



Compiled by Angela Neese

Oval Microwave Cooker Recipes

Compliments of Your Tupperware Consultant

Pizza Dip

1 (8oz) pkg. shredded mozzarella cheese (part-skim)
1 (15 oz) jar pizza sauce
1-2 tsp Italian Herb Seasoning
Sliced baguette or breadsticks for dipping

In the Microwave Oval Cooker layer cheese, and sauce; sprinkle Seasoning on top. Cover and microwave on 70% for 3-5 minutes until mixture is bubbly. Allow to cool slightly before serving.

Optional toppings: Sliced pepperoni and canned mushrooms.

Cinnamon Apples

3-4 apples, cored and sliced
½ C. brown sugar
1 tsp cinnamon-vanilla seasoning

Add sliced apples to Microwave Oval Cooker. Sprinkle with brown sugar and seasoning. Cook in microwave for 4 minutes. Stir. Return for another 4 minutes.

May serve apples with homemade whipped cream.

Mix ½ pint of chilled heavy cream, 1-2 tsp. of sugar and a pinch of cinnamon-vanilla seasoning. Whip in quick chef until firm.

Rotisserie Chicken

1 Whole Chicken (3 to 4 pounds)
Your Favorite Seasonal Salt such as Hickory Mesquite Tupperware Seasoning.

Clean and Rinse chicken. Place chicken in base of Tupperware's Oval Cooker. Cover. Microwave on high 6 to 7 min. per pound. Let Stand 4 to 5 min. before serving.

All-American Meal

4 to 6 chicken breast 1 cup long grain rice
1 bag frozen veggies 2 cups of water
¼ c. parmesan cheese Salt and pepper
½ c. Italian bread crumbs
Salt and pepper
1 TBSP Mayo

Place rice, water, salt and pepper in base of Oval Cooker. Then place deep colander ring with the colander floor on top and place veggies in colander. On a plate place parmesan cheese bread crumbs, and seasonings, lightly coat chicken with mayo and roll in mixture. Fold Chicken breast in half making an even piece of meat and place on top of veggies evenly. Cover and cook on high 25 min.

Corn Flake Chicken and Rice Pilaf

Same as All-American meal except use honey crunch cereal to coat chicken.

Tri-Tip

1 Tri-tip

Your Favorite seasonings such as Hickory Mesquite, Garlic and salt

Make cut in large part of Tri-tip and place in the base of the Oval Cooker. Then cook on high for 6 min per pound. When you remove from the microwave it will be very rare. Wrap in foil for 15-20 minutes as it will continue to cook. Slice and enjoy.

Meatloaf

1 pkg. Hamburger

1 egg

1 cup of bread crumbs

Garlic salt and pepper

1 TBSP Hickory Mesquite spice

Mix all ingredients together and place colander in base of Oval Cooker. Form loaf around outside edge with opening in the center like a doughnut and cook on high for 6 minutes per pound.

Golden Mushroom Chicken

4 boneless skinless chicken breast

Salt and pepper and favorite seasoning

1 pkg. of sliced mushrooms

1 sliced onion

1 can of Campbells Golden Mushroom Soup

Season chicken breast and roll them skinny end to fat end. Then place in base of Oval Cooker. Place fresh mushrooms and onions on top and then pour soup over, and cover with lid. May seem thick but remember it will thin with cooking. Cook for 15-20 min. on high.

Pork Chop and Rice

4 to 6 Pork chops 1 cup long grain rice
1 can cream of mushroom soup 2 cups water
Salt and pepper salt to taste

In a 3 Qt add 1 cup of long grain rice to 2 cups of water, salt to taste. In deep colander ring with the colander floor place pork chops and pour soup over. Cook for 25 min. Some of soup mixture will drip into rice.

Mashed Potatoes

8 to 10 med. Potatoes Quartered

Place potatoes in base of Oval Cooker add water to top. Cook for 15 min or until tender. (Do not cover as it will boil over) Drain. Add milk, butter and mash.

Enchiladas

1lb Ground Beef
1 pkg. Corn or Flour Tortillas
2 tsp South west Chipotle
Enchilada Sauce
Mixed Cheese cheddar and white cheese

Optional:

1 yellow onion
Chopped olives

Add Southwest Chipotle seasonings into meat, the onions may be added now or at the end. Brown Ground Beef in the base of the Tupperware Oval Cooker with Colander Base Colander at 6 min. per lb. Stopping half way through and breaking it up with a large spoon. Drain meat and rinse out Oval Cooker. Place Deep Colander Ring on top of base. Dip tortilla into the sauce and lay it in the Oval Cooker. Layer meat, cheese, onions, olives, and tortilla with sauce. Continue to make layers until complete. cook for 15- 20 min.

Pork chop Ranch Lovers Delight

1 Pkg. Pork Chops
1 Avg. size Ranch Dressing (light or fat free)
1 can Artichoke hearts
1 can Mushrooms
Garlic Powder
Salt & Pepper

Place rice mixture of your choice in the bottom of the oval cooker using ¼ cup less water than recipe calls for. Place Deep Colander ring with Deep Colander Floor on top of the Base of the Oval Cooker. Place can of mushrooms in bottom of the Oval Cooker and add pork chops on top. Place artichokes around the pork chops. Sprinkle Simply Garlic, salt and pepper on the pork chops. Squeeze the ranch dressing over the top of the entire mixture, place cover and microwave for about for 20 to 25 min. Please allow it to stand for ¼ of the original cooking time. Some of the pork chop mixture will drain into your rice.

Fresh Vegetables

Wash vegetables thoroughly and place in Rock n Serve or Oval Cooker, cover and cook 3-5 min or until your desired consistency. Make sure there is water residue left on vegetables after washing to help steam in microwave.

Lasagna

2 lb ground beef 2 jars of Spaghetti Sauce
15 oz. Ricotta Cheese 2tsp Italian Herb Sauce
2 lb Mozzarella Cheese Fresh Garlic
1 Box of “no Boil” lasagna noodles Salt and Pepper

Soak noodles in lg. Deep Rock n Serve using hot water from faucet. Mix Italian herb seasoning, fresh garlic, salt and pepper with meat and place in the base of the Oval Cooker with Base Colander and cook for 12 min. Stir half way through. Drain noodles and begin to layer lasagna as follows: sauce, pasta, ricotta cheese, meat, mozzarella cheese, sauce etc.. The final layer should result in plenty of sauce and LIGHT cheese as microwaves will attract to foods high in fat and could result in burn spots. Add seal and rock venting tab open. Microwave for 12 min and let stand for at least 5 min for cooling.

MICROWAVING TIPS

6 Min. per pound for beef or poultry

3 Min. per pound for seafood

¼ cooking for microwave vs. oven

¼ cook standing time.

Cook in the same way as oven. Use cover or lid when you would cover food in oven. (Ex. Cakes are uncovered in oven and baked chicken should be covered in oven. Same concept in microwave)