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Tupperware®

# Microwave Pressure Cooker

Joining our collection of microwave cooking products is this absolute **game changer**. With the Stack Cooker, the SmartSteamer and now the Microwave Pressure Cooker, dinner isn't a chore: it's another chance to totally nail it.

- Ridiculously, **unbelievably fast** way to cook traditional favorites like pot roast, meaty pasta dishes and risotto.
- Because of the contained pressure and natural juices, meats and veggies come out **tender and flavorful**.



# Microwave Pressure Cooker

Welcome to your new favorite way to make mouthwatering meals in minutes without turning on your stove or oven.

## Tips for use:

- Cooking time should not exceed 30 minutes at a time.
- Ensure that meat is mostly submerged in liquid to avoid dried-out patches.
- Follow maximum fill line indicated.
- Use oven mitts when removing Pressure Cooker from microwave as product becomes very hot.
- Use care when removing cover. Even after pressure has naturally released, quite a bit of steam will emerge.
- Due to its intricate components, hand washing of this product is recommended. When removing and washing the small, removable valves, be sure to do so over the counter (not the sink). We also recommend removing the silicone cover gasket and soaking in hot, soapy water.

*\*We recommend always allowing pressure to naturally release. This gives food a bit of time to finish cooking and makes it safer and easier to open the Pressure Cooker.*

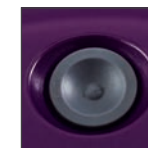
*This product, like everything we sell in the U.S. & Canada, is BPA-free.*



Release valve



Pressure indicator valve  
Raised when pressure is high and lowers as pressure naturally releases, indicating it is ready to open\*



Pressure regulator valve  
Maintains ideal pressure. Hissing you may hear during cooking is normal.

## Safety lock handle with plug

Keeps securely closed while under pressure and prevents building pressure if not properly closed. Open (with great care) if you want to release pressure quickly.\*



Cover



Line up engraved arrows and then turn cover to lock onto base.



Base

Max fill to 2 qt./2 L: large enough to cook full meals for a family of 4-5 or side dishes for a family of 6-8.

Serves 4 • Serving size: 1 cup

15  
minutes

PREP: 5 minutes

COOK: 10 minutes without meat

15 minutes with meat

(tested in 900 watt microwave)

## One Pot PASTA

- 1 onion, peeled and quartered
- 1 garlic clove, peeled
- 1 tsp. Italian Herb Seasoning
- 8 oz./225 g penne pasta
- 24-oz./680 g jar marinara
- 1 cup beef broth

### Without meat

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

### Nutritional Information (per serving):

Calories: 350 Total Fat: 8g Saturated Fat: 2g Cholesterol: 0mg Carbohydrate: 58g  
Sugar: 14g Fiber: 6g Protein: 11g Sodium: 910mg Vitamin A: 15% Vitamin C: 10%  
Calcium: 6% Iron: 10%

### With 8-oz./225 g beef (chuck or sirloin)

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

### Nutritional Information (per serving):

Calories: 420 Total Fat: 10g Saturated Fat: 3g Cholesterol: 30mg Carbohydrate: 58g  
Sugar: 14g Fiber: 6g Protein: 22g Sodium: 940mg Vitamin A: 15% Vitamin C: 10%  
Calcium: 6% Iron: 15%

TO DEMO



Microwave Pressure  
Cooker



Italian Herb

OPTIONAL



Chop 'N Prep  
Chef



Measuring  
Cups



Measuring  
Spoons



Fusion Master™





Serves 4 • Serving size: 4-6 oz./115-175 g beef  
with veggies and broth

35  
minutes

PREP: 5 minutes

COOK: 30 minutes

(tested in 900 watt microwave)

## 30-Minute POT ROAST

1-2-lb./455 g-1 kg beef chuck roast  
1½ tsp. Steak & Chop Seasoning  
¼ cup all-purpose flour  
2 cups beef stock  
2 tbsp. apple cider vinegar  
2 large carrots, peeled and cut in 1"/2.5 cm slices  
1 onion, peeled and sliced thin  
½ lb./225 g red potatoes, cut in half

1. Cut chuck roast along fat seam and sprinkle with seasoning. Place into base of Microwave Pressure Cooker.
2. In a small bowl, whisk flour into stock and pour over beef.
3. Add remaining ingredients to Pressure Cooker base and seal.
4. Microwave on high power 30 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes, before opening.
5. Remove beef and place on cutting board. Let beef rest 5 minutes before slicing.
6. Serve with the vegetables and potatoes.

Nutritional Information (per serving):

Calories: 210 Total Fat: 5g Saturated Fat: 2g Cholesterol: 75mg Carbohydrate: 14g  
Sugar: 4g Fiber: 2g Protein: 27g Sodium: 300mg Vitamin A: 90% Vitamin C: 10%  
Calcium: 4% Iron: 15%

TO DEMO



Microwave Pressure  
Cooker



Steak & Chop

OPTIONAL



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula



Serves 8 • Serving size: ½ cup

18  
minutes

PREP: 5 minutes

COOK: 13 minutes

(tested in 900 watt microwave)

## Mushroom RISOTTO

1 cup Arborio rice  
 2¼ cups vegetable stock or water\*  
 8 oz./225 g fresh mushrooms, sliced  
 1 small onion, peeled, halved and chopped using Chop 'N Prep Chef  
 1 tsp. coarse kosher salt  
 1 tbsp. extra virgin olive oil  
 ½ cup Parmesan cheese

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

\*Traditionally, risotto is cooked with white wine. If desired, substitute ½ cup of the water or vegetable stock with white wine.

Nutritional Information (per serving):

Calories: 170 Total Fat: 4.5g Saturated Fat: 2g Cholesterol: 5mg Carbohydrate: 25g Sugar: 2g Fiber: 1g Protein: 7g Sodium: 390mg Vitamin A: 0% Vitamin C: 2% Calcium: 8% Iron: 2%

TO DEMO



Microwave Pressure  
Cooker

OPTIONAL



Chop 'N Prep  
Chef



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula