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HAMBURGER PRESS & KEEPERS

Recipes

**ALL BURGERS CAN BE COOKED OUTSIDE ON THE
BBQ GRILL, IN A CHEF SERIES II FRYPAN, OR IN
THE TUPPERWARE MICROPRO GRILL.**

Whether you use beef, turkey, chicken, seafood, stuffed burgers or making veggie burgers, Tupperware Hamburger Press and Keepers lets you make customized burgers at home. Change up the fillings, meat, seasonings, and toppings for burgers that are 100% yours! The uniform size means your burgers will be evenly cooked.

DIMENSIONS AND CAPACITY

Hamburger Keeper Container: $4\frac{7}{8}$ x 1"
7 oz./200g

Press Ring: $4\frac{3}{8}$ x $1\frac{1}{2}$ "
Freezer and Dishwasher Safe.

Use the Hamburger Press and Keepers Set to form patties using $\frac{1}{4}$ - $\frac{1}{3}$ cup ground meat or filling per burger form. Burgers can either be cooked from this stage or sealed in Hamburger Keepers and placed in freezer for three to six months.

INSTRUCTIONS:

Place the Press Ring inside the white Hamburger Keeper container, add burger mixture or ground beef, use the Hamburger Press to flatten the burger, seal with another Hamburger Keeper if stacking or use the flat seal and freeze for future use, or remove now for cooking.

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WHAT IS A SAFE BEEF INTERNAL TEMPERATURE FOR BURGERS?

Whether you are working with fresh ground beef or fully thawed, the recommendation is that ground beef should feel firm to the touch and be cooked to a safe 160°F (medium doneness). Keep in mind that color is not a reliable indicator of ground beef doneness so do not cut into it to check or the juices will drain out just like with a steak.

Make your burgers at home with this handy and easy to use Hamburger Press and Keeper Set. You can make, freeze and store burgers. Use the ring to make thick or thin patties that are uniform in shape. Prep them ahead of time and easily stack and store in the freezer – take out when you're ready for your BBQ!

TIPS FOR THE BEST BURGER PATTIES:

- Prepare buns and toppings first and cook burger patties last.
- Use refrigerated Ground Chuck Beef (80/20) – grind your own or buy it ground, but 20% fat is ideal.
- Do not overwork your meat.
- Shape the patties 1" wider than the bun since they shrink on the grill.
- Make an indentation in the center to prevent it from plumping up in the center.
- Season patties generously with salt and pepper just prior to cooking. Salt changes the structure of proteins and toughens burgers. Do not salt the ground beef before forming into patties.
- Once on the grill, let patties brown and sear well (3-5 min) before flipping and do not press down on the burger.



BURGER TOPPINGS AND BUNS IDEAS

TOPPINGS:

When building a perfect burger, pick toppings that will add appealing texture, color and flavor.

- Cheese
- Pickles
- Onions
- Tomato
- Lettuce
- Avocado
- Bacon
- Jalapeños
- Mushrooms
- Chili
- Fries Onion Rings/Straws
- Tapenade
- Coleslaw
- Pesto
- Steak Sauce
- Salad Dressing
- Avocado
- Ketchup
- BBQ Sauce
- Hot Sauce
- Pizza Sauce
- Mayonnaise
- Mustard
- Thousand Island Dressing

THE BEST BURGER BUNS:

- Potato Buns (Top choice: the softest with great flavor)
- Pub-Style buns (soft, tall, restaurant style)
- Classic Sesame Seed Buns (inexpensive and classic)
- Brioche Bun (has a sweeter flavor)
- Pretzel Buns (denser but least likely to get mushy)

HAMBURGER PRESS & KEEPERS RECIPES

6. All American Grilled Stuffed Burgers
7. Black Bean Burgers
8. Chicken Chorizo Burgers
9. Chicken Jalapeno Burgers
10. Chicken Jalapeno Burgers II
11. Creole Salmon Patties with Spicy Dill Sauce
12. Dijon Dill Tina Burgers
13. Drunken Burgers with Marsala Onions
14. Fresh Salmon Burgers with Dill Caper Sauce
15. Grilled Turkey Herb Burgers
16. Hamburger Steak with Sweet Onion Mushroom Gravy
17. Hawaiian Chicken Burgers
18. Hidden Veggie Burgers
19. Italian Turkey Burgers
20. Mexican Chicken Burgers
21. Quinoa & Black Bean Burgers with Spicy Red Pepper Sauce
22. Quinoa Burgers
23. Red Bean Burgers
24. Shrimp Burgers with Dill Caper Sauce
25. Southwest Turkey Burgers with Guacamole & Spicy Mayonnaise
26. Soy Ginger Turkey Sliders
27. Spicy Cinnamon Burgers
28. Stuffed Sliders with Blue Cheese & Bacon
29. Stuffed Sliders with Smoked Cheddar & Bacon
30. Swiss Burgers in Tomato Gravy
31. Tuna Burgers with Sour Cream Dill Sauce

