

# Steamed Shrimp with Vegetables

## Ingredients

1c long grain rice

2 cups water

1/2 tsp salt

1/4 tsp black pepper

8oz raw peeled large shrimp (21-25)

1/2 c broccoli florettes

1/2 c sliced sweet red pepper

1/4 c sliced red onion

1/2 tsp red pepper flake

1 lemon

Place rice, water, salt and pepper in the Range Mate

place cover on and microwave on high for 8 minutes

Carefully remove and let sit on counter for additional 3 minutes.

Meanwhile, place steamer insert on plate and arrange shrimp and vegetables evenly on top

Place rice on serving platter and whip unit clean. Cut lemon into 4 slices and place on bottom of

RangeMate along with 1/2 cup of water. Place steamer insert in, place cover on and microwave

on high for 4-1/2 minutes... carefully remove, place shrimp and vegetables over rice and serve

immediately.

# Ham and Broccoli Quiche

## Ingredients

1-9" pre made pie crust  
6 oz diced ham  
1/3 c chopped broccoli  
1 cup grated cheddar cheese  
5 eggs  
3/4 cup half and half or milk  
1 tsp salt  
1/4 tsp black pepper

Place steamer insert into RangeMate base. Line pie crust on to steamer insert and sides of RangeMate unit being careful not to tear crust (if tears occur, they can be fixed with extra dough)

In a bowl.. mix eggs and milk, salt and pepper

Fill shell evenly with Ham, cheese and broccoli

Pour in milk and egg mixture

Place cover on and microwave for 5 minutes on full power

After 5 minutes, set microwave to 50% power and cook for additional 12 minutes

Carefully remove and let sit on counter for an additional 5 minutes, covered, to allow quiche to fully set.

Remove lid and let cool for an additional 5 minutes ... Carefully remove quiche from unit using a spatula ...cut and serve with side salad.

# Beef Stoganoff

## Ingredients

3c uncooked wide egg noodles

1-1/2c water

1# Cubed sirloin or stew meat

1- 8.5oz can sliced mushrooms

1-10.75 oz can beef gravy

1- 10.75 oz can cream of mushroom soup

1/3 cup sour cream

2 Tbsp dried parsley

1/3 cup diced onion

Place egg noodles and water in RangeMate unit. Cover and cook at full power for 9 minutes. Carefully remove and drain. Cover and keep warm.

Wipe out and dry unit. Place cover on and heat RangeMate for 5 minutes in microwave on full power. Carefully remove unit and take cover off... add meat and stir for 1 minute until meat is brown. Add mushrooms, onions, parsley, salt and pepper. Cover and cook at full power for 8 minutes. Add gravy and soup and stir to incorporate. Cover and cook for additional 2 minutes. Remove and stir in sour cream... spoon over egg noodles and serve.

# Orange Glazed Chicken

## Ingredients

1- bone in 1/2 chicken (approx 1-1/2 pounds)

1 tsp seasoning salt

10oz jar orange marmalade

1 medium red bell pepper diced

zest of 1 orange

juice of 1 orange

1/2 tsp red pepper flake

Heat covered RangeMate unit in microwave for 5 minutes on full power.

Place seasoned chicken in skin side down...cover, and cook for 4 minutes.

Remove unit and carefully turn chicken over... place cover on and cook for an additional 8 minutes. Carefully remove chicken to platter to rest. Discard juice from unit ... rinse and dry.

Add marmalade, pepper, orange zest, juice and pepper flake to unit and stir to combine

Cover and cook for 3 minutes... remove.. stir to incorporate and serve over chicken.

# Stuffed Pork Chops

## Ingredients

2-8oz boneless pork chops  
salt and pepper

1c cooked wild rice  
1/2c grated cheddar cheese  
1/2c thawed chopped spinach  
1/2 tsp salt  
1/4 tsp pepper

Lay chops flat and carefully cut pockets into side half way through meat.

In a bowl, mix together rice, cheese, spinach, salt and pepper. Divide stuffing mixture and place into pockets until full. Season chops on both sides with salt and pepper and place in RangeMate unit. Place cover on at cook for 4 minutes at full power. Remove unit and cover and carefully turn chops. Cover and cook for an additional 6 minutes. Remove and let stand covered for additional 5 minutes. Serve

# Bacon and Cheese Strata

## Ingredients

5 slices white bread cut into cubes

9 eggs

1/2 c chopped onion

5 slices cooked bacon chopped

1/2 c grated cheddar cheese

2 scallion sliced thin

1tsp salt

1/4 tsp black pepper

In a bowl, whisk eggs.. then add onion, bacon, cheese, scallion, salt and pepper.

Fold bread cubes into egg mixture and pour into RangeMate.

Place cover on and microwave at full power for 4 minutes.

Set microwave to 50% power and cook for an additional 8 minutes.

Serve immediately

# Zucchini Feta Muffins

## Ingredients

1/4c butter  
1/4c sugar  
1 egg  
1/4c sour cream  
1/3c grated zucchini  
1/3c feta cheese  
1/2 tsp vanilla  
1/2 tsp baking powder  
1/4 tsp baking soda  
1/4 tsp cinnamon

Cream sugar and butter together.

Add egg to fully incorporate...

Mix in remaining ingredients

Divide batter into RangeMate muffin pan

Place 1 cup water into bottom and place muffin pan over.

Cover and cook at full power for 10 minutes...

Remove lid and let rest for 3 minutes...

