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1. Creamy Broccoli Soup (serves1)

1 cup chicken broth
1 cup broccoli cut into small pieces
¼ cup heavy cream
½ tsp onion powder
Salt and pepper to taste

Cook broccoli with onion powder, salt and pepper for 1.5 minutes. Add broth, cook 1 minute. Stir in cream

2. Frittata (serves 1)

2 eggs
1tbs onion, finely diced
1tbs milk
1tbs fresh tomatoes, diced
3tbs crumbled feta cheese
Salt and pepper

In steamer, scramble eggs with milk, salt and pepper, stir in onions. Cook 3 minutes. Toss cheese and fresh tomatoes on top.

3. Marsala mushroom sauce (serves 2)

8 oz sliced baby bella mushrooms
2tbs butter
1tbs flour
¼ tsp minced garlic
¼ cup marsala wine
¼ cup chicken stock
Salt and pepper to taste

In steamer toss mushrooms with flour, add all other ingredients and cook 5 minutes. **Stir and serve over chicken or rice.**

4. Chicken Fried rice (serves 1)

½ cup cooked chicken
½ cup cooked rice
¼ cup shredded carrots
¼ cups small broccoli florets
¼ cup onion, finely diced
1tbs soy sauce,
¼ tsp minced garlic
Pepper
1 egg

Scramble egg in the steamer, cook 1 minute. Remove the egg and chop it up. Place the carrots, broccoli, onions, and pepper in the steamer and cook 2 minutes. Add the rice and soy sauce chicken and egg back in and cook 1 minute.

5. Mock Hollandaise sauce

¼ cup sour cream
¼ cup mayo
1 ½ tsp lemon juice
1 tsp yellow mustard

Stir all ingredients together in steamer, cook for 1 minute. Stir and cook 30 seconds more.

6. Rice with Chicken and Broccoli (serves1)

½ cups cooked chicken
½ cup minute rice
½ cup broccoli cut into small pieces
½ cup chicken broth
½ tsp minced garlic
Salt and pepper to taste

Set aside the cooked chicken. Mix all other ingredients in the steamer, cook 3 minutes, let stand 3 minutes. Stir in chicken.

7. Apple Pie topping (serves 2)

1 green apple, peeled and sliced
2tbs brown sugar
2tbs butter
¼ tsp cinnamon
1tbs flour
½ tsp lemon juice

Mix all ingredients in steamer, cook 3 minutes. Stir and serve over ice cream or pound cake.

8. Blueberry Sauce (serves 2)

1 cup frozen blueberries
½ cup sugar
2tbs butter
2tbs flour
1tbs lemon juice
1/8 tsp cinnamon

Mix all ingredients in steamer, cook 3 minutes. Stir and serve over pound cake or ice cream.

9. Buttered Corn (serves 2)

2 ears corn on the cob
1/2tbs butter
Salt and pepper to taste

Cut kernels off of the cob. Place in steamer with butter, salt and pepper. Cook 1 minute

10. Peas and carrots (serves 2)

1 cup frozen peas
1 large carrot, diced
Salt and pepper to taste

Place ingredients in the steamer, cook 3 minutes.

11. Salted Caramel Dip (serves 4-6)

20 caramel squares
¼ cup half and half
1/8 tsp kosher salt

Put ingredients in steamer and cook 1 minute. Stir until creamy. May need to cook additional 20 seconds.

12. Banana Bread Oatmeal (serves 1)

½ cup quick cooking oats
½ cup milk
1 banana, diced
1tbs brown sugar
1tbs butter
1/8 tsp salt

Mix ingredients in steamer, cook 1.5 minutes, stir.

13. Caramel Snack Mix (serves 2)

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

Cook brown sugar, butter and corn syrup for 45 seconds, stir, cook another 30 seconds, stir. Add cereal, pretzels and peanuts and stir until coated. Cook 30 seconds, stir in candy pieces. Pour out onto parchment paper and let cool.

14. Tortellini with Vodka sauce (serves 1)

1 cup fresh tortellini, from the refrigerated section
½ cup Vodka Sauce
1 ½ cup water
1/8 tsp salt

Place tortellini with water and salt in the steamer. Cook 4 minutes. Drain and toss with the Vodka sauce.

15. Turkey Meatball Sub (serves 1)

4 1 oz frozen turkey meatballs
¼ cup pasta sauce
1 slice provolone cheese
1 steak roll

Place meatballs in the steamer bowl and cook for 1.5 minutes. Add the sauce and cook another 1.5 minutes. Place the meatballs on the roll and top with the provolone cheese.

16. Lo Mein (serves 2)

2 cups thin spaghetti

½ cup match stick carrots
¼ cup snow peas cut in half
½ cup green onion sliced
¼ cup soy sauce
1/2tbs sesame oil
½ tsp minced garlic
1 tsp sugar

Place carrots, snow peas and garlic in steamer and cook 1 minute. Stir in soy sauce, oil, onion and sugar and cook 1 minute. Stir, cook 30 seconds.

