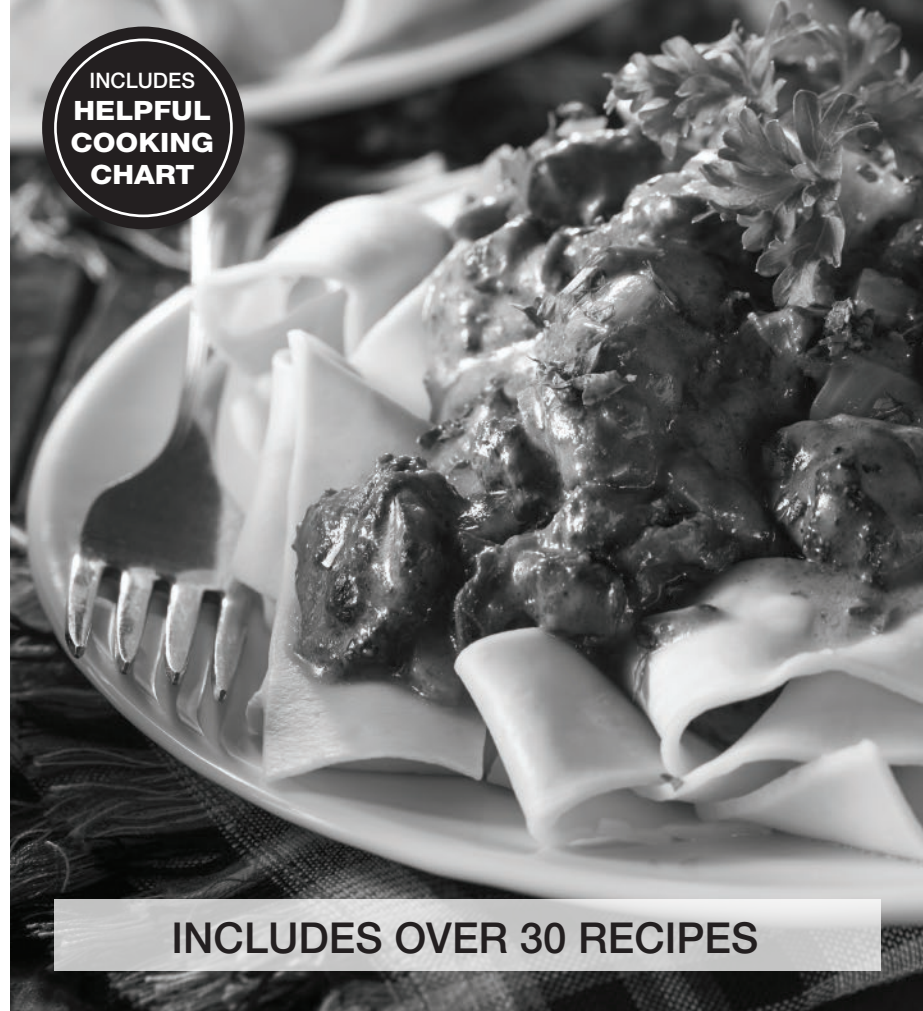


BELL+HOWELL.  
Microwave  
**MULTI COOKER**  
RECIPE BOOK

INCLUDES  
**HELPFUL  
COOKING  
CHART**



BELL+HOWELL® MULTI COOKER ITEM NO. 9855/9856/9857  
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**INCLUDES OVER 30 RECIPES**

# MULTI COOKER COOKING CHART

**Directions:** Place ¼ - ½ cup water, stock or broth in bottom of multi cooker. Cooking times are approximate. Times are for 700-1100W microwave.

ITEM	COOKING TIME
Chicken Breast, Boneless Skinless 2 - 3 each	3 - 4 min.
Chicken Thighs, Boneless Skinless 2 - 4 each	2 - 3 min.
Turkey Breasts, Boneless Skinless 1 each	4 - 6 min.
Ground Turkey 1 lbs.	4 - 6 min.
Turkey Sausage - Cooked - 1 lbs.	1 - 2 min.
Turkey Sausage - Raw 1 ½ lbs.	4 - 6 min.
Ground Beef 1 lbs.	8 - 10 min.
Beef Brisket 2 lbs.	40 - 45 min.
Beef Short Ribs 1 lbs.	25 - 30 min.
Beef Meatballs 8 oz.	6 - 8 min.
Beef Meatloaf 8 oz.	8 - 10 min.
Beef Sliced Thin 8 oz.	5 - 7 min.
Beef Sausage - fully cooked - 8 oz.	2 - 3 min.
Fish Fillet ½ inch. - 1 inch. thick	4 - 6 min.
Large Shrimp 8 oz.	2 - 4 min.
Medium Shrimp 8 oz.	2 - 4 min.
Large Scallops 8 oz.	4 - 5 min.
Medium Scallops 8 oz.	2 - 4 min.
Clams - in shell 6 - 8 each	2 - 4 min.
Mussels - in shell 6 - 8 each	2 - 4 min.
Artichokes-fresh	4 - 5 min.
Broccoli-fresh 2 cups	3 - 4 min.

