



**Tupperware**

# **Freezer Mates Plus**

*Recipes*

## KEY FEATURES AND BENEFITS

- Freezer-safe containers organize your freezer and make food removal easy. Firmness prevents food from being crushed and is even flexible at freezer temperatures.
- Gently twisting the containers releases frozen food easily. The sturdy, yet flexible construction “pops” out frozen foods for reheating.
- Features innovative stain-guard technology that helps reduce product staining and marking over the life of the product. Products containing the stain-shield technology will have the symbol on the bottom of the container.
- Modular shape saves space in the freezer, helping to keep it less cluttered and working more efficiently.
- Containers nest when not in use.
- Easy-to-remove seals feature rounded tabs.
- Leave head space above food for the expansion of water content during freezing. This is especially important with foods containing liquids, including fruits that are packed in syrup.
- After you remove the container from the freezer, allow the containers to sit at room temperature for a few minutes before removing the seals.
- Dishwasher, freezer and refrigerator safe.
- Not recommended for microwave, oven or convection oven use. Freezing Tips
- Do not re-freeze food that was previously frozen.
- Label, date and keep an inventory of all frozen foods for easy reference.

## ASSEMBLY/DISASSEMBLY

- To Seal: Place seal groove over the container’s rim. Press down on one corner. Slide thumbs over top of seal edge to opposite corners.
- To Open: Lift seal at the corner with the rounded tab, then lift other three corners, one at a time.

## USE AND CARE

- Clean and dry Freezer Mates Plus Containers before first use.
- Cool hot foods and liquids before storing in the Freezer Mates Plus Containers, including oils, cooking grease, soups, sauces, etc. in order to minimize staining.
- Rinse containers in cold water to help lift any stains and soak them if necessary. Don’t use hot water as this will cause set-in stains.
- If staining does occur, rub the surface with a baking soda and water paste on a damp cloth or sponge and wash the container in warm, soapy water. Repeat as needed.
- It is important to rinse product after use in cold water, Any highly-acidic foods could stain your Tupperware container. Staining will not affect the performance of your product and is not covered by the Limited Lifetime Warranty.



# THE BASICS

## WHY DOES YOUR FOOD SPOIL?

It's all about enzyme activity. Enzymes are what cause your food to go bad BUT when you place them in the freezer, the low temperature actually slows down that activity which can preserve your food longer. (yay!)

## WHY SHOULD YOU CARE ABOUT ICE CRYSTALS FORMING ON YOUR FOOD?

Because the larger the ice crystal, the more cellular damage is being done to your food which means it WILL spoil faster.



# DO'S AND DON'TS

## DO

- Cool hot dishes on the counter, not in the fridge or freezer. Why? A hot pot of soup can cause the temperature in your refrigerator to rise to an unsafe level for the other foods in there, and in the freezer could even potentially thaw some of the other frozen foods, degrading their quality through multiple re-freezes.
- Use Freezer Mates Plus Containers. Specifically designed for fast freezing to preserve food's texture, nutrients and taste—without staining!
- Keep track of the temperature in your freezer. The optimal temperature for food safety is  $-18^{\circ}\text{C}/-0.4^{\circ}\text{F}$  or lower.
- Place your foods that have been in the freezer the longest up front. This will help you consume your oldest foods first.

## DON'T



- Don't seal your food to store it until completely cool. Doing so can slow the cooling process.
- Don't thaw on the counter; instead, thaw in the refrigerator. This keeps food from reaching unsafe temperatures as the outside fully defrosts and reaches room temperature but middle remains frozen.
- Don't thaw and refreeze your foods unless there is a cooking process in between. Cooked meals that have been frozen should be reheated to  $165^{\circ}\text{F}/75^{\circ}\text{C}$ .
- Don't freeze these items as their structure causes them not to freeze properly: Gelatin, milk-based sauces, mayonnaise, raw potatoes and yeast.

# THE ULTIMATE FREEZER GUIDE

## AT 0°F/-18°C OR BELOW

### MEAT



**6 MONTHS**

Steaks  
(uncooked)

**4 MONTHS**

Chops  
(uncooked)

Ground Meat  
(uncooked)

Roasts  
(uncooked)

### POULTRY



**2-3 MONTHS**

Cooked Meats & Casseroles

Poultry, pieces  
(breast, thighs-uncooked)

Poultry, whole  
(uncooked)

### SEAFOOD



**6 MONTHS**

All Fish  
(cooked)

Lean Fish  
(cod, flounder, haddock, etc.  
-uncooked)

Shrimp, Crayfish, Squid,  
Clams & Mussels  
(shucked, peeled-uncooked)

**3 MONTHS**

Clams, Oysters & Mussels  
(shucked-cooked)

Fatty Fish  
(salmon, bluefish, mackerel-  
uncooked)

Lobster Tails  
(uncooked)

### COLD CUTS



**2 MONTHS**

Ham, whole, store wrapped  
(cooked)

Hot Dogs  
Luncheon Meats  
Sausage  
Pepperoni

**1 MONTH**

Bacon

### EGGS



**1 YEAR**

Egg Substitute  
(unopened)

