

FREEZER MATES PLUS CONTAINERS

FREEZER MEALS & 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.

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.

- 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,



THE BASICS

WHY DO YOUR FOODS 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 consumes 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	POULTRY	SEAFOOD	COLD CUTS	EGGS	DAIRY
6 MONTHS Steaks (uncooked)	4 MONTHS Chops (uncooked) Ground Meat (uncooked) Roasts (uncooked)	2-3 MONTHS Cooked Meats & Casseroles Poultry, pieces (breast, thighs—uncooked) Poultry, whole (uncooked)	2 MONTHS Ham, whole, store wrapped (cooked) Hot Dogs Luncheon Meats Sausage Pepperoni 1 MONTH Bacon	1 YEAR Egg Substitute (unopened) Egg Whites DO NOT FREEZE Egg Substitutes (opened) Egg Yolks (uncooked) Fresh (in shell) Hard Cooked Eggs	6 MONTHS Butter Cheese Eggnog Ice Cream & Sorbets DO NOT FREEZE Pudding
1 MONTH Bread (fresh baked) Breads & Rolls (unbaked dough) Muffins & Rolls Pancakes & Waffles (cooked) Pastries & Doughnuts Pizza Stuffing Tortillas	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)	3 MONTHS Clams, Oysters & Mussels (shucked—cooked) Fatty Fish (salmon, bluefish, mackerel—uncooked) Lobster Tails (uncooked) 2 MONTHS Crab (cooked)	1-3 MONTHS Broth Chili Gravy Soup (broth based) Stews Stock DO NOT FREEZE Soup (cream based)	6-12 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	9-12 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
4¾ cup 1-Qt.
9 x 6¾ x 2½"



Freezer Mates PLUS
Small Deep
4¾ cup 1.1-Qt.
6 x 4½ x 4½"



Freezer Mates PLUS
Mini
¾ cup 5.7-oz.
4¾ x 3 x 2½"



Freezer Mates PLUS
Large Shallow
9¾ cup 2.4-Qt.
12¾ x 9 x 2½"



Freezer Mates PLUS
11 cups 2.5-Qt.
Medium Deep
8¾ x 6¾ x 4½"



Freezer Mates PLUS
Small Shallow
1¾ cup 1.9 cup
6 x 4½ x 2½"



Freezer Mates Plus
Cube Tray
450 ml 1.9 cups
6 x 5"

FREEZER MATES PLUS CONTAINER - FREEZER MEAL AND RECIPES

7. Baked Ziti with Spinach & Goat Cheese
8. Beef Stew
9. Breakfast Burrito
10. Breakfast Sandwich
11. Candy Corn Rice Krispy Treats
12. Chicken Parmesan Meatballs
13. Cilantro Lime Chicken Tacos or Nachos
14. Cranberry Dijon Pork Tenderloin
15. Croissant Sandwich
16. Cube Steaks and Gravy
17. French Toast Sticks
18. Herb Roasted Chicken & Vegetables
19. Lentil Soup
20. Mongolian Beef
21. Salsa Chicken
22. Shrimp Stir Fry
23. Strawberry Freezer Jam
24. Strawberry Refrigerator Jam
25. Tandoori Chicken
26. Thai Peanut Chicken Satay
27. Turkey Meatball & Tortellini Soup



BAKED ZITI WITH SPINACH & GOAT CHEESE

- 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



1. In the base of the Power Chef with blade attachment add spinach leaves and garlic cloves. Put the lid on and then pull cord to chop until it's as coarse chopped. Pour the spinach into your mixing bowl.
2. Place mixing bowl under Grate Master. Place mozzarella into the Grate Master 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 UltraPro bakeware. Bake uncovered 25-30 minutes or until bubbly.
6. Allow to rest 5 minutes before serving.