ITEM	COOKING TIME
Brussels Sprouts-fresh 2 cups	4 - 5 min.
Cabbage cut in wedges small head	4 - 6 min.
Carrots-baby-fresh 2 cups	3 - 4 min.
Carrots-baby-frozen 2 cups	4 - 6 min.
Cauliflower-fresh flowerets 2 cups	2 - 4 min.
Cauliflower flowerets-frozen 2 cups	4 - 5 min.
Corn on the Cob- Fresh - cut into 4 inch pieces	3 - 4 min.
Corn on the Cob- Frozen - cut into 4 inch pieces	4 - 6 min.
Green Peas-frozen 1 - 2 cups	3 - 4 min.
Green Beans-fresh 1 - 2 cups	2 - 4 min.
Green Beans-frozen 1 - 2 cups	3 - 4 min.
Mushrooms-fresh-whole 1 - 2 cups	2 - 4 min.
Mushrooms-fresh-sliced 1 - 2 cups	2 - 3 min.
Bell Pepper-fresh-cored-seeded-sliced or diced	3 - 4 min.
New Potatoes-whole	8 - 10 min.
New Potatoes-cut in half	6 - 8 min.
Baked Potato-Idaho	10 - 12 min.
Sweet Potato	10 - 12 min.
Yellow squash-sliced or diced	3 - 4 min.
Zucchini-sliced or diced	3 - 4 min.
White Rice 1 ½ cups	12 - 15 min.
Brown Rice 1 ½ cups	25 - 30 min.
Couscous 1 cup	6 - 8 min.
Polenta 1 cup	8 - 10 min.
Quinoa 1 cup	6 - 8 min.

## SANTE FE MAC CHEESE

PREP TIME: 3 minutes COOK TIME: 5 -6 minutes SERVES: 1

- ½ lbs. cooked and cooled whole wheat or semolina rigatoni
- ½ cup low fat sour cream
- 1 cup unsweetened condensed or evaporated low fat milk
- ½ lbs. finely shredded sharp cheddar cheese
- ¼ cup grated Parmesan cheese
- 1 tsp Taco seasoning
- ¼ cup canned, chopped green chilies, drained (optional)
- 1 tablespoon whole wheat flour
- ½ tsp sea salt
- ¼ tsp black pepper

1. Whisk together sour cream, milk, flour and seasonings in a large bowl.
2. Add pasta and cheeses and stir until well combined.
3. Place all into Multi Cooker, fasten top, microwave for 5 – 6 minutes.
4. Let stand for 1 min. \*Very carefully, remove lid and stir making sure cheese is melted and sauce is slightly thickened then serve in heat proof bowls.

\*Be cautious, Mac & Cheese will be hot!

\*cooking times may vary depending on the wattage of microwave used

## BAYOU CHICKEN AND RICE

PREP TIME: 5 minutes COOK TIME: 9 - 10 minutes SERVES: 3 - 4

- |   |                                |
|---|--------------------------------|
| ½ lb. boneless chicken thighs cut into large pieces (approx.)           | ½ tsp onion powder             |
| ½ cup each red and green bell pepper, cored, seeded and cut medium dice | Pinch Cayenne pepper           |
| 1 tsp minced garlic   | ½ tsp sea salt                 |
|   | 1 ½ cup minute rice            |
|   | 1 cup low sodium chicken broth |

1. Combined chicken, seasonings and peppers in Multi Cooker. Snap lid on and cook in the microwave for 3 minutes.
2. Carefully remove lid, stir in rice and broth into Multi Cooker. Snap lid on and cook for 7 minutes. Let stand for 3 minutes, carefully remove lid, stir and serve

\*Be cautious, contents will be hot!

\*cooking times may vary depending on the wattage of microwave used

## CRAZIN BREAD PUDDING

PREP TIME: 5 minutes COOK TIME: 8 – 10 minutes SERVES: 3 - 4

- 5 cups day old whole wheat or sour dough rolls or bread cut into cubes or ripped into small pieces
- 1 cup low fat milk
- 1 cup half & half
- 2 large eggs
- 4 tablespoons butter melted
- ½ cup granulated sugar cane
- ⅓ cup dried cranberries
- ½ tsp ground cinnamon
- ½ tsp baking powder

1. Place bread into Multi Cooker, sprinkle dried cranberries on top.
2. Place milk, half & half, eggs, melted butter, sugar, cinnamon and baking powder in a blender, blend 1 min. or whisk all in a bowl until combined.
3. Pour mixture over bread and let stand for 1 min.
4. Snap lid on Multi Cooker and microwave for 8 – 10 Min. Carefully remove lid, then test doneness of pudding as slightly firm.
5. Let stand for 5 - 8 min. then serve with low fat frozen yogurt or just by itself.

\*cooking times may vary depending on the wattage of microwave used

## LICKATY SPLIT STROGANOFF

PREP TIME: 6 minutes COOK TIME: 20 minutes SERVES: 3 – 4

- 1 ½ lbs. sirloin steak or round steak cut into ½ strips (approx.)
- ¾ cup fresh, sliced mushrooms
- ¼ cup whole wheat or all-purpose flour
- 2 tablespoons soft butter
- 2 cup low sodium beef broth
- 1 tsp granulated onion powder
- 1 tsp sea salt
- ½ tsp minced garlic
- Pinch cayenne pepper (optional)
- ½ cup low fat sour cream room temperature
- 8 oz. cooked and cooled whole wheat or regular egg noodles

1. Place beef, seasonings, garlic, onion powder, pepper and mushrooms evenly into Multi Cooker, snap on lid and microwave for 4 minutes.
  2. Carefully remove lid and stir in butter, flour mix well then stir in beef broth.
  3. Snap lid onto Multi cooker and cook for 12 – 15 min., carefully remove lid and check beef doneness as tender, stir mixture, then stir in sour cream.
  4. Reheat noodles in microwave proof dish covered for 1 - 2 min. until hot.
  5. Spoon portion of noodles in a bowl then add spoon of stroganoff on top and serve.
- \*Use caution when eating, ingredients will be hot!