Egg Whites

**DO NOT FREEZE**

Egg Substitutes (opened)  
Egg Yolks (uncooked)  
Fresh (in shell)  
Hard Cooked Eggs

### DAIRY



**6 MONTHS**

Butter  
Cheese  
Eggnog  
Ice Cream & Sorbets

**DO NOT FREEZE**

Pudding

### BREAD



**1 MONTH**

Bread  
(fresh baked)

Breads & Rolls  
(unbaked dough)

Muffins & Rolls Pancakes &  
Waffles (cooked)

Pastries & Doughnuts  
Pizza  
Stuffing  
Tortillas

### BAKED GOODS



**1 YEAR**

Fruitcakes

**2-4 MONTHS**

Fruit Pies (unbaked)

**1-3 MONTHS**

Angel Food Cake  
Brownies  
Candy  
Cheesecake  
Cookies (baked)  
Cookies (homemade, store  
bought-unbaked dough)  
Fruit Pies (baked)  
Layered Cakes (frosted)  
Pie Crust (unbaked)

**2 MONTHS**

Crab  
(cooked)

### SOUP



**1-3 MONTHS**

Broth  
Chili  
Gravy  
Soup (broth based)  
Stews  
Stock

**DO NOT FREEZE**

Soup (cream based)

### FRUIT



**8-12 MONTHS**

Berries  
Citrus Fruit & Juice  
Cranberries  
Cherries  
Dried Fruit  
Frozen (store bought)  
Melons  
Pineapple

**6 MONTHS**

Apples (peeled, cored, sliced)  
Apricots  
Bananas (peeled)  
Grapes  
Peaches

### VEGETABLE



**8-12 MONTHS**

Asparagus  
Beans  
Broccoli Cuts  
Carrots  
Cauliflower  
Celery  
Chilies  
Corn Frozen (store bought)  
Garlic (chopped)  
Green Beans  
Greens  
Herbs  
Mushrooms  
Peas  
Tofu

**3-4 MONTHS**

Bell Peppers (chopped)  
Onions (chopped)

# FREEZER MATES PLUS CONTAINERS

## CAPACITY AND DIMENSIONS



**Freezer Mates PLUS**  
**Medium Shallow**

4 $\frac{3}{4}$  cup 1-Qt.  
9 x 6 $\frac{1}{4}$  x 2 $\frac{1}{2}$ "



**Freezer Mates PLUS**  
**Small Deep**

4 $\frac{3}{4}$  cup 1.1-Qt.  
6 x 4 $\frac{1}{2}$  x 4 $\frac{1}{2}$ "



**Freezer Mates PLUS**  
**Mini**

$\frac{3}{4}$  cup 5.7-oz.  
4 $\frac{1}{4}$  x 3 x 2 $\frac{1}{2}$ "



**Freezer Mates PLUS**  
**Large Shallow**

9 $\frac{3}{4}$  cup 2.4-Qt.  
12 $\frac{1}{2}$  x 9 x 2 $\frac{1}{2}$ "



**Freezer Mates PLUS**  
**Medium Deep**

11 cups 2.5-Qt.  
8 $\frac{3}{8}$  x 6 $\frac{1}{8}$  x 4 $\frac{1}{2}$ "



**Freezer Mates PLUS**  
**Small Shallow**

1 $\frac{3}{4}$  cup 1.9 cup  
6 x 4 $\frac{1}{2}$  x 2 $\frac{1}{2}$ "



**Freezer Mates Ice**  
**Cube Tray**

1.9 cups  
6 x 5"

# **FREEZER MATES PLUS CONTAINER RECIPES**

- |     |   |     |                                   |
|-----|---|-----|-----------------------------------|
| 7.  | Baked Ziti with Spinach & Goat Cheese             | 30. | Strawberry Refrigerator Jam       |
| 8.  | Beef Stew   | 31. | Tandoori Chicken                  |
| 9.  | Breakfast Burrito                                 | 32. | Thai Peanut Chicken Satay         |
| 10. | Breakfast Sandwich                                | 33. | Turkey Meatball & Tortellini Soup |
| 11. | Candy Corn Rice Krispy Treats                     |     |                                   |
| 12. | Chicken Fajitas                                   |     |                                   |
| 13. | Chicken Parmesan Meatballs                        |     |                                   |
| 14. | Chicken Primavera                                 |     |                                   |
| 15. | Cilantro Lime Chicken Tacos or Nachos             |     |                                   |
| 16. | Cold Brew Coffee Affogato with Homemade Ice Cream |     |                                   |
| 17. | Cranberry Dijon Pork Tenderloin                   |     |                                   |
| 18. | Croissant Breakfast Sandwich                      |     |                                   |
| 19. | Cube Steaks and Gravy                             |     |                                   |
| 20. | French Toast Sticks                               |     |                                   |
| 21. | Frozen Lemonade Dessert Bars                      |     |                                   |
| 22. | Fruit Sorbet Cake                                 |     |                                   |
| 23. | Herb Roasted Chicken & Vegetables                 |     |                                   |
| 24. | Lentil Soup                                       |     |                                   |
| 25. | Mongolian Beef                                    |     |                                   |
| 26. | Salsa Chicken                                     |     |                                   |
| 27. | Shrimp Stir Fry                                   |     |                                   |
| 28. | Spinach Mushroom Breakfast Sandwiches             |     |                                   |
| 29. | Strawberry Freezer Jam                            |     |                                   |



