

# Table of Contents

|  |    |
|--|----|
| Rustic Bolognese Sauce                               | 3  |
| Braised Chicken Mexicana                             | 5  |
| Corned Beef and Cabbage                              | 7  |
| Quinoa Tacos   | 9  |
| Mussels with Beer, Leeks and Cream                   | 11 |
| Meatball-Stuffed Peppers                             | 13 |
| Penne Carbonara                                      | 15 |
| Citrus Rosemary Cornish Game Hens                    | 17 |
| Lentil Soup with Sausage                             | 19 |
| Risotto with Scallops and Cauliflower                | 21 |
| Turkey Chili   | 23 |
| BBQ Pork Ribs  | 25 |
| Soy Ginger Salmon with Spinach and Couscous          | 27 |
| Lamb Meatballs with a Curried Spinach Sauce          | 29 |
| Mama's Meatloaf                                      | 31 |
| Zesty Chicken and Kale Soup                          | 33 |
| Saffron Chickpea Stew with Dumplings                 | 35 |
| Italian Pot Roast                                    | 37 |
| Pork Chops with Sauerkraut                           | 39 |
| Super Creamy Bacon Mac 'n' Cheese                    | 41 |
| Ham and Veggie Frittata                              | 43 |
| Lemon Chicken Thighs with Potatoes, Olives & Oregano | 45 |
| Spicy Sausage, Fennel and White Bean Stew            | 47 |
| BBQ Bacon Cheddar Turkey Meatloaf                    | 49 |
| Indian-Spiced Chicken Thighs with Rice               | 51 |
| Lamb Shanks Braised with Red Wine and Potatoes       | 53 |
| Risotto with Andouille Sausage and Clams             | 55 |
| Philadelphia Beef Stroganoff                         | 57 |
| Tilapia Niçoise                                      | 59 |
| Vegetarian Three-Bean Chili                          | 61 |
| Asian Style Chicken Wings                            | 63 |
| Conversion Chart                                     | 64 |



# Rustic Bolognese Sauce

## Ingredients

- 2 tablespoons olive oil
- ¼ pound (113 g) bacon, cut into ½-inch (1 cm) slices
- ½ medium onion, finely chopped
- 2 medium carrots, finely chopped
- 2 ribs celery, finely chopped
- 1 pound (450 g) lean ground beef
- 2 cloves garlic, crushed
- ¼ teaspoon nutmeg
- 1 28-ounce (794 g) can crushed tomatoes
- 1 tablespoon tomato paste
- 1 cup (250 mL) beef stock
- ½ cup (120 mL) heavy cream
- ¼ cup (60 mL) chopped parsley
- salt and pepper, to taste

## Directions

1. Place olive oil, bacon, onion, carrot and celery into the Microwave Pressure Cooker and cook, uncovered, on HIGH for 5 minutes, or until the bacon has cooked through.
2. Add the ground beef, garlic, nutmeg, tomatoes and tomato paste to the Microwave Pressure Cooker and stir well to break up the ground beef. Pour the beef stock over the top.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the sauce on HIGH for 20 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Stir in the cream and parsley and season to taste with salt and pepper.
7. Serve over cooked pasta with grated Parmesan cheese sprinkled over the top.

(\* To cook the pasta in the Microwave Pressure Cooker, place 4 cups penne and enough water to almost cover the pasta into the Microwave Pressure Cooker. Lock the lid into the closed position and cook on HIGH for 14 minutes. Let the pressure come down naturally and drain any remaining water.)

**Makes about 6 cups**



# Braised Chicken Mexicana

## Ingredients

- ¾ cup (150 g) Arborio rice
- ½ 15-ounce (425 g) can black beans
- ½ cup (120 mL) salsa
- 10 ounces (283 g) canned tomatoes with green chilies
- 1 teaspoon lime zest
- 1 cup (250 mL) chicken stock
- 1 3- to 4-pound (1.35 kg to 1.8 kg) whole chicken
- 1 tablespoon chili powder or taco seasoning
- salt and pepper, to taste
- ¼ cup (60 mL) chopped cilantro, plus more for garnish

## Directions

1. Place all the ingredients except for the chicken, chili powder/taco seasoning and the cilantro in the Microwave Pressure Cooker and mix together well.
2. Season the chicken with the chili powder or taco seasoning, salt and pepper and add the chicken to the Microwave Pressure Cooker.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the chicken on HIGH for 40 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Remove the chicken from the Microwave Pressure Cooker and cut into portions. Stir the cilantro into the rice and black beans and serve with the chicken.