\*cooking times may vary depending on the wattage of microwave used

## CORN CHOWDER WITH SUMMER SAUSAGE

PREP TIME: 5 minutes COOK TIME: 6 - 8 minutes SERVES: 2 - 4

- 2 cups frozen corn
- 6 oz. fully cooked Low sodium, low fat summer sausage, slice into ½ inch rounds
- 1 cup unsweetened condensed or evaporated milk
- 2 cups low sodium chicken broth
- 1 ¾ cups frozen corn thawed
- Pinch cayenne pepper
- 1 tablespoon butter
- Sea salt and ground black pepper to taste

1. Place milk, ¾ cup corn and 1 cup chicken broth in blender and blend medium for 1 min. Add contents of blender, rest of the chicken broth, cayenne, salt & pepper, sausage to Multi Cooker then stir.
2. Snap on lid and microwave for 6 - 8 minutes or until soup is heated thoroughly
3. Let stand for 2 min. Carefully remove lid, stir in butter, ladle corn chowder into bowl & serve.

\*Use caution when eating, soup may be very hot!

\*cooking times may vary depending on the wattage of microwave used

## SPANISH CHICKEN

PREP TIME: 5 minutes COOK TIME: 8 – 10 minutes SERVES: 3 - 4

- 1 lbs. boneless chicken thighs
- ½ cup each red and green bell pepper
- ½ cup sliced green olives
- ¼ cup olive oil
- 1 tsp minced garlic
- 1 tsp sea salt
- Pinch cayenne pepper
- ¼ tsp ground black pepper
- 3 cups rice cooked and cooled

1. Place chicken, vegetables, garlic, seasonings in Multi Cooker and stir.
2. Snap lid onto Multi Cooker and cook in microwave for 3 minutes.
3. Carefully open Multi Cooker, stir, snap lid back onto Multi Cooker the cook for another 5 – 6 minutes or until chicken is cooked through.
4. Let stand 2 min. Reheat rice in microwave proof dish for 2 min.
5. Carefully remove lid from Multi Cooker, spoon portion of rice in bowl and the spoon portion of Spanish Chicken on top of rice and serve.

\*Be cautious, Spanish Chicken will be hot!

\*cooking times may vary depending on the wattage of microwave used

## BEEF BOURGUIGNON

PREP TIME: 6 minutes COOK TIME: 15 – 18 minutes SERVES: 3 - 4

- 1 lbs. beef stew meat cubed
- 4 slices low sodium bacon or turkey bacon cut into strips
- 1 cup low sodium beef broth
- 1 cup red wine
- 2 tablespoons whole wheat or all-purpose flour
- 1 tsp. tomato paste
- ¾ cup frozen pearl onions thawed
- ½ pound washed and sliced mushrooms
- 1 tsp sea salt
- ¼ tsp ground black pepper
- Pinch cayenne pepper
- ½ tsp Italian seasonings
- 4 cups rice or egg noodles cooked ahead then reheated for serving

1. Place beef, bacon, onions and mushrooms into Multi Cooker, snap lid closed and microwave for 3 minutes.
2. Place beef broth, red wine, flour, tomato paste and seasonings in a blender and blend for 1 min or whisk all ingredients in a large bowl until blended.
3. Carefully remove lid from Multi Cooker, add broth mixture, snap on lid, cook in microwave for 12 -15 minutes or until beef is tender.
4. Let stand for 2 minutes, carefully remove lid, serve in bowls over reheated rice or egg noodles.

\*Be cautious, Beef Bourguignon will be hot!

\*cooking times may vary depending on the wattage of microwave used

## ITALIAN SAUSAGE AND PEPPERS

PREP TIME: 5 minutes COOK TIME: 10 minutes SERVES: 3 - 4

- 1 lbs. Italian style turkey sausage cut into 2 inch pieces (approx.)
- 1 each red and yellow bell pepper, cored, seeded sliced into ¼ slices (approx.)
- ½ large yellow onion, peeled, sliced into ¼ inch slices (approx.)
- ½ cup prepared marina sauce
- ½ tsp Italian seasonings
- ½ tsp sea salt
- ¼ tsp black pepper

1. Place sausage into Multi Cooker, snap on lid and microwave for 3 minutes.
2. Carefully remove lid, add all other ingredients to Multi Cooker and stir, snap on lid and microwave for 7 minutes or until sausage is cooked through.
3. Carefully remove lid, stir and serve with pasta or on toasted whole wheat hoagie rolls.

\* Be cautious, sausage and peppers will be hot!

\*cooking times may vary depending on the wattage of microwave used

## TERIYAKI BEEF WITH VEGETABLES

PREP TIME: 5 minutes COOK TIME: 4 - 6 minutes SERVES: 2

- 1 lbs. sirloin or skirt steak sliced thin
- ¾ cup prepared teriyaki sauce
- 1 tsp corn starch
- 3 cups precut oriental vegetable mix
- 2 cups prepared, cook, cooled basmati rice

1. Place beef and 2 tablespoons of teriyaki sauce into Multi Cooker.
2. Snap lid on Multi Cooker and microwave for 2 min.
3. Mix corn starch into remaining teriyaki sauce.
4. Carefully remove lid, stir in vegetables and the remaining teriyaki sauce/corn starch mixture.
5. Snap lid on Multi Cooker and microwave for 3 - 4 min.
6. Reheat rice in microwave of steamer.
7. Let stand for 1 minute, carefully remove lid, stir and serve into heat treated bowls.

\*Be cautious, contents will be hot!