# BAKED ZITI

with Spinach  
& Goat Cheese

## INGREDIENTS

- 8 oz. ziti, rigatoni, or penne
- 2 cups fresh spinach leaves, packed
- 1 cup shredded part-skim mozzarella
- ¼ cup asiago cheese, grated
- 1½ cups half and half
- 2 cloves garlic, peeled
- 1 tsp. Italian seasoning
- 1 tsp. salt
- ½ tsp. black pepper
- ½ cup goat cheese, crumbled

## DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment add spinach leaves and garlic cloves. Cover and then pull cord until it's coarse chopped. Pour the spinach into your mixing bowl.
2. Place mixing bowl under **Grate Master Shredder**. Place mozzarella into the **Grate Master Shredder** hopper, and turn handle to grate mozzarella cheese into your bowl.
3. Add to the bowl, asiago cheese, Italian seasoning, salt, pepper, cooked rigatoni, and half and half to mixing bowl. Stir to combine.
4. Pour mixture into **Freezer Mates Plus Container**, then top with crumbled goat cheese. Seal and label for freezing.
5. To cook, thaw, pour into an **2 Qt. UltraPro Casserole Pan**. Bake uncovered 25-30 minutes or until bubbly.
6. Allow to rest 5 minutes before serving.



# Beef STEW

## INGREDIENTS

- 1½ lbs. beef chuck, fat trimmed, cut in chunks
- 1 medium onion, sliced thinly
- 4 stalks celery, sliced diagonally
- 4 carrots, sliced diagonally
- 1 tsp. salt
- 1 bay leaf
- 2 baking potatoes, peeled and cut into ¾" cubes
- 1 tsp. sugar
- ½ cup tomato juice
- 2 cups beef broth
- 2 Tbsp. cornstarch in 2 Tbsp. water

## DIRECTIONS

1. In the **2.5 Qt. Freezer Mates Plus Container**, add all ingredients.
2. Label and place in the freezer.
3. To cook: thaw and place in the **Microwave Pressure Cooker**, cover and seal.
4. Microwave for 20-25 minutes.
5. Allow to depressurize naturally.







## Breakfast **BURRITO**

### INGREDIENTS

- |   |                                     |
|---|-------------------------------------|
| 2 cups frozen tater tots                              | 1 cup shredded cheddar cheese       |
| 2 Tbsp. olive oil                                     | 1 cup shredded Monterey Jack cheese |
| 8 breakfast sausage links, casing removed             | 2 Roma tomatoes, diced              |
| 8 large eggs, lightly beaten                          | ¾ cup chopped fresh cilantro leaves |
| ½ cup half and half                                   |                                     |
| Kosher salt and freshly ground black pepper, to taste |                                     |
| 1 (16-oz.) can refried beans                          |                                     |
| 8 (8") flour tortillas                                |                                     |

### DIRECTIONS

1. Preheat oven to 400°F. Place **Silicone Baking Sheet with Rim** on a baking sheet. Place tater tots on **Silicone Baking Sheet with Rim** and bake according to package instructions; set aside.
2. Heat olive oil in a **Chef Series Frypan** over medium high heat. Cook sausage until browned, about 3-5 minutes, crumble sausage as it cooks; drain excess fat, reserving 1 Tbsp. in the **Chef Series Frypan**.
3. Add eggs to the **Chef Series Frypan**, whisking, until they begin to set. Whisk in half and half; season with salt and pepper. Cook until thickened and no liquid egg remains, about 3-5 minutes; set aside.
4. Spread beans down centers of tortillas; top with tater tots, sausage, eggs, cheeses, tomatoes and cilantro. Fold in opposite sides of each tortilla, then roll up, burrito-style.\* Place, seam-sides down on **Silicone Baking Sheet with Rim**; cover.
5. Bake until heated through, about 12-15 minutes.
6. Serve immediately or freeze: Cover each burrito tightly with plastic wrap and place in the **Freezer Mates Plus Container**, place in the freezer. Freeze up to 1 month. *To reheat*, (1) microwave for 4-6 minutes, turning halfway, or (2) bake at 400 degrees F for 30-40 minutes, or until completely cooked through.



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# Breakfast **SANDWICH**

## INGREDIENTS

- 4 English muffins
- 4 eggs or 1½ cup liquid egg whites
- 4 slices desired cheese
- 4 pieces desired breakfast meat (Canadian bacon, sausage, bacon)

## DIRECTIONS

1. Cut muffins in half and toast them in toaster until lightly browned.
2. If using whole egg, add 3 Tbsp water into each **Microwave Breakfast Maker** insert, then add egg, cover. Microwave on high power for 50–70 seconds, depending on microwave wattage and desired doneness of egg yolk.
3. If using egg whites pour ½ cup of egg whites into **Microwave Breakfast Maker** insert and microwave at 70% power 3–4 minutes or until egg white is cooked through.
4. Allow both muffin and egg or egg whites to cool.
5. Place egg or egg white on half of English muffin. Add cheese and meat, then top with remaining muffin half. Repeat for each sandwich.
6. Place in **Freezer Mates Plus Container** until needed (up to one month).