**Serves 4**





# Corned Beef and Cabbage

## Ingredients

1 3-pound (1.35 kg) corned beef brisket, sliced into ¼-inch (.5 cm) slices

1 medium onion, minced

2 medium red potatoes, cut into large chunks

6 ounces (170 g) cabbage, cut into large chunks (about a quarter of a head)

1 tablespoon pickling spice  
juice of half a lemon

2 cups (500 mL) chicken stock

1 tablespoon chopped fresh parsley

## Directions

1. Place the corned beef, onion, potatoes and cabbage in the Microwave Pressure Cooker.
2. Combine the pickling spice, lemon juice and chicken stock and pour over the beef and vegetables.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the beef on 60% power for 36 minutes, then on HIGH power for 9 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Arrange the corned beef on a platter with the cabbage and potatoes along side. Pour some of the cooking liquid over the top and serve garnished with fresh chopped parsley.

**Serves 4 to 6**



# Quinoa Tacos

## Ingredients

- ¾ cup (180 mL) quinoa
- 1 15-ounce (439 g) can black beans, drained
- 1 14.5-ounce (411 g) can petite diced tomatoes
- 1¼ cups (310 mL) vegetable stock
- 1½ cups (350 mL) small-diced sweet potato
- 1 package taco seasoning
- 1 chipotle chili pepper in adobo, seeded and minced
- ¼ cup (60 mL) chopped fresh cilantro
- 8 to 12 flour or corn tortillas
- taco fixings (shredded lettuce, chopped tomatoes, avocado, sour cream, Cheddar cheese)

## Directions

1. Place quinoa, black beans, tomatoes, vegetable stock, sweet potato, taco seasoning and chipotle pepper into the Microwave Pressure Cooker. Stir to combine the ingredients.
2. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
3. Cook the taco filling on HIGH for 25 minutes.
4. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
5. Add the cilantro and fluff the mixture with a fork.
6. Serve in the tortillas with shredded lettuce, chopped tomato, avocado, sour cream or cheddar cheese as desired.

**Makes 10 to 12 tacos**



# Mussels with Beer, Leeks and Cream

## Ingredients

- 4 ribs celery, diced
- 2 tablespoons butter
- 1 pound (450 g) fresh mussels, scrubbed and beard removed
- 1 leek, washed, trimmed, and thinly sliced
- 1 12-ounce (350 mL) bottle of Belgian-style or Trappist-style beer
- ½ cup (120 mL) heavy cream
- salt and pepper, to taste
- 1 tablespoon chopped fresh parsley
- 1 lemon wedge

## Directions

1. Place the celery and butter in the Microwave Pressure Cooker and cook, uncovered, for 3 minutes on HIGH power.
2. Add the mussels, leek and beer to the Microwave Pressure Cooker.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the mussels on HIGH for 10 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Discard any mussels whose shells have not opened. Stir in the heavy cream. Season to taste with salt and pepper. Garnish with parsley and some squeezed lemon and serve with warm, crusty bread for dipping.

**Serves 1 to 2**





# Meatball-Stuffed Peppers

## Ingredients

- 1 pound (450 g) mixed ground beef, ground pork and ground veal
- ½ cup (75 g) dried or Panko breadcrumbs
- 1 rib celery, chopped
- ¼ cup (60 mL) minced red bell pepper
- 1 egg yolk
- 2 tablespoons milk
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¼ cup (60 mL) chopped parsley
- salt and pepper, to taste
- 4 large or 5 medium bell peppers (green, red or yellow)
- ½ to ⅔ cup (120 to 160 mL) cooked rice
- 2 cups (500 mL) tomato soup
- ¼ cup (60 mL) chicken stock
- ½ cup (120 mL) grated Parmesan cheese
- 1 cup (250 mL) grated Mozzarella cheese

## Directions

1. Combine the first 10 ingredients in a bowl, mixing well. Shape this mixture into silver dollar-sized meatballs and set aside.
2. Cut the top off each pepper, removing the seeds and veins inside.
3. Place the peppers in the Microwave Pressure Cooker so they are standing up.
4. Place one to two spoonfuls of rice in the bottom of each pepper. Then drop the meatballs into the peppers until they are filled up to the top.
5. Combine the tomato soup and the chicken stock and pour this liquid over the top of the peppers. Pour any remaining liquid into the base of the Microwave Pressure Cooker and sprinkle the grated Parmesan cheese over the top of the peppers.
6. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
7. Cook the peppers on HIGH for 25 minutes.
8. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
9. Remove the lid and top the peppers with the grated Mozzarella cheese. Return the Microwave Pressure Cooker to the microwave and cook, uncovered, on HIGH for one minute, or until the cheese has melted.