\*cooking times may vary depending on the wattage of microwave used

## SHRIMP ETOUFEE

PREP TIME: 6 minutes COOK TIME: 10 minutes SERVES: 3 - 4

- 1 lbs. medium frozen shrimp, peeled & deveined (thawed)
- ¾ cup yellow onion, peeled and cut medium dice (approx.)
- ¾ cup green bell pepper, cored, seeded and cut medium dice (approx.)
- ½ cup celery ½ inch slices (approx.)
- 2 tsp. minced garlic
- 2 tablespoons olive oil
- 1/3 cup sour cream
- 1 cup canned tomato soup (\*prepare canned soup cold as instructions on can)
- 1 ½ tablespoons whole wheat or all-purpose flour
- 1 tsp creole seasoning
- ½ tsp celery salt
- 3 cups cooked rice, reheat for service

1. Place peppers, onions, celery garlic, seasonings and olive oil into Multi Cooker, snap on lid and microwave for 3 minutes.
2. Place sour cream, tomato soup, flour in a blender and blend for 1 min. or place in medium bowl and whisk until combined.
3. Carefully remove lid from Multi Cooker, add tomato mixture, shrimp to cooker. Stir, then snap lid onto Multi Cooker and microwave for 7 min. or until shrimp is cooked through.
4. Let stand 1 min. Carefully remove lid from Multi Cooker, stir then serve in bowls over reheated rice.

\*Be cautious, Shrimp Etoufee will be hot.

\*cooking times may vary depending on the wattage of microwave used

## BLACK BEAN & CORN CHILI

PREP TIME: 4 minutes COOK TIME: 5 - 6 minutes SERVES: 3 - 4

- 2 cups canned black beans, drained and rinsed
- 1 cup frozen kernel corn thawed
- 2 cups low sodium vegetable or chicken broth
- ¾ cup mild salsa
- 1 tablespoon chili powder
- 1 tsp onion powder
- ½ tsp ground cumin
- 1 tablespoon whole wheat or all-purpose flour
- 1 tablespoon minced garlic
- 1 tsp sea salt
- 1 tsp fresh lime juice (optional)
- 1 cup low fat or regular finely shredded Tex-Mex cheese blend

1. Place flour into a small both and slowly whisk in both until combined.
2. Combine all ingredients except cheese & lime juice in Multi Cooker and stir. Snap lid on to Multi Cooker and microwave for 5 – 6 minutes or until Chili is heated through.
3. Let stand 1 min. Carefully remove lid and stir in lime juice, ladle chili into serving bowls garnished with cheese.

\*Be cautious Black Bean & Corn Chili will be hot.

\*cooking times may vary depending on the wattage of microwave used

## TURKEY BAKED ZITI

PREP TIME: 8 minutes COOK TIME: 8 - 10 minutes SERVES: 3 - 4

- 8 oz. cooked and cooled ziti noodles
- 8 oz. lean ground beef or turkey cooked and cooled
- 1 cup low fat ricotta cheese
- 1 tsp Italian seasonings
- 1 tsp minced garlic
- 1 tsp salt
- ½ tsp ground black pepper
- 1 ½ cups prepared marinara sauce
- 1 cup shredded low fat mozzarella cheese
- ⅓ cup grated Parmesan cheese

1. Place ground meat into Multi Cooker, snap on lid and microwave for 4 minutes or until meat is cooked through.
  2. Carefully remove lid from Multi Cooker and transfer to a large plate, let cool slightly.
  3. In large bowl combine ricotta cheese, ½ cup mozzarella, half the Parmesan cheese, garlic, seasonings, salt and pepper. Stir until combined.
  4. Fold in pasta & ground meat until it is evenly mixed with cheese mixture.
  5. Place ¾ cup marinara sauce in bottom of Multi Cooker, the all the pasta mixture, flatten out slightly with a spoon, then spread remaining sauce on top, then sprinkle remaining cheese on top.
  6. Snap lid on top of Multi Cooker and microwave for 6 – 8 minutes or until cheese is melted and ziti is hot through.
  7. Let stand 2 min. Carefully remove lid and serve!
- \*Be cautious baked ziti will be hot.

\*cooking times may vary depending on the wattage of microwave used

## RATATOUILLE

PREP TIME: 5 minutes COOK TIME: 6 -8 minutes SERVES: 2 - 3

- 1 ½ cups eggplant peeled, cut medium dice
- 1 ½ cups diced canned tomatoes (drained)
- ½ cup each red and green bell peppers, seeded then cut medium dice
- ½ cup yellow onion peeled and cut medium dice
- ½ cup zucchini cut in half long ways then cut medium dice
- 1 tablespoon minced garlic
- 2 tablespoons olive oil
- 1 tsp sea salt
- ¼ tsp hot pepper flakes (optional)
- ¼ tsp ground black pepper

1. Place all vegetables, \*except tomatoes, into Multi Cooker, add olive oil, seasonings and stir.
2. Snap on lid and cook in microwave for 3 minutes.
3. Carefully remove lid, stir in tomatoes, snap lid back onto Multi Cooker and cook in microwave for 4 – 5 minutes or until vegetables are cooked through.
4. Let stand 1 min. Carefully remove lid, spoon into bowls as a side dish or serve with rice or pasta.

\*Be cautious Ratatouille will be hot!