### To Reheat:

1. Place sandwiches in **Microwave Breakfast Maker** and cover.
2. Microwave on high power two minutes, flip and microwave on high power one minute longer.
3. Remove sandwiches from **Microwave Breakfast Maker** to towel to absorb any excess moisture. Serve immediately.



# Candy Corn **RICE KRISPY TREATS**

## **INGREDIENTS**

- 1 cup marshmallow fluff
- 3 tbsp. unsalted butter
- 1 tsp. vanilla extract
- 6 cups crispy rice cereal
- 4 drops yellow food coloring, divided
- 3 drops red food coloring

## **DIRECTIONS**

1. In a **Chef Series Saucepan**, heat marshmallow, butter and vanilla over medium-low heat until melted, about 3 minutes.
2. In a large bowl, combine rice cereal, pour marshmallow mixture over cereal and stir to combine.
3. Divide cereal mixture between 3 large bowls. Wearing food-safe gloves, mix 2 drops of yellow food coloring by hand into 1 bowl of the cereal; set aside. Mix 2 drops of yellow and the red food coloring together with another bowl of rice cereal; set aside.
4. Divide the mixture into Medium Shallow Rectangular **Freezer Mates Plus Container** visually into thirds, lengthwise. Fill each third of the container with each color of the rice cereal mixture, pressing firmly into place, to create a white strip, orange strip and yellow strip.
5. Refrigerate until firm. Unmold onto a cutting board and cut diagonally into triangles. Place in festive cellophane bags for the holidays.





# Chicken FAJITAS

## INGREDIENTS

¼ cup vegetable oil  
2 Tbsp. chili powder  
2 tsp. ground cumin  
Kosher salt and freshly ground black pepper  
2 cloves garlic, finely chopped  
1 red bell pepper, cut into thin strips  
1 green bell pepper, cut into thin strips

1 small red onion, thinly sliced  
1¼ lb. boneless, chicken breasts, cut into 1/2" pieces  
12 small flour tortillas, warmed  
Guacamole, salsa, sour cream and lime wedges, for serving

## DIRECTIONS

1. Whisk together the oil, chili powder, cumin, 1 tsp. salt and several grinds black pepper in a **1½ Qt. Stack Cooker Casserole**. Add the garlic, peppers and onions and toss to coat. Cover and microwave 2 minutes. Remove and let cool completely.
2. Transfer the vegetables with the marinade to Medium Shallow Rectangular **Freezer Mates Plus Container** and add the chicken. Toss to combine. Freeze until ready to use. Let thaw in the refrigerator for at least 24 hours before cooking.
3. To Cook: Pour the chicken, vegetables and marinade into a **Chef Series II Frypan** and heat over high heat. Cook, stirring often, until the chicken is cooked through, about 12 minutes. Season with salt and pepper.
4. Divide the chicken and vegetables among 4 plates. Serve with 3 tortillas each and the guacamole, salsa, sour cream and lime wedges on the side.



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# Chicken Parmesan MEATBALLS



## INGREDIENTS

- 2 boneless, skinless chicken breasts, cut into cubes
- 2 cloves garlic, peeled
- ½ onion, peeled & quartered
- ½ cup breadcrumbs
- 1 Tbsp. Italian seasoning
- 1 egg, beaten
- 1 cup parmesan cheese, shredded
- 3 cups marinara sauce

## DIRECTIONS

1. Assemble **Fusion Master Mincer** with coarse mincer disc and place medium bowl underneath hopper
2. Fill hopper with chicken and turn handle to process, add garlic and onion, followed by more chicken. Continue processing until all chicken, garlic and onion is processed.
3. Add breadcrumbs, seasoning, egg, and parmesan cheese to chicken mixture and stir to combine. Form mixture into meatballs.
4. Place meatballs in the **Microwave Pressure Cooker**. Cover with marinara sauce. Seal and microwave on high power 15 minutes.
5. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 6–8 minutes. Check to ensure internal temperature of meatballs has reached 165° F/75°
6. Cool and pour into a **Freezer Mate Plus Container**, seal and label **Freezer Mates Plus Container** and place in the freezer.

# CHICKEN Primavera

## INGREDIENTS

4 Tbsp. unsalted butter, melted  
2 Tbsp. Dijon mustard  
2 Tbsp. finely chopped garlic  
Kosher salt and freshly ground  
black pepper  
12 oz. green beans, trimmed and  
cut into 2-inch pieces  
1 (6-oz) pack cherry tomatoes,  
halved  
1 red bell pepper, thinly sliced

1½ lb. chicken breasts, cut into ½-  
inch pieces

### To Serve

Minced fresh flat-leaf parsley  
Grated Parmesan, for serving  
1 baguette, warmed and cut into 4  
pieces