BEEF STEW

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



1. In the base 2.5 quart 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

- 2 cups frozen tater tots
- 2 Roma tomatoes, diced
- 2 Tbsp. olive oil
- ¼ cup chopped fresh cilantro leaves
- 8 links breakfast sausage, casing removed
- 8 large eggs, lightly beaten
- ½ cup half and half
- Kosher salt and freshly ground black pepper, to taste
- 1 (16-oz.) can refried beans
- 8 (8") flour tortillas
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese



TUPPERWARE



1. Preheat oven to 400 degrees F. Place Wonder Mat on a baking sheet.
2. Place tater tots on Wonder Mat and cook according to package instructions; set aside.
3. Heat olive oil in a Chef Series Fry Pan over medium high heat. Add sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat, reserving 1 Tbsp. in the skillet.
4. 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.
5. 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 baking sheet with Wonder Mat; cover.
6. Place into oven and bake until heated through, about 12-15 minutes.
7. 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.

CANDY CORN RICE KRISPY TREATS

- 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



TUPPERWARE



1. In a medium saucepan, heat marshmallow, butter and vanilla over medium-low heat until melted and well combined, 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.

BREAKFAST SANDWICH

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



TUPPERWARE



1. Cut muffins in half and toast them in toaster until lightly browned.
2. If using whole egg, add 3 Tbsp water into each 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 ¼ cup of egg whites into 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.

CHICKEN PARMESAN MEATBALLS

- 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



TUPPERWARE



1. Assemble Fusion Master 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 base of 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, spr.
7. Seal and label Freezer Mates PLUS container and place in the freezer.



CILANTRO LIME CHICKEN TACOS OR NACHOS

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



- 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.
- 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.
- Shred the chicken with two forks and stir back into the slow cooker. Taste and season with salt and pepper, to your preference.
- Serve chicken with tortillas and toppings, such as with cheddar cheese, sour cream, guacamole, salsa, and lettuce.
- 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).



CRANBERRY DIJON PORK TENDERLOIN

2 Tbsp. Dijon mustard
1 can of whole cranberry sauce (not jellied)
1 package of onion soup mix
1 (3-4 lb.) raw pork tenderloin (or pork roast)



- Place pork tenderloin in the 2.5 quart Freezer Mates PLUS Container.
- Mix together mustard, cranberry and soup mix, pour over pork.
- Seal and label Freeze container and place in the freezer.
- TO Cook: thaw ingredients and put in to the base of the Microwave Pressure Cooker, cover and lock cover.
- Microwave for 20-25 minutes.
- Allow to depressurize naturally,



CROISSANT SANDWICH

1 Tbsp. olive oil
4 large eggs, lightly beaten
¼ 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



- Heat olive oil in Chef Series II Fry Pan 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.
- 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.
- 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

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

To make Gravy
3 Tbsp. cornstarch
3 Tbsp. cold water



- In a medium bowl, combine all ingredients in first column.
- Pour ingredients into a Freezer Mates PLUS container.
- To Cook, thaw mixture, place in the Microwave Pressure Cooker, cover and lock.
- Microwave for 20-25 minutes.
- Allow pressure to release naturally until pressure indicator fully lowers before opening.
- Open Pressure Cooker, make a slurry with the cornstarch and cold water and stir into cube steak broth.
- Serve with mashed potatoes, if desired.

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

FRENCH TOAST STICKS

- 4 eggs
- ¼ cup reduced-fat (2%) milk
- 1 tsp. ground cinnamon
- 2 tbsp. granulated sugar
- 6 slices bread



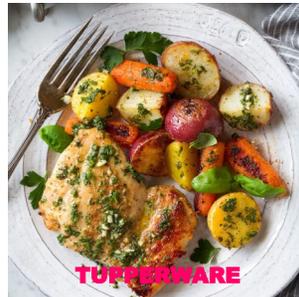
1. Preheat oven to 400° F/205° C. Place Wonder Mat on a baking sheet, set aside.
2. Whisk together eggs, milk, Cinnamon-Vanilla Seasoning and sugar.
3. Slice bread into thirds.
4. Dip bread in batter and lay onto Silicone Wonder Mat.
5. Bake 8–12 minutes, flipping once.
6. Let cool to room temperature, 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.