\*cooking times may vary depending on the wattage of microwave used



## SHORTY BEEF RIBS

PREP TIME: 5 minutes COOK TIME: 25 - 30 minutes SERVES: 2 - 3

- 1 lbs. beef short ribs cut into small pieces (3 – 4 inches long)
- 1 can dark beer (preferably imported)
- 1 bay leaf
- 2 cloves garlic peeled and minced
- 1 tablespoon low or no sodium Creole seasoning
- ¾ cup low sodium prepared hickory smoke barbecue sauce

1. Place beer and ribs into Multi Cooker, fasten top, microwave for 20 minutes.  
\*Very carefully, remove lid and using strainer lid, pour off ½ the liquid and fat, remove bay leaf.
2. Stir in barbecue sauce and turn ribs over with tongs.
3. Place lid back on Multi Cooker, fasten top, microwave for 5 – 10 minutes or until ribs are tender and meat falls off the bone.
4. Let stand for 1 min. \*Very carefully, remove lid and transfer ribs and sauce to heat proof bowl and serve in individual heat proof bowls with LOTS of napkins.  
\*Be cautious, Ribs & Sauce will be hot!

\*cooking times may vary depending on the wattage of microwave used

## BEEF SUMMER SAUSAGE, SAUERKRAUT & YUKON GOLD POTATOES

PREP TIME: 5 minutes COOK TIME: 10 minutes SERVES: 3 - 4

- 1 lbs. all beef summer sausage (preferable kosher)  
cut into 3 – 4 inch pieces
- 2 cups small washed and cut in half Yukon Gold potatoes
- 8 oz. can of sauerkraut drained
- ⅓ cup low sodium beef broth
- 2 cloves garlic minced
- 1 tsp caraway seeds
- 1 tablespoon paprika
- 1 tsp cumin
- 1 tsp sea salt
- ¼ tsp red pepper flakes

1. Combined potatoes and beef broth in Multi Cooker. Snap lid on and cook in the microwave for 3 minutes.
2. Carefully remove lid, stir in all other ingredients into Multi Cooker. Snap lid on and cook for 7 minutes or until potatoes are done and all ingredients are heated through.
3. Let stand for 3 minutes, carefully remove lid, stir and serve into heat treated bowls  
\*Be cautious, contents will be hot!

\*cooking times may vary depending on the wattage of microwave used

## THREE BEAN BEEF CHILI

PREP TIME: 5 minutes COOK TIME: 8 – 10 minutes SERVES: 2 - 3

- 8 oz. lean ground beef
- ½ cup each canned black beans, pinto beans and kidney beans
- 1 each 8 oz. can diced tomatoes
- ⅓ cup low sodium beef broth
- ¼ cup tomato paste
- ½ each red and green bell pepper cored, seeded  
and cut into ½ inch pieces (approx.)
- ½ small onion peeled and diced
- 1 clove garlic minced
- 1 tablespoon corn meal
- 1 tsp sea salt
- ½ tsp each ground coriander and cumin

1. Place beef (break up beef with plastic spoon) seasonings and vegetables into Multi Cooker, Snap lid on and microwave for 3 min.
2. In a small bowl, mix beef broth, beans tomato paste and corn meal until combined.
3. Carefully remove lid, stir in beef broth mixture, beans and tomatoes then snap lid on Multi Cooker and microwave for 5 - 6 min. or until meat is fully cooked and chili is heated through.
4. Let stand for 1 min. Carefully remove lid, stir chili then serve in heat proof bowls.

\*cooking times may vary depending on the wattage of microwave used

## ITALIAN TURKEY SAUSAGE ORLEANS

PREP TIME: 5 minutes COOK TIME: 6 - 8 minutes SERVES: 2 - 3

8 oz. Italian turkey sausage  
1 each 8 oz. can diced tomatoes  
1/3 cup low sodium beef broth  
1 tsp tomato paste  
1/2 each red and green bell pepper cored,  
seeded and cut into 1/2 inch pieces (approx.)  
1/2 cup canned diced tomatoes drained

1/2 small onion peeled and diced  
1 clove garlic minced  
1 tsp sea salt  
1 tsp Creole seasoning  
1/4 tsp hot pepper flakes  
Whole grain sub rolls toasted

1. Combine tomato paste with beef broth.
  2. Place sausage, broth, seasonings and into Multi Cooker, snap on lid and microwave for 2 minutes.
  3. Carefully remove lid and gently stir in all vegetables.
  4. Snap lid onto Multi cooker and cook for 4 - 6 min., carefully remove lid and check if sausage is cooked through, if not snap lid back to Multi Cooker and microwave for another 30 seconds or until sausage is done.
  5. Let stand for 1 min. Carefully remove lid, transfer sausage and peppers to a heat proof serving bowl then using tongs place sausage into a sub roll and top with vegetables.
- \*Use caution when eating, ingredients will be hot!

\*cooking times may vary depending on the wattage of microwave used

## CHICKEN MOLE

PREP TIME: 5 minutes COOK TIME: 7 – 9 minutes SERVES: 2 - 3

8 oz. boneless, skinless chicken thighs  
3/4 cup low chicken broth  
1 each green bell pepper cored, seeded and cut into 1 inch pieces (approx.)  
1/2 medium yellow onion peeled can cut into 1 inch pieces (approx.)  
1 clove garlic minced  
1/2 tsp chipotle pepper minced  
1/2 cup prepared mole sauce  
1 tsp corn meal  
2 cups cooked and cooled rice or egg noodles

1. Place chicken, 1/4 cup broth, vegetables and seasonings in Multi Cooker and stir
2. Snap lid onto Multi Cooker and cook in microwave for 3 minutes

3. In a small bowl mix mole, corn meal and remaining both.
  4. Carefully open Multi Cooker, stir in mole mixture, snap lid back onto Multi Cooker the cook for another 4 – 6 minutes or until chicken is cooked through.
  5. Reheat Rice or egg noodles.
  6. Let stand 1 min. Carefully remove lid from Multi Cooker, spoon portion of rice or egg noodles into a heat proof bowl and the spoon portion of Chicken Mole on top of rice or egg noodles and serve.
- \*Be cautious, Chicken Mole will be hot!