All American Grilled **STUFFED BURGERS**



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INGREDIENTS

- 1 lb. lean ground beef
- ½ tsp. coarse kosher salt
- ½ cup shredded cheddar cheese
- ¼ cup cream cheese, room temperature
- 2 Tbsp. steak & chop seasoning
- 1 garlic clove, peeled and minced

DIRECTIONS

1. Combine ground beef and salt in medium bowl. Divide into 6 portions, using the **Hamburger Press**, press into thin patties and set aside.
2. Stir together cheddar, cream cheese, seasoning and garlic in small bowl.
3. Place two Tbsp. of the cheese mixture on top of three of the patties. Top with remaining patties, gently press down edges to form a pocket around the cheese.
4. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
5. Place the three patties into the base of the **MicroPro Grill**. Place cover in the GRILL position. Microwave on high power 3 minutes. Remove from microwave, drain any liquid. Flip burgers, microwave on high power an additional 2 minutes or until desired temperature. Serve with a variety of fresh vegetables, pickles and condiments.



Black Bean BURGERS

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INGREDIENTS

- 1 (15-oz) can black beans
- 1 red bell pepper, cored and quartered
- 2 Tbsp. cilantro
- $\frac{3}{4}$ cup breadcrumbs
- $\frac{1}{2}$ tsp. garlic powder
- 1 tsp. ground cumin
- 4 tsp. lime juice
- Salt and pepper to taste
- Desired Toppings

DIRECTIONS

1. Place black beans in the **SuperSonic Chopper Extra** with blade attachment Pull cord until coarsely processed. Add 2- 3tsp. of water if necessary for pulling. Transfer to a bowl; set aside.
2. Place red pepper and cilantro in the **SuperSonic Chopper Extra** with blade attachment. Cover and pull cord until finely chopped. Add to black bean mixture. Stir in remaining ingredients.
3. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties
4. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
5. Place two patties at a time in base of the **MicroPro Grill** and place the cover on top of patties in GRILL position.
6. Microwave on high power 8 minutes, then flip burgers and microwave on high power an additional 2 minutes.
7. Now that your GRILL is hot, additional patties will require less grill time. Microwave remaining patties on high power 6 minutes, then flip and microwave on high power an additional 2 minutes.
8. Top with desired toppings and serve.

Chicken Chorizo **BURGER**



INGREDIENTS

- 4 (4-oz.) boneless, skinless chicken breasts, cut into ½"-pieces
- 2 strips uncooked bacon, chopped
- 1 garlic clove, minced
- ¾ cups finely chopped chorizo (about ¼" pieces)
- 2 Tbsp. minced red onion
- ¼ tsp. kosher salt
- 1 tsp. smoked paprika
- ½ cup shredded Monterey Jack cheese with jalapeño peppers, optional
- Your choice of toppings

DIRECTIONS

1. Assemble **Fusion Master Mincer** with coarse mincer disc and place bowl underneath hopper. Place ¼ of the chicken, bacon, garlic, chorizo and onion into hopper and turn handle to grind. Repeat with remaining ingredients until all is ground. Stir in salt and smoked paprika. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties
2. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
3. Place two patties in the **MicroPro Grill**, and cover in the GRILL position. Microwave on high power 8 minutes or until burgers are cooked through and registers 160° F/70° C on an instant-read thermometer. Repeat with remaining patties.
4. If using cheese, add cheese and microwave for one minute to melt.
5. Serve with your favorite buns and condiments.

Chicken Jalapeno **BURGERS**



INGREDIENTS

- | | |
|--------------------------------------|-------------------------------------|
| 1½ lbs. ground chicken | ½ tsp. kosher salt |
| ½ cup minced yellow onion | ½ tsp. ground black pepper |
| ¼ cup minced fresh cilantro | 4 hamburger buns, split and toasted |
| ¼ cup shredded cheddar cheese | ¼ cup guacamole |
| 2 cloves garlic, minced | 1-2 tomatoes, sliced |
| 1 jalapeño pepper, seeded and minced | Lettuce |
| ½ lime, juiced | 1 red onion, finely sliced |
| 1 tsp. ground cumin | Mexican hot sauce |
| 1 tsp. paprika | |

DIRECTIONS

1. Mix ground chicken, ½ cup cilantro, cheddar cheese, garlic, jalapeno pepper, lime juice, cumin, paprika, salt, and pepper together in a bowl.
2. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Place the patties into the base of the **MicroPro Grill**. Place cover in the GRILL position. Microwave on high power 3-4 minutes. Remove from microwave, drain any liquid. Flip burgers, microwave on high power an additional 2 minutes or until desired temperature.
5. Serve patties in burger buns with sliced tomato, guacamole, lettuce, red onion and Mexican hot sauce.

