Dry Roasted Peanuts                      ½ Cup Chocolate Chips

Melt white almond bark in TupperWave 3 Qt. casserole and melt in microwave at 50% power for 2-4 minutes. Stir twice, add chocolate chips and stir until melted. Add peanuts and stir. Using plastic spoon, drop by teaspoon onto wax paper and cool.

**People Puppy Chow**

½ C. Margarine                      2 C. Chocolate Chips  
 2 to 4 C. Powdered Sugar (depending on preference)                      1 C. Peanut Butter                      15 oz box Crispix Cereal

Melt margarine, peanut butter, and chocolate chips in the TupperWave 3 Qt. Casserole or Oval Cooker at 50% power, stirring often. Pour over cereal in Thatsa Bowl - mix gently to coat well. Add powdered sugar, seal bowl tightly, shake until coated. Serve & store in Thatsa Bowl or oval Modular Mates.

**Pink Ice**

2 Tbsp. Crushed Peppermint Candy (red & white)                      ¼ tsp. Peppermint extract  
 6 Blocks of White Almond Bark or 3 c. candy chips                      1/8 tsp. Red Food Coloring

Melt the bark in the TupperWave Casserole Cover until smooth; add the candy, extract, and food coloring. Spread thin on wax paper to cool. Will have jagged edges, break apart.

**Pizza Crackers**

4 Saltine Crackers                      Bottled Pizza Sauce  
 1 Slice Mozzarella Cheese, Quartered                      4 Thin Slices Pepperoni

Spread crackers with pizza sauce. Top each with a cheese quarter and a slice of pepperoni. Place on Cover to Stack Cooker. Microwave on 50% power 30-60 seconds, or until cheese melts. Rotate ½ way through cooking. Serves 1





### Potato Burger Pie

1 lb lean ground beef	½ cup dry bread crumbs	1 egg
¼ cup ketchup	1 tsp instant bouillon	Pepper
4 cups frozen hash browns	½ cup chopped onion	1 jar sliced mushrooms
1-8 oz Pkg. shredded taco cheese	1 small jar pimento or ¼ cup chopped green pepper	

In large bowl, combine meat, crumbs, egg, ketchup, bouillon and pepper. Press into and up the sides of the Colander and place over the 1¾ Qt. Casserole. Combine potatoes, onion, mushroom, pimento and green pepper and ½ cup of the cheese. Spoon over the meat mixture. Cover and microwave on high for 15-17 min. Top with remaining cheese and cover again until serving.

### Pumpkin Bread

Sift together:

1¾ cup flour	1 tsp baking soda	¼ tsp baking powder	1 tsp salt
1 tsp cinnamon	½ tsp nutmeg	¼ tsp cloves (optional)	

In separate bowl combine:

1½ cup sugar	½ cup oil	2 eggs	1 cup pumpkin
1/3 cup water			

Beat until light and fluffy. Stir dry ingredients into pumpkin mixture. (Optional add ½ cup chopped walnuts, raisins or dates) Pour into lightly oiled 3 Qt. Casserole with Cone. Let stand for 5 minutes. Microwave on high 10-12 minutes rotating ½ turn after 6 minutes. Let stand for 5 minutes before removing from Casserole.

### Pumpkin Bundt Cake

4 eggs	2 cups sugar	1 cup oil	2 cups flour
2 tsp cinnamon	2 tsp baking soda	2 cups pumpkin	1 cup nuts
¼ tsp nutmeg	¼-½ tsp cloves	½ tsp ginger	

Mix together and put into 3 Qt. Casserole with Cone. Microwave at 70% power for 18 minutes. Let stand at least 10 minutes. Sprinkle with powdered sugar or drizzle with powdered sugar glaze.

### Quick Tupper Super...

In the bottom: 1 cup rice and 1 cup HOT water

In the middle: 2 diced chicken breasts coated with Ranch dressing and placed in a donut shape.

In the 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.

### Rocky Road

Melt in TupperWave Casserole:

2 Blocks White Almond Bark	½ Cup Chocolate Chips
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Stir In:

6 Oz. Dry Roasted Peanuts	¼ Cup Mini Marshmallows	¼ Cup M&M's
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Mix well and drop with plastic spoon onto wax paper. Cool.