\*cooking times may vary depending on the wattage of microwave used

## CHICKEN, CASHEWS AND GREEN BEANS

PREP TIME: 5 minutes COOK TIME: 6 - 8 minutes SERVES: 2 - 4

8 oz. boneless, skinless chicken breast cut into 1 inch pieces  
2 cups fresh green beans trimmed and cut in half  
1/2 small yellow onion, peeled and sliced thin  
1 clove garlic minced  
1/2 cup cashew pieces  
3/4 cup low sodium chicken broth  
1 1/2 tsp corn starch  
1/2 tsp Chinese five spice powder  
1/4 tsp hot pepper flakes  
Soy sauce  
2 cups prepared, cooked, rice cooled

1. Place chicken, 1/4 cup broth, seasonings, onion and garlic into Multi Cooker snap lid on and microwave for 2 minutes.
  2. In a small bowl, combine corn starch and remaining broth.
  3. Carefully remove lid, gently stir in cashews and green beans.
  4. Snap on lid and microwave for 4 – 6 minutes or until chicken is cooked through and beans are done.
  5. Reheat rice in microwave or in steamer.
  6. Let chicken mixture stand for 1 min. Carefully remove lid, place some rice in a heat proof bowl, spoon chicken mix onto rice and serve.
- \*Use caution when eating, ingredients may be very hot!

\*cooking times may vary depending on the wattage of microwave used



## TURKEY SLOPPY JOES

PREP TIME: 5 minutes COOK TIME: 6 - 8 minutes SERVES: 2 - 3

8 oz. ground turkey  
½ cup each green bell pepper and yellow onion, cored, seeded, peeled and cut small dice (approx.)  
¾ cup no corn syrup ketchup  
1 tablespoon Worcestershire sauce  
1 tsp low sodium soy sauce  
1 tsp granulated cane juice  
1 tsp lemon juice  
1 tsp. poultry seasonings  
1 clove garlic minced  
sour dough or whole grain hamburger buns toasted

1. Place ground turkey, (break up ground turkey with a plastic spoon) peppers, onion and garlic into Multi Cooker, snap lid closed and microwave for 2 minutes.
2. Mix all other ingredients, except hamburger buns, in a medium bowl.
3. Carefully remove lid from Multi Cooker, add ketchup mixture, snap on lid, cook in microwave for 4 - 6 minutes or until ground turkey is fully cooked.
4. Let stand for 1 minutes, carefully remove lid, spoon mixture onto toasted buns and serve.

\*Be cautious, Sloppy Joe mixture will be hot!

\*cooking times may vary depending on the wattage of microwave used

## BURGUNDY RED BEANS & RICE

PREP TIME: 5 minutes COOK TIME: 12 - 15 minutes SERVES: 2 - 3

1 cup rice (washed and drained)  
2 cups vegetable or chicken stock  
¾ cup canned kidney beans  
3 slices turkey bacon cooked crisp, cooled and crumbled  
¼ cup each red and green bell pepper cored, seeded and cut small dice  
½ clove garlic minced  
2 tablespoons olive oil  
1 tsp sea salt  
½ tsp Creole Seasonings

1. Combine rice, broth, vegetables and seasonings in Multi cooker, stir then snap lid on Multi Cooker and microwave for 8 – 10 Min.
2. Carefully remove lid, stir in kidney beans and turkey bacon.
3. Snap lid back on Multi Cooker and microwave for 5 – 6 minutes or until rice is done.
4. Let stand for 3 - 4 min. then serve into heat proof bowls.

\*Be cautious ingredients may be hot!

\*cooking times may vary depending on the wattage of microwave used

## SCALLOPS IN SPICY LOBSTER SAUCE

PREP TIME: 6 minutes COOK TIME: 5 – 8 minutes SERVES: 3 - 4

1 lbs. small scallops fresh or frozen (thawed)  
½ cup yellow onion, peeled and cut medium dice (approx.)  
½ cup green bell pepper, cored, seeded and (approx.)  
½ cup celery cut medium dice (approx.)  
1 clove garlic peeled and minced  
2 tablespoons olive oil  
⅓ cup sour cream  
¾ cup canned tomato soup (\*prepare canned soup cold as instructions on can)  
2 tsp corn starch  
1 tsp creole seasoning  
½ tsp sea salt  
2 tsp Lobster base or bouillon  
Dash of dry sherry  
3 cups cooked rice, reheat for service

1. Place peppers, onions, celery garlic, seasonings and olive oil into Multi Cooker, snap on lid and microwave for 2 minutes.
2. Place sour cream, tomato soup, lobster base, corn starch sherry in a medium bowl and whisk until combined.
3. Carefully remove lid from Multi Cooker, add tomato mixture and scallops to cooker. Stir, then snap lid onto Multi Cooker and microwave for 3 - 6 min. or until scallops are cooked through.
4. Let stand 1 min. Carefully remove lid from Multi Cooker, stir then serve in bowls over reheated rice. Spoon sauce over each portion.

\*Be cautious, contents will be hot.

\*cooking times may vary depending on the wattage of microwave used

## SALMON TETRAZZINI

PREP TIME: 4 minutes COOK TIME: 5 - 6 minutes SERVES: 2 - 3

8 oz. salmon fillet skinned fresh or frozen (thawed) cut into 1 inch pieces (approx.)