**Serves 4 to 5**



# Penne Carbonara

## Ingredients

- ½ pound (230 g) bacon sliced into ½-inch (1 cm) pieces
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 4 cups (950 mL) dry penne (uncooked)
- 1½ cups (135 g) grated Parmesan cheese, plus more for garnish
- 2 whole eggs plus 3 egg yolks
- salt and pepper, to taste
- ½ cup (120 mL) chopped parsley

## Directions

1. Place the bacon and olive oil into the Microwave Pressure Cooker and cook, uncovered, on HIGH for 5 minutes, or until the bacon has cooked through.
2. Remove the bacon from the Microwave Pressure Cooker with a slotted spoon and set aside. Immediately remove 1 tablespoon of the hot bacon grease from the Microwave Pressure Cooker and mix with the minced garlic in a small bowl and set aside. Discard the remaining bacon grease.
3. Place the dry pasta into the cooker and fill with enough water to almost cover the pasta. Stir and add a pinch of salt.
4. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
5. Cook the pasta on HIGH for 14 minutes.
6. While the pasta is cooking, whisk the Parmesan cheese, eggs, egg yolks, salt and pepper together in a separate bowl.
7. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
8. Drain the pasta, reserving ½ cup (120 mL) of the pasta water. Immediately return the pasta and reserved pasta water to the Microwave Pressure Cooker and stir in the blended eggs and cheese. Toss in the reserved bacon, garlic, and the parsley and stir to combine everything.
9. Season to taste with salt and pepper again and serve with more grated Parmesan cheese.

**Serves 4**





# Citrus Rosemary Cornish Game Hens

## Ingredients

2 Cornish game hens - each no more than 2 pounds (900 g)

1 medium onion, chopped

2 ribs celery, chopped

2 medium carrots, chopped

8 small red potatoes, diced

1 cup (250 mL) chicken stock

½ teaspoon apple cider vinegar

1 teaspoon orange zest

1 teaspoon lemon zest

2 teaspoons paprika

2 teaspoons crushed dried rosemary (not ground)

1 teaspoon minced garlic

salt and pepper, to taste

2 teaspoons chopped fresh rosemary

## Directions

1. Place the game hens in the Microwave Pressure Cooker, along with the onion, celery, carrots and potatoes.

2. Combine the remaining ingredients, except for the fresh rosemary, and pour over the game hens.

3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.

4. Cook the game hens on HIGH for 35 minutes.

5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.

6. Cut each game hen in half and serve with the vegetables. Pour the jus over the top and garnish with the fresh rosemary.

**Serves 4**



# Lentil Soup

with Sausage

## Ingredients

- 1 cup (250 mL) lentils
- 2 cloves garlic, minced
- 1 medium onion, finely diced
- 2 medium carrots, finely diced
- 2 ribs celery, finely diced
- 1 quart (950 mL) chicken stock
- ¼ pound (113 g) sweet Italian sausage, casings removed and crumbled
- 1 bay leaf
- ¾ teaspoon dried basil
- ¾ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons tomato paste
- 1 14.5-ounce (411 g) can diced tomatoes

## Directions

1. Place all ingredients into the Microwave Pressure Cooker and stir to combine.
2. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
3. Cook the soup on HIGH for 40 minutes.
4. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
5. Remove the bay leaf before serving.

**Serves 4**



# Risotto with Scallops and Cauliflower

## Ingredients

- 1 1/3 (225 g) cups Arborio rice
- 1 pound (450 g) medium-sized sea scallops
- 2 ounces (50 g) sliced mushrooms
- 1/2 medium onion, diced
- 1 cup (250 mL) chopped cauliflower florets
- 1 cup (250 mL) chopped fresh spinach leaves
- 1 teaspoon minced garlic
- 1 teaspoon fresh thyme
- 3 cups (700 mL) chicken stock
- salt and pepper, to taste
- 2 tablespoons butter
- 1/2 cup (45 g) grated Parmesan cheese
- juice from half a lemon
- 1/4 cup (60 mL) chopped fresh basil
- 5 thin slices of lemon

## Directions

1. Place the first ten ingredients into the Microwave Pressure Cooker and stir well.
2. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
3. Cook the risotto on HIGH for 25 minutes.
4. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
5. Let the risotto sit for a few minutes and then stir in the butter, cheese, and lemon juice. Season to taste with salt and pepper and garnish with fresh basil and lemon slices.

**Serves 4**





# Turkey Chili

## Ingredients

- ½ pound (230 g) ground turkey
- 1 14.5-ounce (411 g) can crushed tomatoes
- 1 cup (250 mL) chicken stock
- 1 teaspoon olive oil
- 1 small onion, diced
- 1 bell pepper, diced
- 1 large carrot, diced
- 1 rib celery, diced
- 1½ (350 mL) cups canned kidney beans, drained
- 1 teaspoon ground cumin
- 1 tablespoon chili powder
- salt and pepper, to taste
- ¼ cup (60 mL) chopped fresh cilantro or parsley

## Directions

1. Place all the ingredients except the fresh cilantro or parsley in the Microwave Pressure Cooker, stirring well to break up the ground turkey.
2. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
3. Cook the chili on HIGH for 20 minutes.
4. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
5. Stir in the fresh cilantro or parsley and serve with Cheddar cheese and sour cream if desired.