# Flan

## Ingredients

1c sweetend condensed milk

1/2c heavy cream

3 eggs

1tsp vanilla extract

4 Tbsp Caramel sauce

Mix together milk, cream, eggs and vanilla.

Place 1 Tbsp of caramel sauce in each of the 4 muffin inserts in the RangeMate muffin pan.

Place 1 cup water in the RangeMate base and place muffin pan on top.

Equally fill each muffin insert with custard. Cover and microwave on full power for 4 minutes.

Set microwave to 50% power and cook for an additional 5 minutes.

Remove cover and let sit for 3 minutes. Remove muffin pan from base unit... spoon custards onto plate and spoon caramel over top. (can be served warm or leave in muffin pan.. cover with plastic and refrigerate to serve chilled)



# Peanut Brittle

## Ingredients

1c sugar  
1/2c light corn syrup  
1c salted peanuts  
1 tsp butter  
1 tsp vanilla extract  
1 tsp baking soda

Combine sugar and corn syrup in RangeMate Base.. Cover and cook on full power for 3 minutes.  
Stir in peanuts, butter and vanilla, cover and cook for an additional 3 minutes.  
Stir in baking soda until light and foamy. Pour out onto cookie sheet and spread thin.  
Cool completely and break into pieces ...serve

# Oatmeal Blueberry Breakfast Bars

## Ingredients

### Dough:

2c oats  
1c sliced almonds  
4Tbsp honey  
1Tbsp coconut oil  
1tsp salt  
1 tsp cinnamon  
2 bananas  
1 tsp vanilla extract

### Topping:

1/2c oats  
1/4c shelled pumpkin seeds  
1c fresh blueberries  
1/4c shredded coconut  
1/4tsp cinnamon

For dough:

Combine all ingredients in food processor and run until fully combined and wet.

Press dough into the bottom of the RangeMate base, cover and cook at full power for 2-1/2 minutes.

For topping:

Mix all ingredients together and place on top of dough pressing gently. Cover and cook for an additional 3 minutes at 50% power. Remove lid... cool completely. Remove bars from unit. cut into squares and enjoy.

# Individual French Toast Casserole

## Ingredients

2Tbsp flour  
2Tbsp sugar  
1tsp cinnamon  
2 eggs  
1/2c milk  
1tsp vanilla  
4 slices challah bread or Texas toast.(torn into chunks)

### Streusel mix:

4Tbsp flour  
4Tbsp brown sugar  
1/2 tsp cinnamon  
2Tbsp butter  
4Tbsp chopped pecans or walnuts

Whisk together flour, sugar, cinnamon, egg, milk, and vanilla. Add in bread pieces until the liquid mixture is absorbed.

Combine all streusel ingredients in another bowl.

Take half of the bread mixture and place evenly in each of the 4 muffin inserts.

Top each with half of the streusel mixture. Top each with remaining bread mixture and top off with remaining streusel mix.

Place 1 cup water in RangeMate base .. place muffin pan on top. Cover and cook at full power for 5 minutes. Set microwave for 50% power and cook for an additional 4 minutes..

remove and serve with syrup, berries or topping of your choice.

# Bread Pudding

## Ingredients

5 slices challah bread or Texas toast  
1-5oz can fruit cocktail (drained)  
6 eggs  
1c half and half  
1/4c sugar  
1/2tsp cinnamon

Whisk eggs, half and half, sugar and cinnamon together. Add fruit cocktail and bread and gently incorporate. Add mixture to RangeMate base. Cover and cook at full power for 4 minutes. Set microwave to 50% power and cook for an additional 8 minutes. Serve with whipped cream or vanilla ice cream

# Cuban Sandwich

## Ingredients

1 loaf cuban bread or french bread  
4 slices boiled ham  
2 slices roast pork  
2 slices imported swiss cheese  
2 dill pickles thin sliced length wise  
1Tbsp yellow mustard  
2 Tbsp butter

Cut 5 inch section of loaf and slice in half

build sandwich with mustard, pickle slices, cheese, ham, pork roast, cheese, pickle slices.

Butter one side of sandwich and place butter side down in RangeMate base. Cover and cook at full power for 2 minutes. Remove.. butter the top of sandwich and carefully turn sandwich over.

Cover and cook for an additional 2 minutes. Carefully remove and serve.

# Rocky Road Fudge

## Ingredients

3c semi sweet chocolate chips

1-14oz can condensed milk

4Tbsp butter

1tsp vanilla extract

1/4tsp salt

1c mini marshmallows

1/2c chopped peanuts

Place chips, milk and butter in RangeMate base. Cover and cook on full power for 1 minute remove and stir. Continue cooking for 30 second intervals until chocolate mixture is smooth. Add salt and vanilla and stir to incorporate. Gently fold in marshmallows and nuts ... Let stand until cool.. place in refrigerator to cool completely. Remove .. cut and serve

# Meatloaf

## Ingredients

4oz canned tomato sauce  
1/4c brown sugar  
1tsp yellow mustard  
1-1/2 # ground beef  
1/4c cracker crumbs  
2 eggs  
1pkg onion soup mix  
1tsp salt  
1/4tsp black pepper

Combine tomato sauce, brown sugar and mustard.

Combine remaining ingredients and to that...add half of the tomato mixture.

Divide meat mixture in half and shape two oblong meatloaves.

Place both loaves in RangeMate base. Pour remaining sauce over top.

Cook in microwave at full power for 8 minutes. Turn microwave on 50% power and cook for an additional 4 minutes. Let stand covered for 5 minutes.. internal temperature should read 165 degrees. slice and serve.