1 – 8 oz. can cream of mushroom soup

¾ cup evaporated milk (unsweetened)

¼ cup dry white wine

3 cups cooked and cooled egg noodles

1 cup sliced mushrooms

½ cup grated Parmesan cheese

¼ cup whole wheat bread crumbs

½ cup yellow onion, peeled and diced small

1 clove garlic minced

1 tsp sea salt

Pinch of black pepper

Pinch of cayenne pepper (optional)

1. Combine salmon, onion, garlic, mushrooms and white wine in Multi Cooker and stir. Snap lid on to Multi Cooker and microwave for 2 minutes.

2. Carefully remove lid from Multi Cooker, add all other ingredient and gently stir until combined.

3. Snap lid onto Multi Cooker and microwave for 3 - 4 min. or until salmon is cooked through and mixture is hot.

4. Let stand 1 min. Carefully remove lid and serve into heat proof bowls.

\*Be cautious Tetrizzini will be hot.

\*cooking times may vary depending on the wattage of microwave used

## SAUSAGE AND RICE

PREP TIME: 4 minutes COOK TIME: 12 - 15 minutes SERVES: 2 - 3

¾ cup rice

¼ cup wild rice

2 cups vegetable or chicken stock

1 cup turkey sausage cooked and cooled, sliced thin

½ cup each red and green bell pepper cored, seeded and cut small dice

1 tsp sea salt

¼ tsp each ground cumin and coriander

1. Combine all ingredients in Multi cooker, stir then snap lid on Multi Cooker and microwave for 8 – 10 Min. Carefully remove lid, stir ingredients.

2. Snap Lid back on Multi Cooker and microwave for 5 – 6 minutes or until rice is done.

3. Let stand for 3 - 4 min. then serve into heat proof bowls.

\*cooking times may vary depending on the wattage of microwave used

## PEA AND NEW POTATO SOUP

PREP TIME: 6 minutes COOK TIME: 4 - 5 minutes SERVES: 2 - 3

1 cup frozen peas thawed

1 cup new potatoes cleaned, scrubbed and cut into quarters

½ cup yellow onions peeled cut fine dice (approx.)

1 ¾ cups evaporated milk (unsweetened)

⅓ cup low sodium vegetable or chicken broth

¼ cup sour cream

2 tsp all-purpose flour

2 slices turkey bacon cooked crisp, cooled and crumbled

1 tsp minced garlic

1 tsp salt

½ tsp ground black pepper

½ Italian seasonings

1 tsp butter

¼ lemon juice

Dash hot sauce (optional)

1. Place potatoes, onions, garlic and broth into Multi Cooker, snap on lid and microwave for 2 minutes.

2. Place peas, milk, sour cream, flour, seasonings into a blender and blend until smooth.

3. Carefully remove lid from Multi Cooker and pour pea mixture into Multi Cooker, stir, snap on lid and microwave for 4 - 5 minutes or until potatoes are done and soup is heated through.

4. Let stand 1 min. Carefully remove lid, season soup with salt, pepper, lemon juice, hot sauce, butter then stir. Ladle soup into heat proof bowls and serve.

\*Be cautious Soup will be hot.

\*cooking times may vary depending on the wattage of microwave used

## **BROCCOLI CHEESE CASSEROLE**

PREP TIME: 5 minutes COOK TIME: 7 - 8 minutes SERVES: 3 - 4

3 cups fresh broccoli flowerets  
½ cup yellow onion peeled and cut small dice (approx.)  
½ clove garlic minced  
½ cup low sodium vegetable or chicken broth  
1 can cream of chicken or cream of mushroom soup  
¼ cup low fat milk or almond milk  
½ cup whole grain bread crumbs  
¾ cup shredded sharp cheddar cheese  
¼ cup grated Parmesan cheese  
2 tablespoons each olive oil and butter  
½ tsp sea salt  
Pinch cayenne pepper (optional)

1. Place broccoli, onions, garlic and broth into Multi Cooker Snap lid on and microwave for 3 min.
2. Carefully remove lid, gently stir in all other ingredients, snap lid back onto Multi Cooker and cook in microwave for 4 – 5 minutes or until vegetables are cooked, cheese is melted through and mixture is bubbly.
3. Let stand for 2 - 3 min. then serve in heat proof bowls .

\*cooking times may vary depending on the wattage of microwave used

## **QUINOA BREAKFAST SCRAMBLE**

PREP TIME: 5 minutes COOK TIME: 8 – 10 minutes SERVES: 3 - 4

½ cup uncooked quinoa  
6 eggs  
1 cup evaporated milk (unsweetened)  
¾ cup feta cheese crumbled  
¼ cup half and half  
½ cup each red bell pepper, green bell, yellow onion peeled, cored seeded and cut small dice (approx.)  
1 tsp creole seasonings  
½ tsp sea salt  
Pinch cayenne pepper

1. Place all ingredients into Multi Cooker and stir, Snap on lid and microwave for 4 minutes.
2. Carefully remove lid, stir ingredients, snap lid on Multi Cooker and microwave for 4 - 6 min. or until bake is cooked through and firm to the touch.
3. Let stand for 2 min. Carefully remove lid and serve in heat proof bowls.  
\*Be cautious ingredients may be hot!