### Rueben Spread

4 pkgs. Budding Corned Beef (2.5 oz. Each)	3 oz. Black Olives-Drained
Mayonnaise	8 oz. American cheese
8 oz. Swiss cheese	16 oz. Sauerkraut, drained

Shred cheeses. Chop beef and olives. Combine with rest of ingredients using just enough mayonnaise to hold together. Place mixture in TupperWave 3 Qt. Casserole and microwave at 70% power until melted, 8-10 minutes, stirring every 2 minutes. Serve with Party Rye.

### SALSA CHICKEN AND RICE

It's so simple and you get to add the colander too.

Boneless chicken breasts	Jar of salsa	Minute rice
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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).

**Self Icing Chocolate Cake**

1 box chocolate cake mix	1½ cups milk	3 oz Pkg. instant chocolate pudding
2 eggs	1-12 oz Pkg. chocolate chips	½ cups chopped pecans (opt)

Mix all ingredients except chocolate chips and nuts together, beating by hand until smooth. Blend in chocolate chips and nuts. Pour into Greased 3 Qt. Casserole with Cone. Let stand for 5 minutes. Microwave on high 9-14 minutes. Let cool for 15 minutes. Invert onto plate and spread melted chocolate or let cool completely and sprinkle with powdered sugar.

**Slice Baked Potatoes**

4 medium potatoes	1 tsp salt	2-3 Tbs. melted butter
2-3 Tbs. chopped fresh herbs such as parsley, chive, thyme or sage or 2-3 dried herbs of your choice		
4 Tbs. grated cheddar cheese	1½ tsp Parmesan cheese	

Rinse potatoes and pat dry. Cut potatoes into thin slice but not all the way through. Use a handle of a spoon to prevent knife from cutting all the way. Place potatoes in 1¾ Qt. TupperWave Casserole. Sprinkle with melted butter and chopped herbs. Microwave on high power for 10 min, rearranging the potatoes after 5 min. Sprinkle with grated cheese and Parmesan cheese. Microwave for another 4-6 min at high power until cheese is melted and potatoes are soft. Sprinkle with salt. Serve potatoes as a side dish or as a main dish with just a salad.

**Stack Cook Recipe**

Select an "A" recipe from the cookbook

"B" Level—1¾ Qt. TupperWave Casserole

Onion Parmesan Chicken	1/3 cup butter or margarine
1 envelope dry onion soup mix	1 tsp grated Parmesan cheese
½ tsp paprika	2½ lb chicken pieces without bones and skinned

Place butter in 1¾ Qt. TupperWave Casserole and microwave about 1 min or until melted. In Medium Mixing Bowl combine soup mix, Parmesan and paprika. Toss with fork. Dip chicken pieces in melted butter and roll in onion soup mixture. Arrange in Casserole and stack cook as directed.

Mashed Potatoes "C" Level—3 TupperWave Casserole

5 med potatoes (cut up)	1½ cups water
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Cook on high power in the 3 Qt. TupperWave Casserole for 10 minutes (Prepare rest of stack at this time). Then add rest of stack and cook 25 min on high. Drain potatoes, put into Mixing Bowl and mash.

**Stack-Cooked Breakfast**

1/2 lb. sausage	1 Tbsp. onion flakes
1 1/2 tsp. dry mustard	1 Cup Milk
3 slices of bread	1/2 Cup sliced Fresh mushrooms
1/4 Cup Chopped green peppers	3 beaten eggs
	1/4 Cup Shredded Cheddar Cheese

Brown sausage and onion flakes in TupperWave 3 qt. Colander - mash sausage and onion flakes with a fork. Cover with ¾ qt. Microwave on high 6 minutes. Let stand for 5 minutes, mash with fork and no mess! Break bread in the 1 ¾ qt casserole. Add milk, mix. Add all ingredients except eggs, stir gently. Add beaten eggs, stir gently. Cover and cook for 25 minutes on high and let stand 5 minutes or make a complete stack cooked breakfast with 8A-maple candied apples, and 25C Hash Brown Potatoes.

**Steak Bake (Use in Middle Layer of Stack)**

1 ½ lb round steak tenderized or use cube steak	1-1½ envelope dry onion soup mix
1 can cream of mushroom soup	

Cut steak into serving pieces. Place in 1 ¾ Qt. TupperWave Casserole. Sprinkle with dry onion soup mix. Spoon mushroom soup over the top. Cook in the stack as directed or separately for 7-9 min on high.