## DIRECTIONS

1. Whisk together the butter, mustard, garlic, 1 tsp. salt and ½ tsp. black pepper in a **1½ Qt. Stack Cooker Casserole**. Add the green beans, tomatoes and peppers and toss to coat. Cover and microwave until the green beans are crisp-tender and still bright green, about 2 minutes. Remove and let cool completely.
2. Transfer the vegetables with the marinade into a **Freezer Mate Plus Container** and add the chicken, toss gently to coat the chicken with the marinade. seal and label **Freezer Mates Plus Container** and place in the freezer Freeze until ready to use.
3. **To cook:** Pour the chicken, vegetables and marinade into a **Chef Series II Frypan** and heat over high heat. Cook, stirring often, until the chicken is cooked through, about 12 minutes. Season with salt and pepper.
4. Divide the chicken and vegetables among 4 plates. Sprinkle with the parsley and Parmesan and serve with a piece of baguette





# Cilantro Lime **CHICKEN TACOS OR NACHOS**

## INGREDIENTS

1½ lb. chicken breasts  
salt and pepper  
1 tsp. cumin  
2 limes, juiced  
1 bunch fresh cilantro, chopped  
1 (16 oz.) bag frozen corn (or 1 can of corn, drained)  
½ red onion, finely chopped  
2 garlic cloves, minced  
1 can black beans, drained rinsed

## *Serving*

Whole wheat tortillas or tortilla chips, for serving  
Your favorite Mexican toppings, for serving (i.e. cheddar cheese, sour cream, guacamole, salsa, lettuce, and chopped tomatoes).

## DIRECTIONS

1. Season chicken with salt, pepper and cumin, place in the **Freezer Mates Plus Container**, add lime juice, cilantro, corn, onion, garlic and black beans. Seal and freeze.
2. To cook, thaw and place in slow cooker on low for 2½ – 3½ hours or in the **Microwave Pressure Cooker** with 1 cup of chicken broth for 20 minutes.
3. Shred the chicken with two forks and stir back into the slow cooker. Taste and season with salt and pepper, to your preference.
4. Serve chicken with tortillas and toppings, such as with cheddar cheese, sour cream, guacamole, salsa, and lettuce.
5. Or to make nachos, spread chicken out over tortilla chips, top with cheese, and bake at 350°F for about 10 minutes until cheese is melted.



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# Cold Brew Coffee **AFFOGATO** With Homemade Ice Cream



## INGREDIENTS

- 2 cups heavy cream
- 1 (14 oz.) can condensed milk
- Pinch of salt
- 1 tsp. vanilla extract
- 1 cup cold brew coffee

## DIRECTIONS

1. Pour heavy cream in the **Whip N' Mix Chef**, cover and turn handle on gear I until soft peaks form. Transfer to medium bowl.
2. Add condensed milk, salt and vanilla to the bowl. Fold until fully combined.
3. Pour into **Freezer Mates PLUS Medium Shallow**, seal and freeze for 6 hours or overnight.
4. To serve: In small serving bowl or cup, using the **Ice Cream Scoop** add 2-3 scoops of ice cream, pour  $\frac{1}{4}$  cup cold brew over ice cream and serve



# Cranberry Dijon **PORK TENDERLOIN**

## **INGREDIENTS**

- 2 Tbsp. Dijon mustard
- 1 can whole cranberry sauce, not jellied
- 1 pkg. dry onion soup mix
- 1 (3-4 lb.) raw pork tenderloin

## **DIRECTIONS**

1. Place pork tenderloin in the **2½ Qt. Freezer Mates Plus Container**.
2. Mix together mustard, cranberry and soup mix, pour over pork.
3. Seal and label Freeze container and place in the freezer.
4. To cook: thaw ingredients and put in to the **Microwave Pressure Cooker**, cover and lock cover.
5. Microwave for 20-25 minutes.
6. Allow to depressurize naturally,



# Croissant Breakfast **SANDWICH**

## INGREDIENTS

- 1 Tbsp. olive oil
- 4 large eggs, lightly beaten
- $\frac{1}{4}$  cup half and half
- Kosher salt and freshly ground black pepper, to taste
- 8 mini croissants, halved horizontally
- 4 ounces thinly sliced ham
- 4 slices cheddar cheese, halved

## DIRECTIONS

1. Heat olive oil in **Chef Series II Frypan** over medium high heat. Add eggs to the skillet and cook, whisking, until they just begin to set. Gently whisk in half and half; season with salt and pepper, to taste. Continue cooking until thickened and no visible liquid egg remains, about 3-5 minutes; set aside.
2. Fill croissants with eggs, ham and cheese to make 8 sandwiches. Wrap tightly in plastic wrap and place in the **Freezer Mates Plus Container** and place in the freezer.
3. *To reheat*, remove plastic wrap from the frozen sandwich and wrap in a paper towel. Place into microwave for 1-2 minutes, or until heated through completely.



# CUBE STEAKS

## and Gravy

### INGREDIENTS

6 beef cube steaks  
2 cups water  
1 cup puréed yellow or white onion  
½ cup soy or tamari sauce  
2 Tbsp. Worcestershire sauce  
2 tsp. minced garlic  
2 Tbsp. beef bouillon  
½ tsp. salt  
⅛ tsp. ground black pepper

*Gravy*  
3 Tbsp. cornstarch  
3 Tbsp. cold water

### DIRECTIONS

1. In a medium bowl, combine all ingredients in first column and pour into a **Freezer Mates Plus Container**.
2. To cook, thaw mixture, place in the **Microwave Pressure Cooker**, cover and lock.
3. Microwave for 20-25 minutes.
4. Allow pressure to release naturally until pressure indicator fully lowers before opening.
5. Open **Microwave Pressure Cooker**, make a slurry with the cornstarch and cold water and stir into cube steak broth.
6. Serve with mashed potatoes, if desired.