\*cooking times may vary depending on the wattage of microwave used

## **MARINARA JARDINIÈRE**

PREP TIME: 6 minutes COOK TIME: 6 -8 minutes SERVES: 2 - 3

½ cups cauliflower, cut medium dice  
½ cup each red and green bell peppers, seeded then cut medium dice  
½ cup yellow onion peeled and cut medium dice  
½ cup zucchini cut in half long ways then cut medium dice  
¼ cup vegetable broth  
2 ½ cups canned diced tomatoes  
⅓ cup tomato paste  
1 tablespoon minced garlic  
2 tablespoons olive oil  
1 tsp sea salt  
¼ tsp hot pepper flakes (optional)  
¼ tsp ground black pepper  
8 oz. linguine pasta cooked and cooled

1. Place all vegetables, \*except tomatoes, into Multi Cooker, add olive oil, seasonings and stir.
2. Snap on lid and cook in microwave for 3 minutes.
3. Carefully remove lid, stir in tomatoes and tomato paste, snap lid back onto Multi Cooker and cook in microwave for 4 – 5 minutes or until vegetables are cooked through.
4. Reheat pasta and keep warm.
5. Let stand 1 min. Carefully remove lid, place portion of Linguine into serving bowls then spoon Jardinière over pasta and serve.

\*Be cautious Marinara Jardinière will be hot!

\*cooking times may vary depending on the wattage of microwave used

## SHRIMP SCAMPI WITH PARSLEY & CILANTRO

PREP TIME: 4 minutes COOK TIME: 4 - 6 minutes SERVES: 3 - 4

- 1 lbs. raw peeled, deveined, tail off medium shrimp fresh or frozen (thawed)
- ¼ cup butter
- ¼ cup olive oil
- ¼ cup filtered water
- ¼ cup dry white wine
- 2 medium plum tomatoes cut into 1 inch pieces (approx.)
- 1 tablespoon lemon juice
- 2 tablespoons fresh or dry chopped parsley
- 1 tsp fresh or dry chopped cilantro
- 2 cloves garlic peeled and minced
- 1 tsp salt
- ¼ tsp hot pepper flakes
- 3 cups angel hair pasta cooked and cooled

1. Place shrimp, wine and water into Multi Cooker, snap on lid and microwave for 2 minutes.
  2. Carefully remove lid, add all other ingredients, \*except pasta to Multi Cooker and stir gently, snap on lid and microwave for 3 - 4 minutes or until shrimp is cooked through.
  3. Reheat pasta and keep warm.
  4. Carefully remove lid, stir and serve with pasta. After placing shrimp on pasta, pour some of the juices from the multi cooker onto each portion of scampi & pasta.
- \* Be cautious, sausage and peppers will be hot!

\*cooking times may vary depending on the wattage of microwave used

## OATMEAL COOKIE SCOOP

PREP TIME: 4 minutes COOK TIME: 6 - 8 minutes SERVES: 2 - 3

- ½ cup self-rising flour
- ¾ cup quick oats
- ⅓ cup granulated cane juice or date sugar
- ½ cup low fat milk or almond milk
- 2 large eggs
- 1 tablespoon vegetable oil
- ½ tsp real vanilla extract
- ⅓ cup raisins or dried cranberries

1. Place all ingredients in a medium mixing bowl and mix only until combined.
  2. Using a rubber spatula transfer batter to Multi Cooker, snap lid on and microwave for 4 - 6 min.
  3. Carefully remove lid, then test doneness of Cookie Scoop should be slightly firm and toothpick inserted in center should come out clean. If not done after 6 min. snap on lid and microwave for an additional 30 seconds.
  4. Let stand for 1 min. Carefully remove lid, scoop into bowls and serve.
- \*Be cautious ingredients may be hot

\*cooking times may vary depending on the wattage of microwave used

## CHOCOLATE CAKE

PREP TIME: 5 minutes COOK TIME: 6 - 8 minutes SERVES: 3 - 4

- 1 cup self-rising flour
- ⅓ cup coco powder
- ⅓ cup granulated cane juice or date sugar
- ½ cup low fat milk or almond milk
- 3 large eggs
- 1 tsp real vanilla extract
- 1 tablespoon vegetable oil
- ⅓ cup mini chocolate chips

1. Place all ingredients in a medium mixing bowl and mix only until combined.
  2. Using a Rubber Spatula transfer batter to Multi Cooker, Snap lid on and microwave for 6 - 8 min.
  3. Carefully remove lid, then test doneness of chocolate cake should be slightly firm and toothpick inserted in center should come out clean. If not done after 6 min. snap on lid and microwave for an additional 30 seconds
  4. Let stand for 1 min. Carefully remove lid, scoop into bowls and serve
- \*Be cautious ingredients may be hot

\*cooking times may vary depending on the wattage of microwave used

# BLUEBERRY LITE AND CRISPY

PREP TIME: 5 minutes COOK TIME: 6 - 7 minutes SERVES: 2 - 3

## Filling

2 ½ cups fresh or frozen blueberries (thawed)

⅓ cup granulated cane juice or date sugar

¼ cup orange juice

1 tsp lemon juice

2 tsp corn starch

½ tsp ground cinnamon

## Crisp

½ cup each quick oats and crushed graham crackers

¼ cup granulated cane juice or date sugar

2 tablespoons butter

frozen yogurt

1. Place blueberries, sugar, corn starch orange/lemon juice and cinnamon into Multi Cooker stir well until combined. Snap lid on and microwave for 4 - 5 min. or until mixture is slightly thickened.
2. Combine soft butter, oats, graham crackers and sugar in a bowl.
3. Carefully remove lid, spoon crisp mixture on top of blueberry mixture. Snap lid back on with vent open and microwave for 2 min.
4. Let stand for 2 min. Carefully remove lid, scoop into bowls and serve with frozen yogurt on top.

\*Be very cautious ingredients may be hot!

\*cooking times may vary depending on the wattage of microwave used