**Serves 3 to 4**



# BBQ Pork Ribs

## Ingredients

½ medium onion, chopped

2 tablespoons olive oil

1 cup (250 mL) beef stock

1 clove garlic, minced

1 bay leaf

2 pounds (900 g) baby back ribs,  
cut into portions

1½ cups (350 mL) your favorite  
BBQ sauce

## Directions

1. Place the onion and olive oil in the Microwave Pressure Cooker and cook, uncovered, on HIGH for 3 minutes.
2. Add the stock, garlic and bay leaf to the Microwave Pressure Cooker. Place the ribs into the Microwave Pressure Cooker and pour the BBQ sauce over the top.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the ribs on 60% power for 20 minutes and then on HIGH power for another 5 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Serve the ribs with some of the sauce poured over the top. If desired, bring the sauce to a simmer in a saucepan on the stovetop and reduce the liquid to thicken it.

**Serves 3 to 4**



# Soy Ginger Salmon with Spinach and Couscous

## Ingredients

- 2 teaspoons minced garlic
- 1 teaspoon ground ginger
- 1 teaspoon dried basil
- ½ teaspoon crushed red pepper
- 2 teaspoons toasted sesame seeds
- 1 cup (180 g) couscous
- 1½ cups (350 mL) chicken stock
- ½ cup (120 mL) white wine
- 2 tablespoons soy sauce
- salt and pepper, to taste
- ½ red bell pepper, julienned
- ½ medium onion, finely chopped
- 4 ounces (113 g) sliced mushrooms (shitake or baby bella)
- 1½ cups (350 mL) baby spinach, tightly packed
- 4 6-ounce (170 g) salmon fillets

## Directions

1. Place all the ingredients except for the spinach and salmon in the Microwave Pressure Cooker and mix together well.
2. Add the salmon and place the spinach on top.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the salmon on HIGH for 20 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Serve the salmon and spinach on a platter with the couscous mixture on the side.

**Serves 4**





# Lamb Meatballs

with a Curried Spinach Sauce

## Ingredients

- 2 pounds (900 g) ground lamb
- ½ small onion, minced
- ½ cup (75 g) dried breadcrumbs
- 2 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon cumin

## Sauce:

- 1 cup (250 mL) chicken stock
- ½ cup (120 mL) tomato puree
- 6 ounces (150 g) baby spinach, washed and chopped
- 1 tablespoon minced fresh gingerroot
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon ground cinnamon
- ½ teaspoon turmeric
- ½ teaspoon curry powder
- 2 tablespoons tomato paste
- ¼ cup (60 mL) plain yogurt as garnish

## Directions

1. Combine the lamb, onion, breadcrumbs, garlic, salt, pepper and cumin in a bowl. Shape the mixture into 18 to 20 meatballs (approximately 2 ounces (50 g) each). Set aside.
2. Place all the sauce ingredients except for the yogurt into the Microwave Pressure Cooker. Add the meatballs.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the meatballs on 60% power for 16 minutes and then on HIGH power for an additional 4 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Serve the meatballs over rice with a dollop of yogurt on top to stir in.

**Serves 6**



# Mama's Meatloaf

## Ingredients

2 pounds (900 g) mixed ground pork, ground veal and ground beef

1 medium onion, diced

1 small clove of garlic, minced

2 egg yolks, lightly beaten

½ cup (120 mL) tomato ketchup

1 tablespoon steak sauce

½ cup (75 g) dried or Panko bread-crumbs

1 teaspoon onion powder

salt and pepper, to taste

½ cup (120 mL) chopped fresh parsley, plus more for garnish

## Sauce:

1 14.5-ounce (411 g) can crushed tomatoes

1 tablespoon balsamic vinegar

1 teaspoon honey

## Directions

1. Combine the first ten ingredients in a large bowl, mixing well. Shape the mixture into a rectangular loaf just long enough to fit into the Microwave Pressure Cooker. Using a knife, score the top of the loaf in a diagonal pattern with ½-inch (1 cm) cuts. Place the meatloaf into the Microwave Pressure Cooker.
2. Combine the sauce ingredients in a bowl and pour the sauce over the meatloaf.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the meatloaf on HIGH for 25 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Allow the meatloaf to rest for a few more minutes and then transfer the meatloaf to a serving platter. Slice the meatloaf and drizzle the sauce over the slices. Sprinkle parsley on top and serve.