HERB ROASTED CHICKEN & VEGETABLES

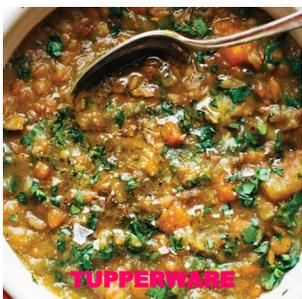
- 2 lbs. bone-in chicken pieces thighs, breasts, and/or drumsticks
- 1 lb. baby red potatoes, cut in half
- ½ pound carrots, cut into chunks or whole baby carrots
- 1 onion chopped into large chunks
- 2 Tbsp. olive oil
- ¼ tsp. minced dried onion
- ¼ tsp. minced dried basil
- ½ tsp. minced dried parsley
- ½ tsp. minced dried garlic
- ½ tsp. salt



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 9 x 13 baking dish.
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

- 2 cups chopped butternut squash* Add after cooking
- ¾ cup each, chopped onions, carrots and celery* ¼ cup olive oil
- 1-2 cups chopped potatoes* 1½ cups kale, *finely chopped*
- 1 cup uncooked brown lentils
- 3 cloves garlic, minced
- 1 tsp. herbes de Provence (or other spices you like)
- ½ tsp. salt
- 4-5 cups vegetable or chicken broth
- * fresh or frozen



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.

MONGOLIAN BEEF

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

- To Serve*
- Cooked rice
 - 3 medium green onions, chopped (garnish)

Sauce

- 1 tsp. minced ginger
- 3 cloves garlic, minced
- ⅛ tsp. crushed red pepper flakes (optional)
- ¾ cup low sodium soy sauce
- ¾ cup water
- ¾ cup brown sugar



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.

SALSA CHICKEN

4-6 chicken breast
4 Tbsp. taco seasoning
1½ cups salsa

1 cheddar cheese, shredded
Sour cream



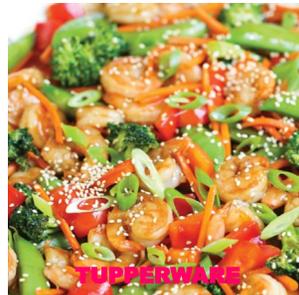
1. Sprinkle taco seasoning over chicken breast and place in the Freezer Mates PLUS Container, pour salsa over chicken, seal container, label and place in the freezer.
2. To cook: Thaw chicken and place in the Microwave Pressure Cooker, cover and seal.
3. Microwave for 20-25 minutes.
4. Allow Pressure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

Can also be shredded for tacos.

SHRIMP STIR FRY

1½ pounds medium shrimp,
peeled and deveined
1 bell pepper, chopped
1 cup sugar snap peas
2 carrots, peeled and grated
16 ounces 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



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 large skillet 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.

STRAWBERRY FREEZER JAM

1 lb. strawberries, cleaned and hulled
¾ cup water
1 (1.75 oz.) pkg. fruit pectin
4 cups sugar



1. Place strawberries in base of Power Chef System fitted 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 Power Chef System 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.

STRAWBERRY REFRIGERATOR JAM

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



1. Place strawberries in base of Power Chef System fitted with the blade attachment. Cover and process until minced.
2. Combine fruit purée, sugar and lemon in base of 1¼ 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

- 2 lbs. boneless skinless chicken thighs
- 2 Tbsp. garam masala
- 2 Tbsp. honey
- 1 Tbsp. chili powder
- 1 Tbsp. garlic powder
- 1 Tbsp. ground cumin
- 2 tsp. salt
- 2 tsp. turmeric
- ¼ tsp. ground ginger
- ¼ tsp. cayenne pepper
- 1 (14-oz.) can coconut milk



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 Pressure Cooker to depressurize naturally, stir and serve with cooked rice, if desired.



THAI PEANUT CHICKEN SATAY

- 2 pounds boneless skinless chicken thighs, trimmed
- 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
- ¼ tsp. red pepper flakes



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 Pressure Cooker to depressurize naturally, stir and serve with cooked rice, if desired.



TURKEY MEATBALL & TORTELLINI SOUP

- 1 (15 oz.) can Italian style diced tomatoes, NOT drained
 - 1 (14 oz.) package frozen cheese tortellini
 - 1 (10 oz.) package 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



1. Place all ingredients EXCEPT for chicken broth 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.