Chicken Jalapeno **BURGERS II**



INGREDIENTS

- ¼ cup fresh cilantro
- 1 jalapeño
- 3 garlic cloves, minced
- 2 green onions, chopped
- 1 lime, juiced
- 1 lb. ground chicken
- ⅓ cup mozzarella cheese, grated
- ¼ cup potato chips, crumbled
- ½ tsp. salt

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with the blade attachment, add cilantro, jalapeño, garlic and onions, cover and pull cord until minced. Transfer to a bowl and add remaining ingredients, stir until combined.
2. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Place the patties into the base of the **MicroPro Grill**. Place cover in the GRILL position. Microwave on high power 3-4 minutes. Remove from microwave, drain any liquid. Flip burgers, microwave on high power an additional 2 minutes or until desired temperature.
5. Serve patties in burger buns with your choice of toppings.



Creole **SALMON PATTIES** with Spicy Dill Sauce

INGREDIENTS

Spicy Dill Sauce

- 1 tsp. sriracha sauce
- 1 Tbsp. dill, finely chopped
- 1 tsp. lemon juice
- $\frac{1}{3}$ cup mayonnaise

- 1 (14.7 oz.) can salmon, well-drained, flaked with a fork
- $\frac{1}{2}$ cup Ritz crackers, crushed
- 1 egg
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup red onion, minced
- $\frac{1}{8}$ cup celery, minced
- $\frac{1}{8}$ tsp. cayenne pepper
- $\frac{1}{2}$ tsp. brown mustard
- $\frac{1}{2}$ tsp. garlic powder

DIRECTIONS

1. Place sriracha sauce, dill, lemon juice and mayonnaise in a small bowl, mix and refrigerate.
2. In a medium **Thatsa Bowl**, mix the remaining ingredients.
3. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties
4. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
5. Place a couple patties at a time in base of the **MicroPro Grill** and place the cover on top of patties in GRILL position.
6. Microwave on high power 8 minutes, then flip burgers and microwave on high power an additional 2 minutes.
7. Now that your GRILL is hot, additional patties will require less GRILL time. Microwave remaining patties on high power 6 minutes, then flip and microwave on high power an additional 2 minutes.
8. Top with spicy dill sauce.

Dijon Dill TUNA BURGERS



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INGREDIENTS

Burger

- 2 (6 oz.) cans water-packed white tuna, drained
- 1 egg white
- ¼ cup dry bread crumbs
- ¼ cup green onions, sliced
- 2 Tbsp. light salad dressing
- 2 Tbsp. Dijon mustard
- 1 tsp. dried dill weed
- ½ tsp. garlic powder

4 buns, split and toasted

Optional Toppings

- Cucumber, diced
- 4 lettuce leaves
- 1 tomato, sliced
- Siracha Mayonnaise

DIRECTIONS

1. In a medium bowl, combine burger ingredients.
2. Use the **Hamburger Press** to form patties using approximately ½ cup per burger form. Burgers can either be cooked from this stage or sealed in **Hamburger Keepers** and placed in freezer for up to six months.
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Place two burgers in the base of the **MicroPro Grill** and place cover in the GRILL position. Microwave on high power 4 minutes, then flip and microwave on high power an additional 4 minutes or until burgers register 155° F/66° C.
5. Spread 1 tsp. Dijon mustard on bottom half of each bun. Top with lettuce, tomato, tuna burger and remaining bun half.

DRUNKEN BURGERS

with Marsala Onions



INGREDIENTS

- 1 lb. ground beef
- 4 garlic cloves, peeled and minced
- ½ tsp. kosher salt
- ¼ cup fresh Italian (flat-leaf) parsley, chopped
- ¼ tsp. ground clove
- ¼ cup extra virgin olive oil
- 1 cup Marsala wine
- 2 Tbsp. balsamic vinegar
- 2 medium yellow onions, sliced thin

