

## **Sistema Casserole Pan Recipes**

### **1. White rice**

Ingredients:

1 cup white rice

1 2/3 cup water

1 Tbs butter (optional)

Directions: Place all ingredients in the cooker. Cook on high for 3 minutes and then 16 minutes on 50% power. Let stand 2 minutes.

### **2. White Minute Rice**

1 cup white Minute rice

1 cup water

Directions: Place all ingredients in the cooker. Cook on high for 2 minutes then 3 minutes on 50% power. Let stand 5 minutes.

### **3. Spicy Buffalo Chicken Dip**

Ingredients:

1 cup Rotisserie Chicken, chopped

4 oz cream cheese, softened and cut in cubes

4 oz shredded Cheddar cheese

¼ cup Blue cheese dressing

¼ cup hot wing sauce

2 Tbs Blue cheese crumbles

Directions: Place cream the cream cheese, Cheddar cheese, Blue cheese dressing and the wing sauce in the cooker. Cook for 3 minutes, stir well. Stir in chicken and sprinkle the Blue cheese crumbles on top. Cook 1 minute. Serve with celery or crackers.

#### 4. Buffalo Wings

Ingredients:

6 frozen precooked Buffalo wings

Directions: Place Wings in the cooker and cook for 5 minutes. Let stand for 2 minutes.

#### 5. **Sweet and Sour Meatballs**

Ingredients:

8 1oz frozen meatballs

½ cup chili sauce

½ cup cranberry sauce

Directions: Place the sauces in the cooker and cook for 1 minute 30 seconds. Stir, add the meatballs and cook for 2 minutes 30 seconds. Stir, cook and additional 1 minute or until heated through.

#### 6. **Shrimp in Garlic Butter Sauce**

Ingredients:

10-12 extra large Shrimp

2 Tbs butter

2 Tbs white wine

2 cloves garlic, minced

1 tsp lemon

1 Tbs parsley chopped

Salt and pepper

Directions: Place Shrimp, garlic, wine, butter, salt and pepper in the cooker, cook 2 minutes. Stir and cook 30 seconds. Squeeze lemon on shrimp, sprinkle with parsley and serve with rice or pasta.

## **7. Mac and Cheese with Smoked Ham**

Ingredients:

½ cup smoked Ham Steak  
2 cups cooked macaroni noodles  
½ cup shredded Cheddar cheese  
¼ cup heavy cream  
¼ tsp dried mustard  
pinch nutmeg  
Salt and pepper

Directions: Stir all ingredients in the cooker and cook for 3 minutes.

## **8. Breakfast Casserole**

Ingredients:

4 eggs  
½ cup ham steak, cubed  
½ cup shredded Cheddar cheese  
¼ cup green onions, chopped  
3 Tbs milk  
1/8 tsp onion powder  
2 cups baguette bread, cubed

Directions: Salt and pepper

Place bread in the bottom of the cooker. In a separate bowl, whisk together all other ingredients and pour over the bread. Let soak for 10 minutes then cook for 4- 4 ½ minutes.

## **9. Steamed Broccoli**

Ingredients:

2 cups broccoli florets

2 Tbs butter

1 clove garlic, minced

1 Tbs lemon

¼ cup grated Parmesan cheese

Salt and pepper

1Tbs water

Directions: Mix broccoli, butter, garlic, lemon, salt, pepper and water in the cooker and cook for 3 minutes. Sprinkle with Parmesan cheese.

## **10. Shrimp and Vegetable Stir Fry**

Ingredients:

10-12 extra large frozen shrimp

1 ½ cups cut vegetables such as pepper, snow peas, broccoli, onion

1 Tbs stir fry seasoning mix

1 Tbs soy sauce

1 Tbs sugar

¼ cup water

Directions: Place shrimp in the cooker. Mix all other ingredients and pour over the shrimp. Cook 5 minutes or until shrimp is cooked through.

## **11. Spiced Apples**

2 large apples, peeled and sliced  
2 Tbs butter, diced  
2 Tbs sugar  
¼ tsp cinnamon  
1/8 tsp nutmeg

Directions: Mix all ingredients in the cooker and cook for 3 minutes. Stir and serve over ice cream.

## 12. **Tacos**

Ingredients:

1 lb ground beef  
¼ cup taco seasoning  
½ cup water

Directions: Mix all ingredients in the cooker and cook for 2minutes 30 seconds. Stir, cook 2 minutes. Stir and cook for 1 minute or until meat is cooked through.

## 13. **Chicken Noodle Soup**

Ingredients:

1 cup Rotisserie chicken  
½ cup thin egg noodles  
2 ¼ cups chicken broth  
½ cup carrots, diced  
½ cup celery sliced  
¼ cup onion, diced  
1 clove garlic, minced  
½ tsp chicken bouillon granules  
Salt and pepper

Directions: Place carrots, celery, onion, garlic, salt and pepper with ¼ cup of the broth in the cooker and cook for 3 minutes. Add 2 cups broth, bouillon and the noodles and cook 3 minutes. Add the chicken and cook 3 minutes.

#### 14. **Orange Chicken and Broccoli**

Ingredients:

2 boneless skinless chicken thighs cut in 1 inch pieces

2 cups broccoli florets

4 Tbs orange juice

4 Tbs rice vinegar

2 Tbs soy sauce

2Tbs brown sugar

¼ tsp ginger

¼ tsp red pepper flakes

½ tsp orange zest

1 clove garlic, minced

¼ cup flour plus ½ Tbs

2 Tbs chicken broth

Green onion, sliced

Salt and pepper

Directions: Salt and pepper the chicken then toss with the ¼ cup flour to lightly coat. Place chicken and broccoli in the cooker. In a separate bowl stir the remaining ingredients with ½ Tbs flour and pour over the chicken and broccoli. Cook 3 minutes. Stir and cook 3 minutes.