**Strawberry Bread**

3 cups flour	1 tsp salt	2 cups sugar
2 tsp cinnamon	1 tsp baking soda	4 eggs
1½ cups cooking oil	2 cups strawberries crushed or	1-16 oz Pkg. frozen strawberries

Combine all ingredients in Mixing Bowl. Stir to mix well. Pour into 3 Qt TupperWave Casserole. Cover and microwave on high for 6 min on 60-70% power for 5-7 min.





**Swedish Nuts**

1 egg white 1/2 cup sugar  
 Whip in Mix-n-Stor Plus Pitcher

Add: 1 can salted mixed nuts.  
 Pour into 1 3/4 Qt. TupperWave Casserole  
 Add: 1 Tbs. butter or margarine and microwave on high for 6 minutes, stirring after each minute. Spread on Silicone Baking Mat till cool.  
 (A great gift in any piece of Tupperware)

**Taco Dip**

8 oz cream cheese softened 1 can Hormel Chili 8 oz grated cheddar cheese

In 3/4 TupperWave Casserole spread softened cream cheese. Add chili then top with cheddar cheese. Microwave on high for 5 minutes.

**Taco Salad**

1 Lb. Ground Beef, Turkey or Chicken	1 Pkg. Taco Seasoning Mix	3/4 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 3/4 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.

**Texas Brownies**

2 cups flour	2 cups sugar	1/2 cup margarine or butter
1/2 shortening	A cup strong brewed coffee or water	1/4 cup dark cocoa
1/2 buttermilk	2 eggs	1 tsp baking soda
1 tsp vanilla		

Frosting:  
 1/2 cup butter or margarine 2 Tbs. dark cocoa 1/4 cup milk  
 3 1/2 cups powdered sugar 1 tsp vanilla

In a Large Mixing Bowl combine flour and sugar. In 1 3/4 Qt. TupperWave Casserole combine butter, shortening, coffee or water and cocoa. Microwave on high for 2 minutes or until just boiling. Pour boiling mixture over flour mixture. Stir to blend. Add butter, milk, eggs, baking soda and vanilla. Mix well. Pour mixture into 3 Qt. TupperWave Roaster and microwave on Medium for 18 minutes, turning dish every 4-5 min. until brownies test done. They may still appear soft on the surface. Prepare frosting in the TupperWave Casserole. Combine butter, cocoa and milk. Microwave on high for 2 minutes, stirring once. Add powdered sugar and vanilla. Stir to blend. Pour warm frosting over hot brownies. Let cool and cut into bars.

**TEXAS RICE**

1 1/2 cups water	1 1/4 cups quick cooking rice	1 single serving size envelope instant creamy chicken soup
1 tsp. dried minced onion	1 tsp. parsley	

In the 3 Qt casserole combine all ingredients. Stack and cook as directed. Stir before serving. Garnish with parsley, if desired. Serves 4  
 Once you have prepared the recipes, put the stack together (3 Qt, 1 3/4 Qt, and cover), place in microwave on high and cook for 25 minutes. Remember to allow for standing time.

**Turtles**

1 Pkg. Kraft caramels	16 oz chocolate chips	1 large bag pecan pieces
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Melt caramels in 1 Qt TupperWave Casserole. Spread out pecan pieces to about 1" thickness on Silicone Baking Mat. Spoon about 1 Tbs. of caramel onto pecan pieces. Let caramel cool. Melt chocolate in microwave. Pick up pecan pieces covered with cooled caramel. Dip in melted chocolate.



**Vegetable and Italian Sausage Bake**

Level "A" (Top):

1 lb sliced zucchini

Level "B" (Middle):

1 cup chopped onion

1 ½ cup chopped tomatoes

1 cup chopped green pepper

1 cup sliced mushrooms

1 lb Italian sausage, bulk

Rolled into meatball portions

Level "C" (Bottom):

1 ¾ cup boiling water

4 oz pasta

1 tsp oil

Stack all three levels and put in microwave for 25 min on high. During the 5 min standing time, mix 4 oz Monterey jack cheese (shredded) with ingredients in the bottom casserole. Also put 4 oz shredded Monterey jack cheese over the zucchini in the top. Let stand for 5 minutes.