DIRECTIONS

1. Season beef with salt and pepper. Use the **Hamburger Press** to form patties using approximately ½ cup ground meat per burger form. Refrigerate until ready to marinate.
2. In the **SuperSonic Chopper Extra** with blade attachment, add garlic, salt, parsley, clove, olive oil, Marsala, and balsamic. Cover and pull cord until garlic is minced. Pour marinade into the **Season Serve Container**; add onions and burgers. Seal for at least 6 hours. Remove burgers from marinade. Pat dry.
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Place two patties at a time in the **MicroPro Grill** and cover in GRILL position. Save Marinade and onions for later use.
5. Microwave on high power 4 minutes, flip and microwave for an additional 4 minutes, or until burgers register 155° F/66° C.
6. Pour marinade and onions into a **Chef Series II Frypan**, bring to a boil, reduce heat, stirring occasionally, until it thickens and onions become soft, about 8 minutes.
7. Serve burgers with Marsala onions and your choice of buns. 13



Fresh **SALMON BURGERS** with Dill Caper Sauce

INGREDIENTS

Two (4-6 oz.) skinless salmon filets, cut into chunks
4-5 scallions (divided), white and pale green part only, cut into chunks (green part is for sauce)
¼ cup Italian parsley leaves, rinsed and dried
1¼ tsp. Old Bay seasoning
1½ tsp. Dijon mustard
1 egg white
1 tsp. fresh lemon juice

Dill Caper Sauce
4-5 Scallions, green part only (from Burger recipe)
⅓ cup Italian parsley leaves, rinsed and dried
¼ cup fresh dill sprigs
1 Tbsp. capers, drained & rinsed
1½ cups plain Greek yogurt
⅓ cup mayonnaise
½-1 tsp. fresh lemon juice, to taste
Salt and pepper, to taste

DIRECTIONS

1. Grind salmon using the **Fusion Master Mincer** fitted with the Fine Disc, into a medium bowl. Set aside.
2. In **SuperSonic Chopper Extra**, add white part of scallions and Italian parsley to the **SuperSonic Chopper Extra** and chop finely, then add to salmon. Add Old Bay, Dijon mustard, egg white and lemon juice to salmon. Mix thoroughly to combine. Using the **Hamburger Press and Keepers**, form mixture into 4 patties.
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Take two burgers and place into base of **MicroPro Grill**. Place cover in GRILL position. Microwave on HIGH power for 5 minutes. Repeat with remaining burgers.
5. To make sauce, in **SuperSonic Chopper Extra**, add green part of scallions and chop (4-5 pulls on cord). Add parsley, dill and capers and chop finely (5-6 pulls on cord). Add yogurt, mayonnaise and lemon juice. Pull cord 5-6 times until well-blended. Season to taste with salt and pepper.
6. Serve burgers on buns and top with dill caper sauce and your favorite burger fixings.

Recipe by ChefMike McCurdy

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Grilled **TURKEY HERB BURGER**



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INGREDIENTS

- 2 green onions, roughly chopped
- ¼ cup parsley, loosely packed
- ¼ cup cilantro, loosely packed
- 1 lb. ground turkey
- 2 tsp. steak & chop seasoning

DIRECTIONS

1. Place green onions, parsley and cilantro in the **SuperSonic Chopper Extra** with blade attachment. Cover and turn handle until finely chopped.
2. Transfer to a medium bowl and add turkey and steak and chop seasoning, stirring to combine thoroughly.
3. Use the **Hamburger Press** to form patties using approximately ½ cup ground meat per burger form. Burgers can either be cooked from this stage or sealed in **Hamburger Keepers** and placed in freezer for up to six months.
4. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
5. Place in the **MicroPro Grill**, place cover in GRILL position and microwave on high for Microwave on high power 4 minutes, then flip and microwave on high power an additional 4 minutes or until no longer pink in the middle or until reaching an internal temperature of 160° F/72° C.
6. Top with desired toppings and serve.



HAMBURGER STEAK

with Sweet Onion
Mushroom Gravy

INGREDIENTS

- 1 (8-oz.) pkg. fresh mushrooms, sliced
- 1 medium-size sweet onion, halved and thinly sliced
- 2 honey wheat bread slices
- 1 pound ground round
- 1 large egg, lightly beaten
- 2 garlic cloves, minced
- ½ tsp. salt
- ½ tsp. freshly ground pepper
- 1 (1.2-oz.) pkg. brown gravy mix

DIRECTIONS

1. Place onions and mushrooms in the **MicroPro Grill**, place cover in GRILL position and microwave on high for 3-5 minutes, stir, recover and microwave for 2-3 more minutes; transfer to a bowl and set aside.
2. Add bread in the **SuperSonic Chopper Extra** with the blade attachment, cover and pull cord until finely chopped.
3. In a medium bowl add breadcrumbs, ground round, egg, garlic, salt and pepper, gently combine until blended, using your hands. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties
4. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
5. Place patties in the base of the **MicroPro Grill**, place cover in GRILL position and microwave on high for 5 minutes, flip, recover and microwave for 3-5 minutes or until no longer pink.
6. Whisk together brown gravy mix and 1½ cups water, pour over burgers, add onions and mushrooms, place cover in CASSEROLE position and microwave for 2-3 minutes. Allow to set for 5 16 minutes.