If frozen, add a few more minutes to cooking time.



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# FRENCH TOAST

## Sticks

### INGREDIENTS

- 4 eggs
- ½ cup reduced-fat (2%) milk
- 1 tsp. ground cinnamon
- 2 Tbsp. granulated sugar
- 6 slices bread

### DIRECTIONS

1. Preheat oven to 400° F/205° C. Place **Silicone Baking Sheet with Rim** on a baking sheet, set aside.
2. Whisk together eggs, milk, cinnamon and sugar.
3. Slice bread into thirds.
4. Dip bread in batter and lay onto **Silicone Baking Sheet with Rim**.
5. Bake 8–12 minutes, flipping once.
6. Let cool to room temperature, then place in freezer until sticks are individually frozen, about 30 minutes, and then place into **Freezer Mates Plus Container** until ready to eat.

To Reheat:

1. Microwave three sticks on high power 1 minute or until warm.



# Frozen Lemonade Dessert Bars



## INGREDIENTS

### *Crust*

90 Ritz crackers 3 sleeves, crushed

1 cup butter, melted

½ cup powdered sugar

### *Filling*

1 (12 oz.) can frozen pink lemonade thawed

1 (14 oz.) can sweetened condensed milk

1 (16 oz.) tub Cool Whip

## DIRECTIONS

1. In a **Thatsa Bowl** mix together crackers, butter and powdered sugar. Set aside ½ cup of crust to use as topping later.
2. Press crust mixture into the **Freezer Mates PLUS Large Shallow**.
3. In a small bowl mix thawed lemonade and sweetened condensed milk. Fold in whipped topping and pour the filling over the crust.
4. Sprinkle with the crust mixture you set aside.
5. Cover and freeze until set (at least two hours).

# Fruit Sorbet **CAKE**



## INGREDIENTS

- 16 oz. frozen mango chunks
- $\frac{1}{4}$  cup warm water
- 1 pound cake
- 3 cups whipped cream (optional)

## DIRECTIONS

1. Remove fruit from freezer, let stand 16–18 minutes.
2. Fill **Sorbet Maker** hopper with fruit. Pour 1 tsp. warm water over fruit.
3. Place plunger on top of fruit. Gently push down on plunger while turning handle to process. Repeat with remaining fruit. Set aside.
4. Slice away brown outer edges of pound cake; discard. Slice pound cake lengthwise into two (1" wide) pieces. Then cut to fit the length of  $1\frac{1}{4}$ -cup Small Square **Freeze-It Container**.
5. Place pound cake against the sides of the **Freeze-It Container** and fill the center with mango sorbet.
6. Cover and freeze 1 hour.
7. Remove from freezer, and if desired, frost with whipped cream. Serve immediately.

# Herbed Roasted **CHICKEN & VEGETABLES**



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## **INGREDIENTS**

2 lbs. bone-in chicken pieces thighs, breasts, and/or drumsticks

1 lb. baby red potatoes, cut in half

½ pound carrots, cut into chunks or whole baby carrots

1 onion chopped into large chunks

2 Tbsp. olive oil

½ tsp. minced dried onion

½ tsp. minced dried basil

½ tsp. minced dried parsley

½ tsp. minced dried garlic

½ tsp. salt

## **DIRECTIONS**

1. Preheat oven to 375° F/200° C.
2. Place chicken and vegetables in a **Thatsa Bowl** and drizzle with oil, sprinkle with herbs and salt, and toss to coat.
3. Pour into a large **Freezer Mates Plus Container** cover and seal; freeze until ready to bake.
4. When ready to bake, thaw dish in refrigerator overnight.
5. Pour contents into a **2 Qt. Ultrapro Casserole Pan**.
6. Bake for 1 hour.
7. Check to see if the chicken is cooked through. Return to the oven, if necessary, until chicken is done and vegetables are tender.



# Lentil SOUP

## INGREDIENTS

- |  |                                   |
|--|-----------------------------------|
| 2 cups butternut squash, chopped         | 3 cups vegetable or chicken broth |
| $\frac{3}{4}$ cup onions, chopped        |                                   |
| $\frac{3}{4}$ cup carrots, chopped       |                                   |
| $\frac{3}{4}$ cup celery, chopped        | Add after cooking                 |
| 1-2 cups potatoes, chopped               | $\frac{1}{4}$ cup olive oil       |
| 1 cup brown lentils, uncooked            | $1\frac{1}{2}$ cups kale, chopped |
| 3 cloves garlic, minced                  |                                   |
| 1 tsp. herbes de Provence                |                                   |
| $\frac{1}{2}$ tsp. salt                  |                                   |
| 1 (14 oz.) can crushed or diced tomatoes |                                   |

## DIRECTIONS

1. Place butternut squash, onions, carrot, celery, potatoes, lentils, garlic, spices and broth in a **Freezer Mates Plus Container**, place in freezer.
2. Thaw soup and place in the **Microwave Pressure Cooker**, seal and lock and microwave for 20-25 minutes.
3. Allow pressure to release naturally and add olive oil and kale, cover and let sit for 5 minutes, stir and serve.