**Yummy Mound Bars**

½ cup butter or margarine

¼ cup sugar

2 cups graham cracker crumbs (about 30 squares)

2 2/3 cups flaked coconut

14 oz sweetened condensed milk

2 cups milk or semi-sweet chocolate chips

Microwave butter in Small RNS 45-60 seconds or until melted. Stir in crumbs and sugar until combined. Press mixture firmly and evenly into bottom of dish; set aside. Mix together coconut and condensed milk; spoon over crust, spreading evenly. Microwave at 50% power, uncovered 9-11 min or until heated through, rotating once. Microwave chocolate pieces on high in 1¾ Qt TupperWave Casserole 2-3 min or until softened. Stir until smooth. Spoon onto coconut mixture; spread to cover. Refrigerate to set chocolate, about 1 hour. Cut into bars. Makes about 48 bars.

**Yummy Tupper Supper!**

Bottom:

2 cans French cut green beans

1/2 cup brown sugar

3 T soy sauce

3 slices bacon, quartered

Middle:

1 onion, slivered

4 new potatoes, sliced thin

4-6 boneless chicken breast or thighs

seasoned salt for the chicken

Top:

3 Granny Smith apples, cored and sliced

1/2 cup brown sugar

1/2 cup red hot

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

**Zesty Smoked Sausage**

1 lb. Smoked sausage, sliced

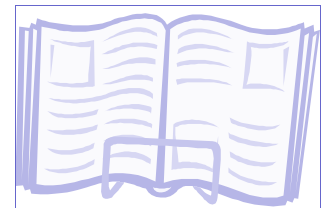
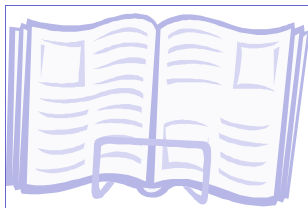
½ cup orange marmalade

1 Tbs. mustard

1 can zesty tomato soup

1 Tbs. vinegar

Stir all ingredients together in TupperWave 1¾ Qt. Casserole and microwave on high 7 minutes. Serve with toothpicks.





### How Microwaves Cook

#### Microwaves penetrate the food from all sides

In your conventional oven, the air heats up first. Then the hot air heats up the oven walls, the utensil, and then the outer layers of food. Finally, the heat moves from the hot outer layers of food inward, cooking the food's center. In your microwave oven, the microwave energy does not heat up the air, oven walls, or the utensil. Instead, the food molecules absorb the energy, causing friction. This in turn produces the heat which cooks the food, as explained before. However, more cooking takes place on the outer layers of food, as illustrated in the cross section of a meat loaf. This is because the outer layers of food receive the most microwave power. Each successive layer of food receives less and less. In other words, the microwaves cause less friction and therefore less heat and less cooking in the center of the food than in the outer layers. The center of food cooks—partly due to the limited amount of microwave energy, and partly due to the heat that moves from the hot layers of food inward. Notice the degree of cooking along the bottom edge of the meat loaf. In order for microwaves to bounce (reflect) off the bottom of the oven and enter the food, the food cannot sit directly on the metal oven floor. It must be raised up; some space is needed for bouncing to occur. Your microwave oven is equipped with a removable glass tray, a sealed-in ceramic shelf or some other nonmetallic surface that transmits microwaves. If this nonmetallic tray in your oven is removable, be sure it is in place before you begin to cook. See the Use and Care Instructions for your microwave oven for specifics.

#### How to Have a Healthier Cookout\*

National Cancer Institute researcher Richard Adamson says you can use a microwave oven to eliminate most of the cancer-causing chemicals formed when meat, chicken and fish are cooked on the grill.

Here's how:

- Zap meat in the microwave oven for a minute or two.
- Drain off the juice released during microwaving. This liquid contains chemicals that, when put on the grill, would turn into the cancer-causing agent. Pouring off the liquid before further cooking gets rid of 80%.
- Grill as usual.

\* Source USA Today

#### TupperWave - Powerful Tips to Master your Microwave

The size of a refrigerator! It is hard to believe, but the first in-home microwave oven was the size of a refrigerator — and no one really thought back then that the microwave oven would become as indispensable as the refrigerator. Today, microwave ovens are in more than 90% of American homes. But just because "everyone" has one does not mean they're used to their fullest potential.

Back in the 50's when they were introduced; the primary use for a microwave oven was for reheating foods. Unfortunately, that still holds true today despite its time saving and nutritional benefits. To many Americans, cooking in the microwave spells failure. After a few disasters, they limit its use to popping popcorn, boiling water and warming up leftovers.