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Hawaiian CHICKEN BURGER



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INGREDIENTS

- 2 garlic cloves, peeled
- 1 small red onion, peeled and quartered, divided
- 1 (20-oz.) can pineapple slices, divided, 5 slices reserved for garnish
- 1 lb. ground chicken
- ½ cup Swiss cheese
- ¼ cup plain breadcrumbs
- ½ tsp. coarse kosher salt
- ¼ tsp. black pepper
- Hamburger buns
- Teriyaki sauce, optional

DIRECTIONS

1. Place pineapple slices in the **MicroPro Grill**, place cover in GRILL position, microwave on high for 3 minutes, flip and microwave for 2 minutes. Set aside. Wipe **MicroPro Grill** clean.
2. Place garlic, ½ red onion and ½ can of pineapple in the **SuperSonic Chopper Extra** with blade attachment, chop until finely diced.
3. Combine ground chicken, pineapple mixture, Swiss cheese, breadcrumbs, salt and pepper in **Thatsa Bowl**.
4. Use the **Hamburger Press** to form patties using ½ cup ground meat per burger form. Burgers can either be cooked now or sealed in **Hamburger Keepers** and frozen for up to six months.
5. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
6. Place 2 burgers in the **MicroPro Grill**, place cover in GRILL position and microwave for 4–5 minutes, flip burger and continue to cook until burger reaches an internal temperature of 155°F/66° C, about 1-3 minutes longer. Repeat with remaining burgers.
7. Top each burger with pineapple ring, sliced red onion and teriyaki sauce if desired.

Hidden Veggie **BURGERS**



INGREDIENTS

2 garlic cloves, peeled
½ medium onion, peeled and cut into 2" pieces
½ zucchini, trimmed and cut 2" pieces
½ red bell pepper, seeded and cut into 2" pieces
1 lb. ground beef
Kosher salt and fresh cracked black pepper
1 Tbsp. steak & chop seasoning
Slider buns

DIRECTIONS

1. Place vegetable in the **SuperSonic Chopper Extra** with blade attachment, pull cord until vegetables are finely diced.
2. Combine ground beef, vegetables, salt and pepper and steak & chop seasoning in **That's a Bowl**. Mix well.
3. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties
4. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
5. Place 4 burgers in the MicroPro Grill, place cover in GRILL position, microwave on high for 4–5 minutes. Flip and continue to cook until burger reaches an internal temperature of 155°F/66° C, about 1-3 minutes longer. Repeat with remaining burgers.



Italian **TURKEY BURGER**

INGREDIENTS

- 1 lb. ground turkey breast
- 1 Tbsp. Italian herb seasoning
- 1 tsp. dry zesty Italian dressing mix
- 1 cup shredded mozzarella cheese
- 1 egg, lightly beaten
- ¼ cup Italian style breadcrumbs or plain
- Burger buns

DIRECTIONS

1. Place all ingredients in medium bowl and combine well
2. Use the **Hamburger Press** to form patties using approximately ½ cup ground meat per burger form. Burgers can either be cooked from this stage or sealed in **Hamburger Keepers** and placed in freezer for up to six months.
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Place two patties at a time in base of **MicroPro Grill** and place the cover on top of patties in GRILL position.
5. Microwave on high power 4 minutes, then flip and microwave on high power an additional 4 minutes.
6. Now that your GRILL is hot, additional patties will require less GRILL time. Microwave remaining patties on high power 3 minutes, then flip and microwave on high power an additional 3 minutes.
7. Top with desired toppings and serve.



Mexican CHICKEN BURGER

INGREDIENTS

- 1 small tomato, quartered and de-seeded
- ½ small red onion, peeled and quartered
- 1 cup loosely packed cilantro
- ¼ cup black olives, pitted, optional
- 1 lb. ground chicken
- ½ tsp. coarse kosher salt
- ¼ tsp black pepper
- 1 tsp. taco seasoning
- Hamburger buns
- Guacamole and salsa, optional

DIRECTIONS

1. Place vegetables in the **SuperSonic Chopper Extra**, cover and pull cord until vegetables are finely diced.
2. Combine ground chicken, vegetables, salt and pepper and taco seasoning in **Thatsa Bowl**. Mix well.
3. Use the **Hamburger Press** to form patties using approximately ½ cup ground meat per burger form. Burgers can either be cooked from this stage or sealed in **Hamburger Keepers** and placed in freezer for up to six months.
4. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
5. Place 2 burgers in the **MicroPro Grill** and microwave on high for 4–5 minutes, place cover in GRILL position. Microwave on high for 3-4 minutes. Flip and continue to cook until burger reaches an internal temperature of 155°F/66° C, about 1-3 minutes longer.
6. Repeat with remaining burgers.