**Serves 4 to 6**



# Zesty Chicken and Kale Soup

## Ingredients

- 2 tablespoons olive oil
- 1½ cups (350 mL) medium egg noodles (uncooked)
- 1 medium onion, diced
- 1 large carrot, diced
- 1 rib celery, diced
- 1 cup sliced mushrooms
- 2 teaspoons paprika
- 2 teaspoons crushed dried rosemary
- 1 teaspoon minced dried garlic
- ¾ teaspoon turmeric
- salt and pepper, to taste
- 1 pound (450 g) chicken tenderloins, diced
- 2 cups (500 mL) chopped fresh kale
- 1 14.5-ounce can (411 g) diced tomatoes
- 2½ cups (600 mL) chicken stock
- grated Parmesan cheese (for garnish)

## Directions

1. Place the olive oil, egg noodles, vegetables and dried spices into the Microwave Pressure Cooker and cook, uncovered, on HIGH for 5 minutes.
2. Add the remaining ingredients (except for the Parmesan cheese), stirring to combine but being careful not to break the egg noodles.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the soup on HIGH for 20 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Serve with some grated Parmesan cheese on top.

**Serves 4**





# Saffron Chickpea Stew

with Lemon Couscous  
Dumplings

## Ingredients

### Dumplings:

- ¼ cup (45 g) instant couscous
- ⅓ cup (43 g) all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 large egg
- 2 teaspoons lemon zest
- 1 teaspoon olive oil
- 3 tablespoons vegetable stock
- 2 teaspoons chopped fresh parsley

### Stew:

- 1 15-ounce (425 g) can chickpeas, drained and rinsed
- 2 cloves garlic, minced
- 1 medium onion, finely diced
- 2 cups (500 mL) vegetable broth
- 1 14.5-ounce (411 g) can diced tomatoes
- 1 tablespoon tomato paste
- 1 cup (250 mL) frozen chopped spinach
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1½ teaspoon saffron threads, crushed between fingers
- 1 pinch ground cayenne
- salt and pepper, to taste

## Directions

1. Make the dumplings: In a bowl, combine the couscous, flour, baking powder and salt, and stir to combine. In a second bowl combine the egg, lemon zest, olive oil, vegetable stock and parsley and whisk together. Add the dry dumpling ingredients to the wet ingredients and stir together until ingredients are combined.
2. Place all the ingredients for the stew into the Microwave Pressure Cooker and stir to combine ingredients and distribute tomato paste.
3. Place 7 to 8 generous dollops of the dumpling mixture on the surface of the stew.
4. Place the lid on the Microwave Pressure Cooker and lock into the closed position. Carefully place the cooker into the microwave so you do not disturb the dumpling mixture.
5. Cook the stew and dumplings on HIGH for 25 minutes.
6. When time is up, let pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.

**Serves 4**



# Italian Pot Roast

## Ingredients

3 pounds (1.35 kg) beef chuck roast,  
sliced into ½-inch slices

1 medium onion, chopped

2 ribs celery, chopped

2 medium carrots, chopped

1 cup (250 mL) beef stock

½ cup (120 mL) red wine

2 tablespoons tomato paste

¼ teaspoon dried oregano

1½ teaspoons dried basil

1 tablespoon minced garlic

½ teaspoon onion powder

salt and pepper, to taste

## Directions

1. Place the beef in the Microwave Pressure Cooker along with the onion, celery, and carrot.
2. Combine the remaining ingredients and pour over the beef.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the pot roast on 60% power for 32 minutes, and then on HIGH for 8 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Serve the pot roast slices with the vegetables and the jus poured over the top.

**Serves 4 to 6**



# Pork Chops

with Sauerkraut

## Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 slices bacon, chopped
- 4 bone-in pork chops
- 1 pound (450 g) sauerkraut, rinsed and drained
- 8 small red potatoes, halved or quartered
- 1 apple, chopped
- 1 cup (250 mL) chicken stock
- ½ teaspoon paprika
- ½ teaspoon coriander
- ½ teaspoon dry mustard
- ¼ teaspoon caraway seeds
- ¼ cup (60 mL) apple butter
- salt and pepper, to taste

## Directions

1. Place the olive oil, onion and bacon in the Microwave Pressure Cooker and cook, uncovered on HIGH for 4 minutes.
2. Remove the Microwave Pressure Cooker from the microwave and add the pork chops, sauerkraut, potatoes and apple to the onion and bacon.
3. Combine the remaining ingredients and pour over the pork chops.
4. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
5. Cook the pork chops on 60% power for 20 minutes, then on HIGH power for an additional 5 minutes.
6. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
7. Serve the pork chops with the sauerkraut and potatoes and as much of the jus as you would like.

**Serves 4**





# Super Creamy Bacon Mac 'n' Cheese

## Ingredients

2 cups (500 mL) dry elbow pasta

3 cups (700 mL) water

¼ cup (60 mL) sour cream

1 cup (250 mL) grated Cheddar  
cheese

¼ cup (60 mL) cream cheese

½ cup (120 mL) grated Asiago cheese

¼ pound (113 g) bacon, cooked and  
crumbled

1 tablespoon butter

salt and pepper, to taste

## Directions

1. Place the pasta, water and a pinch of salt into the Microwave Pressure Cooker.
2. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
3. Cook the pasta on HIGH for 10 minutes.
4. When the time is up, release the pressure manually by pressing on the pressure indicator with the back of a spoon.
5. Stir in the sour cream, the cheeses, bacon and butter and mix well until all the cheese and butter is melted. Season to taste with salt and pepper.
6. Serve immediately.