That's why Tupperware developed virtually goof-proof microwaving with its revolutionary TupperWave Cookware System based around a Stack cooker and a mix-and-match cookbook that makes preparing a full, three course meal easy even for the novice. Put each course in a separate casserole (a main dish and two side dishes or a main dish, a side dish and dessert), stack them on top of each other and put them in the microwave. Set the timer and about 30 minutes later, the meal is hot and ready to go from the microwave to the table. Mealtime preparation couldn't be easier or more convenient. It is as easy as 1-2-3.

The microwave can be your best friend in the kitchen when it comes to preparing fast, healthful meals for the family. Did you know that microwave food is better for you since less salt and fat are needed to cook it? Or that most food prepared in the microwave requires about one quarter of the time to cook than conventional methods. And that microwaving saves energy? About one eighth the energy used in conventional preparation is used when dishes are micro-cooked.

The experts for Tupperware suggest these 10 simple rules to make your microwave cooking more successful.

1. Select cookware designed specifically for use in the Microwave for safety reasons as well as cooking quality. Materials not made for microwave use can break or melt, start fires and cause other problems.
2. Fit the food to the pan. Don't place a small item in a large pan. And, a shallow dish with straight sides will cook better than a dish with sloping sides, which can cause over-cooking because of the uneven depth of the food.
3. Use round pans (whenever possible); as microwaves penetrate round containers evenly around the sides as well as top and bottom, centers receive only up and down penetration. By arranging dense foods around the edges and porous ones in the center, foods cook evenly without rotating or rearranging. The round design of the TupperWave Casseroles means that foods don't dry out and in most cases no turning or stirring is required during cooking.
4. Food placement affects how successfully it micro-cooks. Place thick or denser foods toward the outer edge of the microwave dish to allow penetration of microwaves from all sides for even cooking.
5. For thorough, even cooking, arrange food that is similar in size and density in a circle or doughnut shape. Use the cone



in the TupperWave casserole to promote perfect cooking every time for meatloaf, noodle and rice rings—even tube cakes.  
 6. Include standing time as part of the cooking process. Food prepared in the microwave continues to cook after it has been removed. This is important to take into account to prevent over-cooking especially for large, dense foods such as roast, which can continue to cook for up to 15 minutes after leaving the microwave. Remember to cover the dish during standing time to retain heat.

7. Less salt and seasonings are needed to create savory and appetizing dishes because microwaving enhances the natural flavor of food. Salt food as needed during standing time, not during cooking when it can cause toughness.

8. The microwave is perfect for locking in the flavor of vegetables. Less water and time is needed in cooking so fewer nutrients are lost.

9. Reduce fats by using a colander for cooking ground beef, bacon or sausage before adding to casserole. Generally microwaving extracts more fat from meats than conventional cooking methods such as frying, roasting or broiling. The TupperWave Cookware System features a colander that is ideal for browning meats and preparing healthier foods. When using the colander, fat simply drains away from the meat to the empty casserole dish below.

10. Some foods will begin to cook while being defrosted in the microwave. To prevent cooking, stir foods such as chicken pieces, separate them, and when defrosting a roast or similar item, shield with aluminum foil and lower the power settings.

For everyone that wants to make the microwave an important part of quick, healthy and delicious mealtimes but is uncertain how to make the transition, Tupperware can help. Many of the 100,000 independent consultants across the United States will teach microwave cooking classes in the homes of their customers as well as demonstrating the TupperWave Cookware System at their Tupperware parties and also the specialized classes that they conduct. For a demonstration of the TupperWave cookware System, contact any independent Tupperware consultant.

**Everything you will need for stack cooking**

If you have the following on hand, all you will need are the fresh ingredients to do any of the stack cooking recipes. Here is how this list is beneficial to you:

1. Use the list to take inventory of the ingredients you have on hand.
2. If there is something on the list you do not have, you may want to look up the recipe it is used in to determine whether you will want to prepare that recipe or not. If not, you can cross the ingredient off the list.
3. You may want to put together four or five menus you and your family will enjoy and get just those ingredients to have on hand.