#### 15. **Jambalaya**

1 cup Rotisserie Chicken

1 sausage link, slice in ¼ inch slices  
1 box Jambalaya rice mix  
2 ½ cups water  
1 Tbs olive oil

Directions: Place sausage, rice mix, water and oil in the cooker and cook for on high for 3 minutes. Then cook on 50% power for 18 minutes. Stir in chicken and cook for 1 minute on high.

## 16. **Chicken Marsala**

Ingredients:

2 thin cut boneless skinless chicken breast  
1 cup sliced mushrooms  
¼ cup Marsala wine  
¼ cup chicken broth  
1 Tbs butter, cut up  
¼ cup flour plus 1 Tbs  
Salt and pepper  
Parsley, chopped

Directions: Toss mushrooms with 1 Tbs flour salt and pepper and place in the cooker. Add the Marsala wine, chicken stock and butter and cook for 3 minutes. Salt and pepper the chicken, dredge in the ¼ cup flour and place on top of the mushroom sauce. Cook 3 minutes, flip the chicken over and cook 1 minute. Sprinkle with fresh parsley.

## 17. **Red Potatoes**

Ingredients:

1 lb baby red potatoes quartered

¼ cup chicken broth  
¼ cup butter  
1 clove garlic minced  
Salt and pepper

Directions: Mix all ingredients in the cooker and cook for 5 minutes. Stir and cook 2 minutes or until potatoes are soft.

## 18. **Mahi Mahi**

Ingredients:

2 pieces frozen Mahi Mahi  
1 cup vegetables, such as onion, peppers, broccoli, sliced  
1 clove garlic minced  
2 Tbs soy sauce  
½ tsp lime juice  
1 Tbs honey  
1 tsp sesame oil  
¼ tsp ground ginger

Directions: Pinch of red pepper flakes Place fish and vegetables in the cooker. In a separate bowl mix all other ingredients and pour over the fish. Cook 8 minutes or until fish is cooked through.

## 19. **Eggplant Parmesan**

Ingredients:

½ small eggplant peeled and sliced in ¼ inch slices



½ cup pasta sauce  
¼ cup shredded mozzarella cheese  
1 Tbs grated parmesan cheese  
1 tbs olive oil  
2 Tbs fresh basil chopped  
Salt and pepper

**Directions:** Place the eggplant in the bottom of the cooker. Drizzle with olive oil and salt and pepper. Pour sauce over the eggplant and sprinkle with mozzarella cheese. Cook 5 minutes. Serve with parmesan and fresh basil on top.

## 20. **Microwave Peanut Brittle**

Ingredients:

1 cup lightly salted peanuts  
1 cup sugar  
1/2 cup light Karo corn syrup  
1 Tbsp butter  
1 tsp baking soda  
dash of vanilla

**Directions:** Place parchment paper on a cookie sheet! Combine sugar and syrup in your Sistema Casserole pan and stir. Microwave on high for 5minutes. Carefully remove from microwave Add peanuts, butter, vanilla stir. Microwave on high for 1 minute 30 seconds. Remove from microwave

and stir in baking soda, pour onto parchment paper and spread into a rectangle and let cool for 1 hour. Break into many pieces and enjoy!

\* Try this recipe with Cashews too!

## 21: **Greek Omelet**

Ingredients:

8 lg eggs (scrambled)  
1 cup baby spinach  
2 oz crumbled feta cheese  
6 - pitted kalamata olives (halved)  
3 small sun dried tomatoes (slivered)  
1 tsp butter  
dash of salt and pepper to taste

Directions: Place all ingredients into your Sistema Casserole pan with the eggs being last. Gently mix together, cover, open vent and microwave on full power for 2 minutes. Remove, stir and cook for an additional 2 minutes. Lift the omelet lightly and tilt to check for any additional uncooked eggs. Cook for another 30 seconds or until omelet is done.

## **22. Holiday Sweet Potato/Yams**

Ingredients:

2 lg sweet potatoes (I like the ones that are blister packed)  
2 tbsp brown sugar  
2 tbsp butter  
mini marshmallows  
sprinkle of cinnamon

Directions: Place sweet potatoes or yams into your Sistema Casserole pan, cover and cook on full power for 6 minutes. Check of doneness. If more time is needed, cook in 30 second intervals until done. Remove plastic wrapper and split each potato or yam down the middle. Add equal amounts of remaining ingredients to each one. Top with mini marshmallows, cover and cook for another minute. Remove from pan and enjoy!

### 23: **Spanish Orzo Pasta**

#### Ingredients:

1 cup orzo Pasta

1/2 cup shredded chicken

1 1/2 cup chicken broth

1/4 cup sliced green olives with pimentos

1/4 cup sliced celery

1/4 cup red Sofrito

1 tbsp adobo spice

Shredded Queso Fresco cheese

fresh ground black pepper

Directions: Place pasta and chicken broth into your Sistema casserole pan. Cover and cook on high for 5 minutes. Remove and add all remains ingredients. Cover and cook for 8 minutes on 70% power. Check if more liquid is needed and if so, add 1/4 cup of chicken broth and cook for 2 minutes. Remove and top[ with shredded Queso Fresco cheese and enjoy!