**Serves 4**



# Ham and Veggie Frittata

## Ingredients

- ¼ cup (60 mL) small diced roasted red bell peppers
- 1 tomato, seeded and small diced
- ¼ medium onion, small diced
- 2 ounces (50 g) mushrooms, small diced or chopped
- ¼ pound (113 g) ham, small diced
- 1 tablespoon butter
- 8 eggs
- ½ cup (120 mL) heavy cream
- salt and pepper, to taste
- ½ cup (120 mL) shredded Cheddar cheese

## Directions

1. Place all the vegetables, ham and butter into the Microwave Pressure Cooker and cook, uncovered, on HIGH for 1½ minutes.
2. While the vegetables are cooking, vigorously whisk the eggs and heavy cream together in a separate bowl using a whisk.
3. Pour the egg and cream mixture into the hot vegetables in the Microwave Pressure cooker, stir to combine and season with salt and pepper.
4. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
5. Cook the frittata on HIGH for 12.5 minutes
6. When the time is up, release the pressure manually by pressing on the pressure indicator with the back of a spoon.
7. Plate the frittata and sprinkle with the Cheddar cheese. Serve with a salad and some crusty bread.

**Serves 4**



# Lemon Chicken

with Potatoes, Olives and Oregano

## Ingredients

2 pounds (900 g) boneless, skinless chicken thighs

3 cups (700 mL) small potatoes, quartered

3 cloves garlic, minced

$\frac{1}{3}$  cup (80 mL) pitted Kalamata olives, sliced in half lengthwise

1 cup (250 mL) chicken stock

$\frac{1}{4}$  cup (60 mL) fresh lemon juice

$1\frac{1}{2}$  teaspoons lemon zest

$\frac{1}{4}$  cup olive oil

$1\frac{1}{2}$  teaspoons dried oregano

1 teaspoon salt

$\frac{1}{2}$  teaspoon pepper

$\frac{1}{4}$  cup (60 mL) chopped fresh oregano

## Directions

1. Place the chicken, potatoes, garlic and olives in the Microwave Pressure Cooker. Combine the chicken stock, lemon juice, lemon zest, olive oil and dried oregano and pour over the chicken and vegetables. Season with salt and pepper.
2. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
3. Cook the chicken on HIGH for 25 minutes.
4. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
5. Serve with the fresh chopped oregano sprinkled over the top.

**Serves 4**





# Spicy Sausage, Fennel White Bean Stew

## Ingredients

½ pound (225 g) hot Italian sausage,  
cut into chunks

½ pound (225 g) sweet Italian  
sausage, cut into chunks

1 bulb fennel, thinly sliced

1 clove garlic, minced

1½ cups (350 mL) canned white  
beans

½ cup (120 mL) sun-dried tomatoes,  
chopped

½ cup (120 mL) chicken stock

½ cup (120 mL) white wine

1 sprig fresh rosemary

pinch crushed red pepper flakes

1 14.5-ounce (411 g) can diced  
tomatoes

salt and pepper, to taste

## Directions

1. Place all the ingredients into the Microwave Pressure Cooker and stir to combine well.
2. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
3. Cook the stew on HIGH for 20 minutes.
4. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
5. Remove the rosemary sprig and serve in bowls with a chunk of crusty bread and a side salad.

**Serves 4**



# BBQ Bacon Cheddar Stuffed Turkey Meatloaf

## Ingredients

- ½ cup (75 g) dried or Panko breadcrumbs
- 1 teaspoon onion powder
- 2 pounds (900 g) ground turkey
- 2 egg yolks
- 1 medium onion, diced
- 1 small clove garlic, minced
- ½ cup (120 mL) tomato ketchup
- 1 tablespoon steak sauce
- salt and pepper, to taste

## Filling:

- ¼ pound (113 g) bacon, cooked
- ½ cup (120 mL) grated sharp Cheddar cheese
- ½ cup (120 mL) chopped fresh parsley, plus more for garnish

## Sauce:

- 12 ounces (350 mL) BBQ sauce
- 1 tablespoon balsamic vinegar

## Directions

1. Combine the first nine ingredients in a bowl. Divide the mixture in half and shape the meat into two rectangular loaves just long enough to fit into the Microwave Pressure Cooker.
2. Combine the filling ingredients (cooked bacon, cheese and parsley) and spread this mixture down the center of one of the meatloaf halves. Place the second half on top and press together firmly to form one loaf.
3. Using a knife, score the top of the loaf in a diagonal pattern with ½-inch (1 cm) cuts. Place the meatloaf into the Microwave Pressure Cooker.
4. Combine the sauce ingredients in a bowl and pour the sauce over the meatloaf.
5. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
6. Cook the meatloaf on HIGH for 25 minutes.
7. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
8. Allow the meatloaf to rest for a few more minutes and then transfer the meatloaf to a serving platter. Slice the meatloaf and drizzle the sauce over the slices. Sprinkle parsley on top and serve.

