

3 Bean Chili

3 Bean Chili (serves 8)

This recipe uses the Large Bowl

- 1 15 oz can northern beans, drained and rinsed
- 1 15 oz can black beans, drained and rinsed
- 1 15 oz can of kidney beans, drained and rinsed
- 1 14.5 oz can diced tomatoes
- 1 16 oz jar salsa
- 1pkg chili seasoning

Mix all ingredients in the steamer. Cook 5 minutes, stir and cook additional 2 minutes.

Turkey Meatballs

Turkey Meatballs – serves 4

This recipe uses the Large Bowl

- 1 lb frozen turkey meatballs
- 2 cups pasta sauce
- 1tbs grated parmesan cheese

Put meatballs in the steamer, cook 4 minutes. Add sauce, cook 1 minute. Sprinkle with parmesan.

Rotisserie Chicken and Rice Soup

Rotisserie Chicken and Rice Soup – serves 4

This recipe uses the Large Bowl

- 1 cup rotisserie chicken shredded
- $\frac{3}{4}$ cup brown minute rice
- $\frac{3}{4}$ cup chicken stock
- $\frac{1}{2}$ cups carrots, diced
- $\frac{1}{4}$ cup celery, diced
- 3 cups water
- 2 1oz chicken bouillon cubes
- Salt and pepper to taste

Place rice, stock carrots and celery in steamer, cook 6 minutes. Add water, crushed bouillon cubes, chicken, salt and pepper. Cook 3 minutes.

Monkey Bread

Monkey Bread – serves 8

This recipe uses the Large Bowl

1pkg (8) refrigerated biscuits

¼ cup brown sugar

½ tsp cinnamon

2tbs butter, melted

In a small bowl, mix the brown sugar and cinnamon. Cut each biscuit into 4 pieces. Roll each piece in the sugar mixture and place in the steamer. Sprinkle the remaining sugar mixture on top of the biscuits then pour the melted butter on top. Cook 3 minutes, flip out onto serving dish.

Spinach and Feta Frittata

Spinach and Feta Frittata – serves 2

This recipe uses the Large Bowl

6 eggs

1tbs cream

¼ cup onions, chopped

½ cup crumbled Feta cheese

1 cup fresh baby spinach, rough chopped

Salt and pepper to taste

In the steamer, scramble eggs with cream. Stir in the remaining ingredients. Cook 5 minutes.

Taco Rice

Taco Rice – serves 2

This recipe uses the Large Bowl

1 cup minute rice

1 cup chicken broth

1tbs taco seasoning

1tbs butter

Mix ingredients in steamer. Cook 5 minutes, let stand 5 minutes, stir.

Pepperoni Pizza Pasta

Pepperoni Pizza Pasta – serves 4

This recipe uses the Large Bowl

4 cups cooked Rotini pasta
1 cup diced pepperoni
1 cup pizza sauce
1 cup shredded mozzarella cheese
2tbs grated parmesan cheese divided

Mix all ingredients in the bowl and cook for 5 minutes.

Caramel Snack Mix

Caramel Snack Mix – serves 8

This recipe uses the Large Bowl

3 cups rice cereal squares
1 ½ cups small pretzels
½ cup peanuts
½ cup candy coated chocolate pieces
½ cup brown sugar
¼ cup butter
2tbs dark corn syrup

Cook brown sugar, butter and corn syrup for 1 minute, stir. Cook another 1 minute, stir. Add cereal, pretzels and peanuts and stir until coated. Cook 30 seconds, stir in candy pieces. Pour out onto parchment paper and let cool.

Minestrone Soup

Minestrone Soup – serves 4

This recipe uses the Large Bowl

2 cups vegetable juice cocktail
2 cup beef broth
1 15 oz can mixed vegetables
2tbs fresh basil, chopped
2 tsp beef bouillon

½ tsp dried oregano
¼ tsp onion powder
¼ tsp garlic powder
1 cup cooked pasta
Salt and pepper to taste
2tbs grated Parmesan cheese

Stir all ingredients, except the parmesan cheese in the steamer. Cook 7 minutes. Stir and then sprinkle with the parmesan.

Chicken Fried Rice

Chicken Fried Rice– serves 3

This recipe uses the Large Bowl

1 cup cooked chicken
1 cup minute rice
1 cup chicken broth
½ cup carrots, finely diced
½ cups small broccoli florets
¼ cup onion, finely diced
3tbs soy sauce, divided
½ tsp minced garlic
¼ tsp pepper
2 eggs

Scramble eggs in the steamer, cook 1.5 minutes. Remove eggs and set aside. In the steamer, add the rice, broth, carrots, broccoli, onions, pepper and 1tbs soy sauce. Cook 5 minutes, let stand 5 minutes. Cut the egg into small pieces and stir into the rice along with the chicken and 2tbs soy sauce.