Quinoa & Black Bean **BURGERS** with Spicy Red Pepper Sauce

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INGREDIENTS

Burger

2 cups red quinoa cooked
1 cup black beans, canned, rinsed
½ cup bread crumbs
½ tsp. garlic powder
½ tsp. chili powder
1 tsp. ground cumin
½ tsp. smoked paprika
½ tsp. salt
½ tsp. black pepper
1 large egg lightly beaten
¾ cup cheddar cheese

Spicy red pepper sauce

8 oz. roasted red pepper (jar)
1 chipotle pepper in adobo sauce
½ cup feta cheese, crumbled
½ cup mayonnaise
½ tsp. smoked paprika
1 Tbsp. olive oil extra-virgin

Roma tomato, sliced

Leaf lettuce

4 whole wheat buns

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, add quinoa and black beans, cover, pull cord until minced finely. Transfer to a bowl and add the remaining burger ingredients.
2. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Place two patties in the **MicroPro Grill**, place the cover in GRILL position. Repeat with remaining burgers.
5. Microwave on high power for 4 minutes, flip and microwave an additional 2-3 minutes. Additional patties will require less time. Microwave for 3 minutes, flip and then an additional 2 minutes.
6. In the clean **SuperSonic Chopper Extra** add ingredients for the spicy red pepper sauce, cover, pull cord until desired consistency is reached. Top each burger with tomato, lettuce and spicy red pepper sauce.

Quinoa **BURGERS**



INGREDIENTS

- 2 cups red or tricolor quinoa, cooked
- $\frac{3}{4}$ cup mashed sweet potatoes (1 large sweet potato)
- $\frac{1}{4}$ red onion, chopped
- $\frac{1}{2}$ cup ground oatmeal
- $\frac{3}{4}$ tsp. southwest chipotle seasoning
- $\frac{1}{4}$ tsp. salt

DIRECTIONS

1. In medium bowl, combine quinoa, sweet potato, red onion and oatmeal. Stir until fully incorporated.
2. Add remaining ingredients and stir to combine.
3. Use the **Hamburger Press** to form patties using approximately $\frac{3}{4}$ cup per burger form. Burgers can either be cooked from this stage or sealed in **Hamburger Keepers** and placed in freezer for up to six months.
4. Cook burgers your way, you can fry in a **Chef Series II Frypan**, **BBQ Grill Outdoors** or cook using the **MicroPro Grill**.
5. Place 2 burger patties in the **MicroPro Grill** and microwave on high power 2–3 minutes on each side with cover on GRILL position. Continue with remaining burgers until thoroughly cooked.

Red Bean **BURGERS**



INGREDIENTS

- 2 (15 oz.) cans red kidney beans, drained
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 tsp. ground cumin
- $\frac{2}{3}$ cup ground oats
- 1 tsp. salt

DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment add beans, you may have to do one can at a time, cover and pull cord until minced, transfer to a bowl. Add remaining ingredients, cover and pull cord until minced, transfer to the bowl with beans, stir to combine.
2. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties.
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Place 2 burger patties in the **MicroPro Grill** and microwave on high power 2-3 minutes on each side with cover on GRILL position. Repeat with remaining burgers.