**Serves 4 to 6**



# Indian-Spiced Chicken Thighs

with Rice

## Ingredients

- 3 cups (700 mL) chicken stock
- ½ cup (100 g) uncooked brown whole grain rice
- ½ teaspoon turmeric
- ¼ teaspoon coriander powder
- ¼ teaspoon ground mustard
- ¼ teaspoon dried ginger or  
½ teaspoon fresh grated gingerroot
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil
- 2 pounds (900 g) chicken thighs
- 1 medium onion, chopped
- 2 ribs celery, chopped
- 2 medium carrots, chopped
- 1 cup (250 mL) sour cream

## Directions

1. Combine the chicken stock, rice, spices and olive oil in the Microwave Pressure Cooker and stir well.
2. Add the chicken thighs, onion, celery and carrots.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the chicken on HIGH for 30 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Serve in bowls with a dollop of sour cream on top.

**Serves 4**





# Lamb Shanks

Braised with Red Wine and Potatoes

## Ingredients

- 3 to 4 lamb shanks
- 2 teaspoons salt
- 1 teaspoon pepper
- ½ cup (120 mL) tomato paste
- 2 cups (500 mL) red wine
- 1 cup (250 mL) beef stock
- 2 tablespoons white wine vinegar
- 1 rib celery, chopped
- 1 carrot, chopped
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 cups (500 mL) quartered small potatoes
- 2 teaspoons dried thyme
- 1 tablespoon chopped fresh thyme

## Directions

1. Season the lamb shanks with salt and pepper. Using a spoon, spread the tomato paste on the shanks and place them in the Microwave Pressure Cooker.
2. Combine the wine, stock, vinegar, vegetables and dried thyme and pour over the lamb shanks.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the shanks on 60% power for 40 minutes, then on HIGH power for an additional 10 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Garnish with the fresh chopped thyme and serve.

**Serves 3 to 4**



# Risotto with Andouille Sausage and Clams

## Ingredients

- 1½ cups (285 g) Arborio rice
- 1½ cups (350 mL) white clam sauce
- 1 cup (250 mL) clam juice
- ½ cup (120 mL) white wine
- ½ pound (230 g) smoked Andouille sausage, diced
- 1 cup (250 mL) low sodium chicken stock
- 1 teaspoon lemon zest
- juice of 1 lemon
- 1 tablespoon butter
- salt and pepper, to taste
- ¼ cup (60 mL) chopped fresh parsley

## Directions

1. Place the rice, clam sauce, clam juice, white wine, sausage and chicken stock into the Microwave Pressure Cooker and stir well.
2. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
3. Cook the risotto on HIGH for 18 minutes.
4. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
5. Let the risotto sit for a few minutes and then stir in the lemon zest, lemon juice and butter. Season to taste with salt and pepper and garnish with fresh parsley.

**Serves 4**





# Philadelphia Beef Stroganoff

## Ingredients

- 1 medium onion, chopped
- 2 ribs celery, chopped
- 2 tablespoons olive oil
- ½ teaspoon salt
- 1 teaspoon crushed black pepper
- 1 pound (450 g) shaved beef
- 2 cups (500 mL) dry medium egg noodles (uncooked)
- 2 cups (500 mL) beef stock
- ¼ cup (60 mL) dry red wine
- 1 tablespoon Dijon mustard
- 1½ teaspoons dried thyme
- 1 teaspoon paprika
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ cup (60 mL) sour cream
- ½ cup (120 mL) Neufchâtel cheese (or cream cheese)
- 1 tablespoon butter
- 6 hoagie or Kaiser rolls (optional)

## Directions

1. Place the onions, celery, olive oil, salt and pepper in the Microwave Pressure Cooker and cook, uncovered, on HIGH for 3 minutes.
2. Separate the shaved beef well and add the beef and egg noodles to the Microwave Pressure Cooker. Combine the stock, wine, Dijon mustard and dried spices and pour this over the meat and vegetables in the Microwave Pressure Cooker. Stir well to combine.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the Stroganoff on HIGH for 15 minutes.
5. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
6. Remove the lid and stir in the sour cream, cream cheese and butter.
7. Serve in a bowl with a piece of bread to mop up the sauce OR serve over a hoagie or Kaiser roll.