**Tupperware**





## Mongolian BEEF

### INGREDIENTS

1½ lb. flank steak, sliced across  
grain into strips  
¼ cup cornstarch  
¾ cup shredded carrots

¾ cup low sodium soy sauce  
¾ cup water  
¾ cup brown sugar

#### *Sauce*

1 tsp. minced ginger  
3 cloves garlic, minced  
½ tsp. crushed red pepper flakes  
(optional)

#### *To Serve*

Cooked rice  
3 green onions, chopped (garnish)

### DIRECTIONS

1. Coat flank steak pieces in cornstarch and place in a **Freezer Mates Plus Container**.
2. Add carrots to the **Freezer Mates Plus Container**.
3. Mix sauce ingredients together in the **Quick Shake Container**, cover and shake to combine, pour over meat. Label, and freeze.
4. To serve: Defrost beef mixture.
5. Add contents to the **Microwave Pressure Cooker**, cover and lock and microwave for 20 minutes.
6. Serve with rice and top with green onions.



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## Salsa CHICKEN

### INGREDIENTS

- 4 chicken breast
- 4 Tbsp. taco seasoning
- 1½ cups salsa
- 1 cheddar cheese, shredded

### Optional Toppings

- Sour cream
- Avocado chunks
- Tomatoes, diced

### DIRECTIONS

1. Sprinkle taco seasoning over chicken breast and place in the **Freezer Mates Plus Container**, pour salsa over chicken, seal container , label and place in the freezer.
2. To cook: thaw chicken and place in the **Microwave Pressure Cooker**, cover and seal.
3. Microwave for 20-25 minutes.
4. Allow **Microwave Pressure Cooker** to depressurize naturally, uncover and sprinkle cheese over chicken, serve with sour cream if desired

Can also be shredded other uses, nachos, tacos, burritos, etc.





## Shrimp STIR FRY

### INGREDIENTS

1½ lb. medium shrimp, peeled and deveined  
1 bell pepper, chopped  
1 cup sugar snap peas  
2 carrots, peeled and grated  
16 oz. broccoli florets  
1 Tbsp. olive oil  
1 tsp. sesame seeds  
1 green onion, thinly sliced

#### *Sauce*

3 Tbsp. reduced sodium soy sauce  
2 Tbsp. oyster sauce  
1 Tbsp. rice wine vinegar  
1 Tbsp. brown sugar, packed  
1 Tbsp. freshly grated ginger  
3 cloves garlic, minced  
1 tsp. sesame oil  
1 tsp. cornstarch  
1 tsp. Sriracha, optional

### DIRECTIONS

1. In the **Quick Shake Container** add soy sauce, oyster sauce, vinegar, sugar, ginger, garlic, sesame oil, cornstarch and Sriracha, shake to combine.
2. In a **Freezer Mates Plus Container**, add shrimp mixture, pour sauce over shrimp, then add bell pepper, snap peas, carrots and broccoli. Place in freezer for up to 1 month.
3. Heat olive oil in a **Chef Series Frypan** over medium high heat. Add shrimp mixture, and cook, stirring occasionally, until shrimp is cooked through and vegetables are tender, about 8-10 minutes.
4. Serve immediately, garnished with sesame seeds and green onion, if desired.



# Spinach Mushroom **BREAKFAST SANDWICHES**

## INGREDIENTS

Salted butter, room temperature,  
10 large eggs  
½ cup whole milk  
Kosher salt  
Freshly ground black pepper  
Extra-virgin olive oil  
8 oz. cremini mushrooms, sliced  
3 cups stemmed spinach  
6 slices Swiss cheese  
6 English muffins, split

## DIRECTIONS

1. Preheat the oven to 375°F. Place **Silicone Rectangular Baking Form** on a metal cookie sheet.
2. Heat 1 Tbsp. olive oil over medium-high heat. Add the mushrooms; cook, stirring, until beginning to brown; about 5 minutes. Add the spinach, 1 tsp. salt and a few grinds of pepper. Cook until spinach just begins to wilt, stirring, about 2 minutes. Remove from heat and set aside to cool.
3. Whisk the eggs, milk, 1 tsp. salt and a few grinds of pepper in a bowl. Fold in mushrooms, then pour into the **Silicone Rectangular Baking Form**.
4. Bake until puffed and set, 15 to 20 minutes. Remove from oven and let cool. Transfer to cutting board, use a biscuit cutter to cut out rounds of eggs.
5. Place the English muffins cut-side up on a baking sheet and brush with some butter if using. Bake until slightly toasty, 3 to 4 minutes.
6. Place one egg round on bottom of English muffins, top with slice of Swiss cheese and top with the muffin top.
7. Place each sandwich in a plastic sandwich bag and place in a **Freezer Mates Plus Container**.