17. Buffalo Dip (serves 4)

4 oz cream cheese
4 oz shredded cheddar cheese
1/3 cup blue cheeses dressing
¼ cup wing sauce
¼ cup crumbled blue cheese, plus 1tbs
Hot sauce

Mix cream cheese, cheddar cheese, dressing, wing sauce, ¼ cup blue cheese and a few dashed of hot sauce, depending on how hot you want the dip. Cook one minute, stir and cook 1 minute more. Sprinkle 1tbs blue cheese on top.

18. Taco Bowl (serves 1)

¼ lb lean ground beef
1/2tbs taco seasoning
½ cup crushed tortilla chips
¼ cup shredded lettuce
2tbs shredded cheddar cheese
1tbs taco sauce
1tbs sour cream

Crumble beef into the steamer, cook 1 minute. Stir and chop beef, add taco seasoning, cook 1 minute. Stir and top with lettuce, chips, cheese, sauce and sour cream.

19. Sausage Marinara (serves 2)

2 sausage links cut in 1 inch slices
1 cup marinara sauce

Place sausage in steamer and cook 2 minutes. Stir and cook in 1 minute intervals until cooked through. Add sauce and cook 1 minute more. Serve over pasta.

20. Thai Shrimp (serves 2)

½ lb large shrimp, peeled and deveined
¼ cup peanut butter
¼ cup soy sauce
1/2 tsp sesame oil
1/2 tsp minced garlic
1 tbs sugar

Place shrimp in the steamer and cook for 1 minute. Stir and cook in 30 second intervals until the shrimp is cooked through. Remove the shrimp and add all other ingredients in the bowl, cook 1 minute. Stir until smooth. Pour over shrimp and serve with rice or pasta.

21. Artichoke, Feta and Olives (serves 2)

1 cup frozen artichoke quarters
¼ cup pitted Kalamata Olives
¼ cup crumbled feta cheese
1 small tomato, seeds removed and diced
¼ tsp minced garlic
1 tbs chicken broth
1 tbs butter
Salt and pepper

Add artichokes, olives, tomatoes, garlic, tomatoes, broth and salt and pepper to the steamer. Cook 1 minute 30 seconds, stir and cook 1 minute more. Stir in feta cheese and serve over chicken or pasta.

22. Garlic Butter Green Beans (serves 3)

2 cups green beans cut in 1 inch pieces
½ tsp minced garlic
2 tbs butter
Salt and pepper

Put green beans, garlic and butter in the steamer. Cook 2 minutes, stir and cook 1 minute 30 seconds more. Stir and season with salt and pepper.

23. Brown Sugar glazed Carrots and Pecans (serves 3)

2 cups carrot coins
1/3 cup pecan halves
2tbs brown sugar
1tbs butter
1/8tsp cinnamon
1/8 tsp kosher salt

Place carrots, pecans, sugar, butter and cinnamon in bowl. Cook 2 minutes, stir and cook 1 minute 30 seconds more. Stir and sprinkle with salt.

24. Creamy Salsa dip (serves 4)

4 oz cream cheese
¾ cup salsa
1 cup shredded cheddar cheese

Put all ingredients in bowl and cook 1 minute, stir and cook in 30 second intervals until hot. Serve with tortilla chips or crackers.

25. Buffalo Chicken Sloppy Joe (serves 2)

½ lb ground chicken
1/3 cup hot wing sauce
1tbs blue cheese dressing
2tbs crumbled blue cheese
2 sandwich buns

Crumble chicken in steamer and cook 1 minute. Stir and chop up the chicken and cook 1 minute more. Stir and chop the chicken and add sauce and dressing. Serve on buns and top with the crumbled blue cheese.

26. French toast (serves2)

2 XL eggs
2 cups cubed French bread
2tbs half and half
¼ tsp vanilla
2 tsp brown sugar
¼ cup maple syrup

In the steamer whisk eggs together with half and half, vanilla, and sugar. Add the bread and gently toss until all liquid is absorbed. Cook 1 minute 45 seconds. Serve with syrup.

27. Chili Dog (serves2)

½ lb lean ground beef
2 hot dogs cut in ½ inch slices
1 cup salsa
2 tsp chili seasoning
¼ cup shredded cheddar cheese

Crumble the beef in the steamer and cook 1 minute. Stir and chop up the meat and cook 1 minute. Add the salsa, chili and hot dogs and cook 2 minutes. Sprinkle cheese on top.

28. Meat sauce (serves 2)

1/2 lb lean ground beef
1 cup pasta sauce

Crumble beef in steamer and cook for 1 minute, stir and cook for 1 minute more. Make sure meat is cooked through or cook for an additional 30 seconds. Add sauce and cook 1 minute. Serve over pasta.

29. Chocolate Peanut Butter Fondue (serves 4)

½ cup milk chocolate chips
¼ cup creamy peanut butter
¼ cup heavy cream
¼ cup confectioner sugar

Place all ingredients in steamer and cook for 1 minute. Stir until smooth, if needed cook for an additional 20 seconds. Serve with fruit, pretzels, pound cake, etc.

30. Egg white Frittata

3 egg whites
2tbs broccoli florets
¼ cup shredded cheddar cheese
Salt and pepper

Mix all ingredients in the steamer and cook for 2 minutes. Check center to make sure the frittata is cooked through, if not cook in 30 second intervals until done.