Creole Shrimp

Creole Shrimp– serves 4

This recipe uses the Large Bowl

1 lb shrimp, peeled and deveined
½ tsp onion powder
½ tsp garlic powder

½ tsp dried oregano
½ tsp dried basil
¼ tsp thyme
¼ tsp black pepper
¼ tsp white pepper
¼ tsp cayenne pepper
1 tsp paprika
½ tsp salt
1 tbs butter

Place shrimp in steamer. Mix all dry ingredients together and toss onto the shrimp until coated. Put butter on top and cook for 2 minutes, stir and cook additional 2 minutes. Let stand 1 minute and then stir. Serve over rice.

Tortellini Alfredo

Tortellini Alfredo— serves 3

This recipe uses the Large Bowl

3 cup fresh tortellini, from the refrigerated section
3 cup water
4 oz cream cheese, cubed
¼ cup grated parmesan cheese
½ cup heavy cream
¼ cup butter
¼ tsp pepper
¼ tsp minced garlic

Place tortellini and water in steamer, cook 6 minutes. Drain and set aside. In steamer combine the cream cheese, parmesan, cream, butter, pepper and garlic and cook 3 minute, stirring after each minute, cook until creamy. Add tortellini back in steamer and toss with sauce.

Chicken in Hoisin Sauce

Chicken in Hoisin Sauce— serves 4

This recipe uses the Large Bowl

1 lb boneless skinless chicken cubes
1 tbs Hoisin Sauce
Salt and pepper

Place chicken in the steamer and season with salt and pepper, cook 2 minutes, stir and cook 1 minute 30 seconds. Make sure chicken is cooked through or cook in 30 second intervals until done. Drain and stir in sauce. Serve over rice

Sausage Gravy

Sausage Gravy– serves 4

This recipe uses the Large Bowl

1 lb sausage, castings removed

2 cups half and half

½ cup flour

Salt and pepper

4 biscuits

Crumble sausage in the steamer and cook 2 minutes. Chop and stir and cook 1 minute more. Stir in flour, salt and pepper until liquid is absorbed, then stir in half and half. Cook 2 minutes and serve over biscuits.

Sloppy Joe

Sloppy Joe– serves 4

This recipe uses the Large Bowl

1 lb ground beef

¼ cup chopped onion

¼ cup chopped green pepper

½ tsp garlic powder

8 oz tomato sauce

1 tsp spicy mustard

1tbs brown sugar

1tsp Worcestershire sauce

1 tsp red wine vinegar

Salt and pepper

4 sandwich buns

Place beef, onion, pepper and garlic in the bowl and cook for 3 minutes. Stir and chop up the beef and cook 1 minute 30 seconds. Add the remaining ingredients. Cook 2 minutes and serve over sandwich buns.

Unstuffed Cabbage

Unstuffed Cabbage– serves 4

This recipe uses the Large Bowl

3/4 lb ground beef
3 cups cabbage chopped
1.2 cup onion, diced
1 14.5 oz can diced tomatoes with juice
1/3 cup minute rice
2tbs beef broth
2 tsp Worcestershire sauce
½ tsp dried basil
½ tsp dried oregano
½ cup tomato sauce
1 tsp sugar
Salt and pepper

Place cabbage and broth in the steamer and cook 5 minutes. Add beef, onion, basil, oregano, Worcestershire, salt and pepper and cook 3 minutes. Stir and cop up meat and cook 1 minute. Add rice, tomatoes, sauce and sugar and cook 4 minutes. Let stand 2 minutes before opening.

Cheesy Mashed Potatoes

Cheesy Mashed Potatoes– serves 6

This recipe uses the Large Bowl

4 medium potatoes cut in small cubes
Enough water to cover the potatoes
½ cup heavy cream
½ cup butter
4 oz shredded cheddar cheese
2tbs grated parmesan cheese
1 tsp salt
½ tsp pepper

Place potatoes and water in the steamer and cook for 10 minutes. Drain, add the remaining ingredients and mash with a potato masher. Cook 1 minute.

Wonton Souop

Wonton Soup– serves 4

This recipe uses the Large Bowl

3 cups chicken broth

12 mini frozen wontons

3 tsp soy sauce

1tbs chopped green onion

Place broth, wontons and soy sauce in the steamer and cook 6 minutes. Sprinkle onion on top.

Garlic Shrimp

Garlic Shrimp– serves 4

This recipe uses the Large Bowl

1 lb large shrimp, peeled and deveined

1tbs butter

1 tsp minced garlic

Salt and pepper

Place all ingredients in the steamer and cook for 2 minutes. Stir and cook 1 minute more.

Lobster Mac and Cheese

Lobster Mac and Cheese– serves 6

This recipe uses the Large Bowl

2 cups cooked lobster meat

6 oz half and half

8 oz shredded gruyere cheese

6 oz shredded cheddar cheese

2tbs butter

¼ cup finely diced shallots

¼ tsp pepper

6 cups cooked pasta

Add shallots, butter and pepper to the steamer and cook for 1 minute. Add the half and half and cheese and cook for 1 minute. Stir and cook 1 minute more. Stir in the pasta and lobster meat and cook 1 minute.