A graphic for a strawberry freezer jam recipe. It features several jars of bright red strawberry jam. One jar in the foreground has a wooden spoon resting in it. Fresh strawberries are scattered around the jars. In the bottom left corner, there is a circular inset showing four colorful Tupperware freezer containers (orange, green, pink, and white) stacked together. The title 'Strawberry Freezer Jam' is written in a mix of script and bold sans-serif fonts at the top left.

# Strawberry Freezer Jam

## INGREDIENTS

- 1 lb. strawberries, cleaned and hulled
- $\frac{3}{4}$  cup water
- 1 (1.75 oz.) pkg. fruit pectin
- 4 cups sugar

## DIRECTIONS

1. Place strawberries in the **SuperSonic Chopper Extra** with the blade attachment. Cover and process until minced.
2. Combine water and fruit pectin in base of **1 Qt. Micro Pitcher**. Cover and microwave on high for 1 minute.
3. Stir and pour over strawberries.
4. Switch the blade attachment to the paddle attachment in the **SuperSonic Chopper Extra** and pour the sugar over the strawberry mixture. Cover and process until mixture is combined.
5. Pour into **Freezer Mates Plus Containers**. Let cool completely before storing.
6. Freeze until ready to enjoy and thaw beforehand or store in refrigerator.

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# Strawberry REFRIGERATOR JAM

## INGREDIENTS

- 1 Qt. strawberries, cleaned and hulled (equals 2 cups minced)
- 3 Tbsp. fruit pectin
- 2 cups granulated sugar
- 2 tsp. lemon juice

## DIRECTIONS

1. Place strawberries in **SuperSonic Chopper Extra** with the blade attachment. Cover and process until minced.
2. Combine fruit purée, sugar and lemon in the **1½ Qt. Stack Cooker Casserole**. Cover and microwave on high for 2 minutes.
3. Stir in fruit pectin, microwave for 4-5 minutes.
4. Allow to cool before pouring into the **Freezer Mates Plus Containers**.
5. Refrigerate for up to two weeks.



# Tandoori CHICKEN

## INGREDIENTS

- |   |                             |
|---|-----------------------------|
| 2 lbs. boneless skinless chicken thighs | ½ tsp. cayenne pepper       |
| 2 Tbsp. garam masala                    | 1 (14-oz.) can coconut milk |
| 2 Tbsp. honey                           |                             |
| 1 Tbsp. chili powder                    |                             |
| 1 Tbsp. garlic powder                   |                             |
| 1 Tbsp. ground cumin                    |                             |
| 2 tsp. salt                             |                             |
| 2 tsp. turmeric                         |                             |
| ½ tsp. ground ginger                    |                             |

## DIRECTIONS

1. Place all ingredients in the **Freezer Mates Plus Container**, seal and label, place in the freezer.
2. To cook, thaw mixture, place in the **Microwave Pressure Cooker**, cover and lock.
3. Microwave for 20 minutes.
4. Allow **Microwave Pressure Cooker** to depressurize naturally, stir and serve with cooked rice, if desired.





# Thai Peanut CHICKEN SATAY

## INGREDIENTS

2 lb. boneless skinless chicken thighs, trimmed  
1 (14 oz.) can coconut milk  
½ cup creamy peanut butter  
3 Tbsp. lime juice  
1 Tbsp. ginger, grated  
2 Tbsp. tamari or soy sauce  
3 Tbsp. honey  
1 Tbsp. toasted sesame oil  
2 tsp. minced garlic

2 tsp. curry powder yellow  
1 tsp. cumin  
1 tsp. garam masala  
½ tsp. red pepper flakes

## DIRECTIONS

1. In a medium bowl combine coconut milk, peanut butter, lime juice, ginger, tamari, honey, sesame oil, garlic, curry powder, cumin, garam masala and red pepper flakes. Whisk all together until smooth. Add chicken.
2. Pour ingredients in the **Freezer Mates Plus Container**, seal and label, place in the freezer.
3. To cook, thaw mixture, place in the **Microwave Pressure Cooker**, cover and lock.
4. Microwave for 20 minutes.
5. Allow **Microwave Pressure Cooker** to depressurize naturally, stir and serve with cooked rice, if desired.





# TURKEY MEATBALL & Tortellini Soup



## INGREDIENTS

- 1 (15 oz.) can Italian style diced tomatoes, do not drain
- 1 (14 oz.) pkg. frozen cheese tortellini
- 1 carrot, chopped
- 1 (10 oz.) pkg. frozen chopped spinach
- 12 oz. frozen turkey meatballs
- 1 Tbsp. Italian seasoning
- 3 (15 oz.) cans chicken broth

### *Optional garnish*

Grated Parmesan and/or mozzarella cheeses, optional

## DIRECTIONS

1. Place tomatoes cheese tortellini, carrot, spinach, turkey meatballs and Italian seasoning in the **Freezer Mates Plus Container**, seal and label, place in the freezer.
2. To cook, thaw mixture, place in the **Microwave Pressure Cooker**, add chicken broth, cover and lock.
3. Microwave for 20-25 minutes.
4. Allow pressure to release naturally until pressure indicator fully lowers before opening.