**Serves 4 to 6**





# Tilapia Niçoise

## Ingredients

- 1 14.5-ounce (411 g) can diced tomatoes
- 3 large fingerling potatoes, sliced into ¼-inch (1/2 cm) slices
- ¼ pound (113 g) green beans, halved
- ¼ cup pitted and halved Niçoise olives
- ¼ small onion, finely diced
- 2 cloves garlic, minced
- 2 anchovy filets, minced (optional)
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ½ cup (120 mL) white wine
- ½ teaspoon Dijon mustard
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 4 3- to 4-ounce (85 to 113 g) Tilapia or other whitefish fillets

## Directions

1. Place the tomatoes, potatoes, green beans, olives, onion, garlic, anchovies, lemon juice, olive oil, white wine and Dijon mustard into Microwave Pressure Cooker.
2. In a small bowl, mix together the oregano, basil, salt and pepper. Add half the spice mixture to the Microwave Pressure cooker and stir well.
3. Fold fish filets in half lengthwise and lay them on top of the tomato mixture. Season fish with remaining herb mixture.
4. Place the lid on the Microwave Pressure Cooker and lock it into the closed position.
5. Cook the fish on HIGH for 18 minutes.
6. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
7. Serve with white rice and a sprig of fresh basil or fresh oregano as a garnish.

**Serves 2-3**



# Vegetarian Three-Bean Chili

## Ingredients

- ½ cup (120 mL) canned black beans, drained
- ½ cup (120 mL) canned white beans, drained
- ½ cup (120 mL) red kidney beans, drained
- 1 teaspoon olive oil
- 1 small onion, diced
- 1 rib celery, diced
- 1 carrot, diced
- 1 small red bell pepper, diced
- 1 small green bell pepper, diced
- 1 Jalapeño pepper, minced
- 1 teaspoon dried ground cumin
- 1 tablespoon chili powder
- pinch ground cayenne pepper
- salt and pepper, to taste
- 1 tablespoon tomato paste
- 1 14.5-ounce (411 g) can diced tomatoes
- 1½ cups (350 mL) vegetable stock
- ½ cup (120 mL) corn kernels
- ¼ cup (60 mL) chopped fresh cilantro or parsley

## Directions

1. Place all the ingredients except the fresh cilantro or parsley in the Microwave Pressure Cooker and stir well.
2. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
3. Cook the chili on HIGH for 18 minutes.
4. When the time is up, let the pressure come down naturally by leaving the lid on the cooker until the white pressure indicator has dropped.
5. Stir in the fresh cilantro or parsley and serve with Cheddar cheese and sour cream if desired.

**Serves 3 to 4**





# Asian Style Chicken Wings

## Ingredients

- 1 cup (250 mL) soy sauce
- ½ cup (120 mL) white wine or sweet sherry
- 1 cup (250 mL) orange juice
- ½ cup (120 mL) apple juice
- 1 tablespoon rice wine vinegar
- 5 scallions, thinly sliced
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 2 pounds (900 g) chicken wings
- 1 teaspoon toasted sesame seeds

## Directions

1. Combine all ingredients except for the chicken wings and the sesame seeds. Marinate the chicken wings for at least an hour or preferably overnight.
2. Place the chicken wings and half of the marinade into the Microwave Pressure Cooker. Reserve the remaining marinade.
3. Place the lid on the Microwave Pressure Cooker and lock into the closed position.
4. Cook the chicken wings on HIGH for 20 minutes.
5. While the wings are cooking, place the reserved marinade in a saucepan and bring to a simmer on the stovetop. Reduce the marinade to one quarter of its original volume and stir in the sesame seeds. Set aside as a dipping sauce for the wings.
6. When the time is up on the microwave, let the pressure come down naturally in the Microwave Pressure Cooker by leaving the lid on the cooker until the white pressure indicator has dropped.
7. Place the wings on a large platter and serve with the dipping sauce.

**Serves 3**



# Conversion Chart

Every microwave is different... Microwaves are made with different wattages or powers. Please check the wattage of your microwave before cooking any of these recipes. You will probably find the wattage of your microwave on a sticker placed inside the door, or on the back of the microwave.

The recipes in this booklet were written for and tested with an 1100 W microwave. If your microwave is a different wattage, please adjust the recipe times accordingly. Please remember that because all microwaves are different, these times are guidelines. The best practice is to get to know your microwave through experience and then adjust to what works for your microwave oven.

| <b>Wattage</b> | <b>Adjustment</b> | <b>Example Recipe Time</b> |
|----------------|-------------------|----------------------------|
| 900 W          | Increase by 20%   | 18 minutes                 |
| 1000 W         | Increase by 10%   | 16.5 minutes               |
| 1100 W         | Use recipe time   | 15 minutes                 |
| 1200 W         | Decrease by 10%   | 13.5 minutes               |
| 1300 W         | Decrease by 20%   | 12 minutes                 |
| 1400 W         | Decrease by 25%   | 11 minutes                 |
| 1500 W         | Decrease by 30%   | 10.5 minutes               |