SHRIMP BURGERS

with Dill Caper Sauce



Recipe by Chef Mike McCurdy

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INGREDIENTS

Burgers

2 (10 oz.) pkg. frozen raw peeled & deveined shrimp - thawed, rinsed & drained

1 garlic clove, finely chopped

½ cup Italian parsley, finely chopped

½ small red bell pepper, finely chopped

½ sweet onion

1 egg white

2 tsp. Old Bay seasoning

salt and pepper, to taste

¼ cup dry bread crumbs* if needed

Garnish: lettuce, tomato & sliced red onion

Dill Caper Sauce

¾ cup mayonnaise

½ cup Greek yogurt or sour cream

1 lime, juice only

2 Tbsp. capers

½ cup fresh dill sprigs

½ cup Italian parsley

2 Tbsp. horseradish or to taste

3-4 dashes Tabasco sauce (optional)
salt and pepper, to taste

DIRECTIONS

1. Roughly Chop the shrimp place in a mixing bowl. Add garlic, parsley and red pepper to the bowl.
2. Place onion into **SuperSonic Chopper Extra** with blade attachment cover and pull cord and chop finely. Add remaining shrimp, egg white and Old Bay seasoning, recover and chop until it becomes a thick paste. Transfer to mixing bowl. Season with salt and pepper, add bread crumbs *if needed* to make firmer burgers.
3. Using the **Hamburger Press and Keepers**, form mixture into 4 patties. Refrigerate until ready to cook (up to 2 days).
4. Make Sauce: Combine dill, parsley and capers in **SuperSonic Chopper Compact** and chop finely; set aside.
5. Place Paddle Attachment into **SuperSonic Chopper Extra** then add remaining sauce ingredients. Add chopped capers and herbs. Pull cord 7 or 8 times until thoroughly combined. Chill for at least 2 hours or overnight.
6. Remove Keepers from refrigerator. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
7. Place two burgers in the **MicroPro Grill**.
8. Place cover in GRILL position and cook for 5-6 minutes on full power. Repeat with two remaining burgers.
9. Transfer burgers to buns and top with the dill caper sauce. Garnish with lettuce, tomato and sliced red onion.

Southwest **TURKEY BURGERS** with Guacamole & Spicy Mayonnaise



INGREDIENTS

Burger

- 1 lb. ground turkey
- ¼ cup finely diced onion
- 2 Tbsp. fresh cilantro, diced
- 2 tsp. ground cumin
- 1 garlic clove, minced
- 1 egg
- salt & pepper
- Roma Tomato, sliced
- Red Leaf Lettuce
- 4 whole wheat buns

Guacamole

- 2 avocados
- juice of one lime
- ½ tsp. salt

Spicy mayonnaise

- 2 roasted piquillo peppers
- 1 small chipotle peppers (from a can of chipotle peppers in adobe sauce)
- ½ cup mayo
- 1 Tbsp. lime juice

DIRECTIONS

1. Place all burger ingredients in medium bowl and combine.
2. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties.
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Place two patties at a time in the **MicroPro Grill** and place the cover in GRILL position. Microwave on high power 4 minutes, flip and microwave on high power an additional 4 minutes.
5. Microwave remaining patties on high power 3 minutes, then flip and microwave on high power an additional 3 minutes.
6. Add avocado, lime juice and salt in the **SuperSonic Chopper Extra**, with blade attachment, cover, pull cord until desired consistency is reached. Put guacamole in a bowl, set aside. Clean out **SuperSonic Chopper Extra**.
7. Add spicy mayonnaise ingredients in the **SuperSonic Chopper Extra**, replace cover, pull cord until desired consistency is reached.
8. Top each burger with guacamole and spicy mayonnaise.



Soy Ginger
TURKEY SLIDERS

INGREDIENTS

- 1 lb. ground turkey
- ½ cup plain breadcrumbs
- ⅓ cup green onions, chopped
- 1 Tbsp. ginger, minced
- 2 garlic cloves, minced
- 2 tsp. soy sauce
- ½ tsp. salt
- 1 large egg

DIRECTIONS

1. In medium bowl, place all ingredients and mix until just combined. Divide mixture in half, then each half into three patties. Using the **Hamburger Press & Keepers Set** form patties.
2. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
3. Place three patties in the **MicroPro Grill**, place cover in GRILL position for 6 minutes, flipping halfway through. Repeat with remaining burger patties.

Spicy Cinnamon **BURGERS**



INGREDIENTS

- 1¼ lb. ground beef
- 1 small onion, chopped
- 3 garlic cloves, minced
- 1 Tbsp. Worcestershire sauce
- 2 Tbsp. parsley, chopped
- 1 tsp. ground chipotle
- ½ tsp. ground cinnamon
- 1 large egg
- 1 tsp. salt
- Buns and toppings of your choice

DIRECTIONS

1. In medium bowl, place all ingredients and mix until just combined.
2. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties.
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
4. Place two patties at a time in the **MicroPro Grill** and cover in GRILL position. 5. Microwave on high power 4 minutes, flip and microwave for an additional 4 minutes, or until burgers register 155° F/66° C.
5. Repeat with remaining two burgers.

STUFFED SLIDERS

with Blue Cheese
& Bacon



INGREDIENTS

- 3 oz. bacon
- 1 lb. ground beef
- 1 tsp. garlic powder
- 1 tsp. coarse kosher salt
- ½ tsp. black pepper
- 2 oz. crumbled Blue cheese
- Slider buns

DIRECTIONS

1. Place bacon in the **MicroPro Grill**, place cover in GRILL position. Microwave on high for 3-4 minutes. Flip, cook for 1-3 minutes or until crisp. Remove and place on paper towels.
2. Combine ground beef, garlic powder, salt and pepper in **Thatsa Bowl**. Mix well.
3. Using the **Hamburger Press & Keepers Set**, divide burgers mixture into 8 equal portions and flatten.
4. Spoon 1 teaspoon of blue cheese crumbles and 1 teaspoon of bacon onto each of the (4) slider bottoms. Place (4) slider tops over the bottoms and on top of the blue cheese and bacon. Press along edges to seal.
5. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
6. Place 4 burgers in the **MicroPro Grill**, place cover in GRILL position. Microwave on high for 3-4 minutes. Flip and continue to cook until burger reaches an internal temperature of 155° F/66° C, about 1-3 minutes longer.
7. Repeat with remaining burgers.