**Spices**

Allspice	whole Marjoram	Basil	Mustard, dry	Bouillon granules, chicken & beef
Nutmeg	Cardamon	Ground Onion	dried minced	Caraway seeds
Onion salt	Chili powder	Oregano	Cinnamon, ground & stick	Paprika
Cloves	Parsley	Curry powder	Pepper, black & red	Dill weed
Poppy seed	Garlic powder	Poultry seasoning	Garlic salt	Salt
Ginger, ground	Thyme	Italian seasoning, dried	Vanilla	

**Staples**

*Dry*

Coconut	Brown sugar
Cornstarch	Quick cooking oats
Quick cooking grits	Quick cooking rice
Flour	

*Liquid*

Vinegar	Tabasco
Worcestershire	Soy sauce
Teriyaki sauce	Honey
Lemon juice	Olive oil

**Soups**

Canned Dried	Cream of Mushroom Onion	Cream of Onion	Cream of Chicken	Cream of Shrimp
Chicken Broth	Cheddar Cheese	Cream of Chicken	Cream of Celery	

**Canned Goods**

Barbeque sauce	Salmon	Catsup Salsa	Enchilada sauce	Spaghetti sauce
Fruits, assorted	Taco sauce	Gravy: chicken, beef	Mushrooms	Tomatoes
Mayonnaise	Tomato sauce	Tomato paste	Prepared mustard	Tuna

**Miscellaneous**

These items are used frequently in recipes:

Onions	Cheese: American, Cheddar, Monterey Jack, Parmesan	Celery	Green Peppers
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**Converting Conventional Recipes:**

- |   |  |
|---|--|
| Rule 1: Cut back on a liquid by 20-25%  | Rule 2: Cut back 20-25% on spices and sauces |
| Rule 3: If leavening is included it needs time to work. Set batter aside 2-3 minutes after it is mixed.       |  |
| Rule 4: Power settings convert as follows: High—100% power is for broiler, 475 degree oven, and top of stove. |  |
| Med-high—70% power is for 350 degree oven   | Med—50% power is 300 degree oven             |
| Defrost—30% power—slow cooking  | 10% power is 150 degree oven                 |
| Rule 5: For cooking time use 1/4 of the conventional time   |  |





## TupperWave Stack Cooker Demo

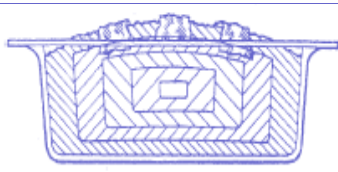
- The first item I want to show you is the Stack Cooker.
- As you see, it comes in the beautiful see through cranberry color, so it's attractive to cook and serve in.
- Included in this set are the 3QT. 1 3/4 qt., 3/4 qt. Lid and seals.
- And right now, you'll also receive our wonderful new Stack Cooker Recipe book and cone as well!
- Think of your Stack Cooker as an appliance.
- Unlike most appliances you buy, which serve only one purpose, our versatile Stack Cooker has many uses.
- When you buy an electric griddle it does one thing, right? It's heavy, cumbersome and something that you don't need too often.
- Not our Stack Cooker!
- You can put it to use every single day!
- This system will cut down on your cooking time and provide you with a much healthier way to cook.
- Could you get excited about a three-course meal for four made in less than 30 minutes?
- Well, that is just ONE of the great uses this Stack Cooker has that I want to share with you!
- When time is of the essence, turn to this great piece.
- You can put a side dish in the bottom 3QT. Piece. How about Lemon Pepper Orzo?
- Next, in the middle, you will put your main dish how about some delicious Beef with Peppers in the 1 3/4 Qt.
- And in the top, either another side dish, or better yet a dessert! Rice Pudding sound good?
- With today's hectic lifestyles, we all know what it's like, coming home from work, wondering what the heck to make for dinner?
- Out of desperation we grab a frozen dinner, yuck or worse yet, head out to the local Drive Thru!
- Cooking in the Stack cooker is a healthier, easier, cheaper alternative.
- V And because the bottom pieces come with seals, you can always prepare your meals ahead of time
- In fact, if you don't believe me, I'd love to come to your house and show you how to make six meals out one basic meat or chicken recipe.
- If that sounds interesting to you, ask my about dating a 6 in 1 Dinners Done demo later!
- Now, you're probably wondering where I got that delicious recipe I mentioned?
- Well, it's right here in our New Stack Cooker Cookbook!
- This cookbook doesn't just contain over 1300 meal combinations, it's easy to use and the recipes are so simple to prepare!
- If you can dump ingredients into a container, you can make any of these recipes!
- All recipes were tested in the Better Homes and Garden Kitchen
- And the Cookbook is set up just like our Stack Cooker system.
- The top section is side dishes or desserts,
- the middle section is your main dish,
- and your bottom section has more side dishes.
- Mix and match to create tons of different meal combinations.
- You'll also find recipes in the back, which utilize the pieces individually.
- Which brings me to use # 2 of this great appliance! I mentioned that you would receive a cone in your set.
- Let me ask, how many people here have a bundt pan at home?
- Let me guess, you use it a few times a year, and then it sits in your cabinet and collects dust.
- Well Tupperware thought of everything when they designed this system.
- You simply place the cone in the center of the 3QT. And it becomes a Bundt pan!
- And you don't need to buy those expensive, tasteless microwave cake mixes either.
- You can make a German Chocolate Cake.
- Prepare the mix as directed, place the cone in the 3QT put the coconut pecan icing around the cone and pour the mix over the icing.
- In less than 15 minutes your cake is done and you don't even have to ice it!
- Or, schedule a Hawaiian Luau Demo with me and I will prepare a delicious Pineapple Upside down cake for you and your guests!
- Here's another hint, how many of you have cooked potatoes in the microwave?
- Did you ever get a hard spot on your potato?
- Well, the way your microwave works is by bouncing the waves back and forth to cook the food.
- When you put the cone in your stack cooker and place your potatoes around it, the waves will bounce off the cone and cook your potatoes evenly!