Chicken Tacos

Chicken Tacos– serves 4

This recipe uses the Large Bowl

1 lb ground chicken

2tbs taco seasoning

1/3 cup taco sauce

Crumble the chicken in the steamer and cook for 2 minutes. Chop and stir the chicken and cook in 1 minute intervals until cooked through. Add the seasoning and sauce and cook 1 minute. Serve in taco shells.

Rotisserie Chicken Noodle Casserole

Rotisserie Chicken Noodle Casserole– serves 4

This recipe uses the Large Bowl

2 cups rotisserie chicken cut up

1 cup frozen mixed vegetables

1 10 ¾ oz can cream of chicken soup

¼ cup milk

¼ cup chicken broth

1tbs butter

2tbs sour cream

½ tsp thyme

2 cups cooked egg noodles

½ cup shredded cheddar cheese

Salt and pepper

Place frozen vegetables and butter in the steamer and cook for 1 minute 30 seconds. Add chicken, soup, milk, broth, sour cream, thyme and noodles. Cook 5 minutes. Stir in cheese.

Turkey and Stuffing

Turkey and Stuffing– serves 4

This recipe uses the Large Bowl

8 oz cooked turkey, cubed

1 6oz package stuffing mix

1 ½ cups chicken broth

1 cup broccoli florets

2tbs butter

1 cup turkey gravy

Place turkey, stuffing mix, broth, broccoli and butter in the steamer. Cook 5 minutes, let stand 2 two minutes. Stir and serve with gravy.

Spicy Peanut Noodles

Spicy Peanut Noodles– serves 4

This recipe uses the Large Bowl

¾ cups chunky peanut butter

1 cup shredded carrots

1 cup seedless cucumber julienned

¼ cup soy sauce

1 tsp Sriracha hot chili sauce

¼ tsp minced garlic

3tbs warm water

4 cups cooked spaghetti noodles

Place peanut butter, carrots, soy sauce, chili sauce, and garlic and cook 1 minute. Stir until smooth. Add water to thin the sauce. Toss in pasta and cucumbers and cook 1 minute.

Baked Penne

Baked Penne– serves 5

This recipe uses the Large Bowl

5 cups cooked penne noodles

1 ½ cup pasta sauce, divided

1 ½ cup shredded mozzarella cheese, divided

1 egg slightly beaten

2tbs grated parmesan cheese

Stir together pasta, egg, 1 cup sauce and 1 cup mozzarella cheese and 1tbs parmesan in the steamer. Top with ½ cup sauce, ½ cup mozzarella and 1tbs parmesan. Cook 3 minutes 30 seconds.

Stuffed Mushrooms

Stuffed Mushrooms– serves 5

This recipe uses the Large Bowl

15 baby bella mushrooms

¼ cup green onions, sliced

2/3 cup seasoned bread crumbs

¾ cup shredded Swiss cheese

¼ tsp minced garlic

¼ butter

Wash and dry the mushrooms. Remove the stems. Chop the stems and place in the steamer steamer with the onions, garlic and butter. Cook 1 minute 30 seconds, add the bread crumbs and cheese. Cook 30 seconds. Place the caps on a baking sheet and fill with the mushroom mixture. Bake the caps in the oven at 425* for 10 minutes.

Broccoli Salad

Broccoli Salad– serves 8

This recipe uses the Large Bowl

5 cups Broccoli

¼ cup red onion thinly sliced

4 oz sharp cheddar cheese

1/2 cup mayo

½ cup sugar

¼ cup red wine vinegar

¼ cup crumbles bacon

Add broccoli to steamer and cook 1 minute 30 seconds. Stir in remaining ingredients and chill for 1 hour.

Brussel Sprouts

Brussel Sprouts– serves 6

This recipe uses the Large Bowl

1 lb brussel sprouts, quartered

2tbs butter

2tbs olive oil

2tbs lemon juice

1 tsp minced garlic
Salt and pepper

Add all ingredients and cook 5 minutes.

Orzo Chicken and Mushrooms

Orzo Chicken and Mushrooms— serves 3

This recipe uses the Large Bowl

8 oz skinless boneless chicken breast, cubed
2 cups sliced baby Bella mushrooms
½ cup white onion, diced
½ tsp minced garlic
2tbs butter
1tbs olive oil
2tbs grated parmesan cheese
2tbs fresh basil, chopped
Salt and pepper

Place chicken, onion, garlic, butter, oil salt and pepper in steamer and cook 3 minutes. Stir in mushrooms and cook 2 minutes. Stir in orzo and cook 1 minute. Stir in cheese and top with basil.

Creamed Spinach

Creamed Spinach— serves 6

This recipe uses the Large Bowl

1 16 Oz bag frozen spinach, thawed and squeezed dry
½ cup onion diced
1tsp minced garlic
¼ cup butter
1 cup heavy cream
¾ cup milk
Salt and pepper

Place onion, garlic, salt and pepper and butter in the steamer and cook for 1 minute 30 seconds. Stir the spinach and cook 2 minutes. Stir in the cream and the milk and cook 3 minutes. Season with salt and pepper to taste.