STUFFED SLIDERS

with Smoked Cheddar
& Bacon



Tupperware®

INGREDIENTS

- 3 oz. bacon
- 1 lb. ground beef
- ½ tsp. garlic powder
- 1 tsp. coarse kosher salt
- 1 tsp. black pepper
- 4 oz. Smoked cheddar cheese, shredded
- Slider Buns

DIRECTIONS

1. Place bacon in the **MicroPro Grill**, place cover in GRILL position. Microwave on high for 3-4 minutes. Flip, cook for 1-3 minutes or until crisp. Remove and place on paper towels.
2. Combine ground beef, garlic powder, salt and pepper in **Thatsa Bowl**. Mix well.
3. Using the **Hamburger Press & Keepers Set**, divide burgers mixture into 8 equal portions and flatten.
4. Spoon 1 teaspoon of cheese and 1 teaspoon of bacon onto each of the (4) slider bottoms. Place (4) slider tops over the bottoms and on top of the cheese and bacon. Press along edges to seal.
5. Cook burgers your way, you can fry in a **Chef Series II Frypan**, **BBQ Grill Outdoors** or cook using the **MicroPro Grill**.
6. Place 4 burgers in the **MicroPro Grill**, place cover in GRILL position. Microwave on high for 3-4 minutes. Flip and continue to cook until burger reaches an internal temperature of 155° F/66° C, about 1-3 minutes longer.
7. Repeat with remaining burgers.



Swiss **BURGERS** in Tomato Gravy

INGREDIENTS

- 1½ lb. ground sirloin
- 1 large egg, lightly beaten
- ½ tsp. ground black pepper
- 1 medium white onion, sliced
- 2 (15-oz.) cans fire-roasted diced tomatoes
- 1 chicken bouillon cube
- 6 (1-oz.) Swiss cheese slices
- Chopped fresh basil (optional)

DIRECTIONS

1. Stir together sirloin, egg, pepper, and remaining 1 tsp. salt in a large bowl.
2. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties.
3. Cook burgers your way, you can fry in a **Chef Series II Frypan**, **BBQ Grill Outdoors** or cook using the **MicroPro Grill**.
4. Place burger in the base of the **MicroPro Grill**, place cover in GRILL position and microwave on high for 3 minutes, flip, recover then microwave for 2-3 more minutes or until browned. Remove patties, reserving drippings.
5. Place onions in hot drippings, place cover in GRILL position and microwave on high for 3 minutes.
6. Add tomatoes, bouillon, and ½ cup water, return patties to **MicroPro Grill**, spoon tomato mixture over patties.
7. Place Cover in CASSEROLE position and microwave for 3-4 minutes, uncover, top burgers with cheese and basil, recover, and allow to sit for a few minutes until cheese melts.

TUNA BURGERS

with Sour Cream
Dill Sauce



INGREDIENTS

2 (6-ounce) cans tuna, drained
½ cup breadcrumbs
2 large eggs, lightly beaten
½ cup finely chopped onion
½ cup finely chopped celery
1 Tbsp. chopped pimiento, optional
1 Tbsp. fresh lemon juice
1½ tsp. prepared horseradish
1 clove garlic, minced
¼ tsp. pepper

Choice of buns and toppings

Sour cream dill sauce

¼ cup sour cream

¼ cup mayonnaise

1 tsp. dried dill weed

DIRECTIONS

1. In a large bowl, combine the tuna, bread crumbs, and egg, and stir lightly.
2. Add the onion, celery, pimiento (if using), lemon juice, horseradish, garlic, and pepper, stir to combine.
3. Using the **Hamburger Press & Keepers Set**, divide evenly between 4 keepers; insert press to form patties.
4. Cook burgers your way, you can fry in a **Chef Series II Frypan**, BBQ Grill Outdoors or cook using the **MicroPro Grill**.
5. Place burgers the **MicroPro Grill**.
6. Place cover on top of file in GRILL position and microwave on high power 3-5 minutes
Flip over, place cover in GRILL position, microwave on high for 3-4 more minutes,
7. Combine ingredients for the sour cream sauce in a small bowl.
8. Place burgers on buns and top with sour cream sauce.