- How about using the cover to make delicious home made candy that is quicker, cheaper and better than what you buy in the store?
- Put it in any one of our Tupperware containers and you have the perfect gift for anytime of the year, Valentine's Day, Easter, Mother's Day, Father's Day, the possibilities are endless!
- Five minutes in your microwave and just a few basic ingredients are all you need!
- Use the cover as a dish to reheat leftovers
- Use it as a trivet to place one of the other pieces on
- Now, you've probably noticed there is one part of the Stack Cooker I haven't mentioned.
- This is our Colander.
- Simply place this in either the 3QT. Or 1 3/4 Qt. Casseroles and you have the perfect way to steam vegetables or fish!
- That's right, the Stack Cooker is also a steamer!
- Steaming vegetables is absolutely the best way to prepare them.
- Instead of boiling the vitamins out of them, you'll have fresh, crisp crunchy

vegetables that cook up in snap!

- Use the Colander to steam chicken or fish as well and you'll have a tasty dish that is extremely healthy!
- Our fourth use of the Stack Cooker is one of the top reasons people purchase it!
- OK, how many people here ever brown ground beef on the stove?
- It's messy as heck, right?
- The grease splatters everywhere, and then you have grab a spoon and a bowl to drain off the grease, and you never get it all out of the pan anyway!
- Plus you have more to clean!!!
- Well Our Tupperware colander is the perfect way to brown your ground beef.
- Simply place your beef in a circle around the colander and place in the 3QT. Or 1 3/4 qt. Casserole and cook on high, five minutes per pound.
- All of that lovely grease will drop nicely into the bottom dish.
- You'll be surprised how much grease comes out of even the leanest cut!
- And if you were to compare this to doing it on the stovetop, which yields maybe 1/4 of a cup of grease, you would find that using your Stack cooker will give you almost a cup of grease YUCK!!!!
- So there you have it, five different ways to use our Stack Cooker System to make your food preparation healthier, easier and quicker!
- You can get the stack cooker w/seals, cone and cook book as a catalog



#### Microwave Cake Baking Hints

All recipes use the TupperWave 3 Qt. Casserole & Cone. If the recipe contains oil, the Casserole does not need to be greased. However, if you want your cake to have a more conventional oven baked taste and texture, grease the Casserole and Cone and then coat with chopped nuts or wheat germ. Make sure you let your cake stand at least 5 minutes before starting to bake. Additionally, before cooking tap Casserole up and down on flat surface to release air bubbles within the batter. For more even baking from side to side, rotate cake 180 degrees halfway through total cooking time if you microwave doesn't have a carousel.

To insure the cake at the bottom of the Casserole cooks more evenly, raise the casserole by placing it on the inverted TupperWave Cover. Baking time will vary with your oven. Time for our cake recipes are given for a 600-700 watt oven. To see if your cake is done, check top of cake to see if it no longer looks wet. A toothpick or fork barely scraping the surface should show a baked texture underneath. If you invert a cake that falls and isn't done, simply invert back into casserole and cook for an additional amount of time. Usually 1-2 minutes is plenty of time.

