pampered chef®

— BEAT THE —
Cooking Blues





Pressure Cooker Tuscan Bean Soup

8 servings

15-min prep time | 55-min total time

Ingredients

- 2 tbsp (30 mL) olive oil
- 3 medium carrots, peeled, cut into ½" (1-cm) pieces
- 2 celery stalks, cut into ½" (1-cm) pieces
- 1 large onion, finely chopped
- 4 garlic cloves, pressed
- ½ tsp (2 mL) salt
- 4 cups (1 L) vegetable broth
- 1 can (28 oz./796 mL) diced tomatoes, undrained
- 6 cups (1.5 L) kale leaves, coarsely chopped (see cook's tip)
- 2 cans (15.5 oz./540 mL *each*) cannellini (white kidney) beans, rinsed and drained
- 1 oz. (30 g) Parmesan cheese with the rind (see cook's tips), plus additional for serving
- 2 sprigs fresh rosemary

Directions

1. Set the **Deluxe Multi Cooker** to sear on Low; press START. Heat the oil in the inner pot for 3 minutes. Add the carrots, celery, onion, garlic and salt. Cook uncovered for 5 minutes, stirring frequently. Press ⊗.
2. Add the remaining ingredients. Lock the lid. Select soup and set the timer to 15 minutes; press START.
3. When the timer is up, let the steam release naturally for 10 minutes, then press ⊗. Press 🍲. Open the lid and discard the rosemary stems.
4. Serve with additional grated Parmesan cheese, if you'd like.

Cook's Tip

- To quickly remove kale leaves from the stem, hold the thick end of the stem with one hand and pinch and pull the leaf along the stem with your other hand.
- The Parmesan cheese rind dissolves in the soup as it cooks, thickening the broth and adding richness.



Pressure Cooker Jambalaya

8 servings

10-min prep time | 40-min total time

Ingredients

- 4 precooked chicken sausage links
- 1 lb. (450 g) boneless, skinless chicken breasts
- 1 small onion
- 1 red bell pepper
- 3 celery stalks
- 3 garlic cloves
- 1 tbsp (15 mL) Cajun seasoning
- 1 tbsp (15 mL) canola oil
- 2 cups (500 mL) low-sodium chicken broth
- 1 can (14.5 oz./411 g) fire-roasted diced tomatoes
- 1½ cups (375 mL) long-grain white rice
- 1 tsp (2 mL) hot sauce (optional)
- Fresh parsley leaves (optional)

Directions

1. Slice the chicken sausage with the **Quick Slice** and dice the chicken breast into bite-sized pieces.
2. Cut the onion into chunks and coarsely chop in the **Manual Food Processor**. Transfer the onions to a medium mixing bowl.
3. Cut the top off the bell pepper and remove the seeds and veins with the **Scoop Loop™**. Cut the pepper into chunks and coarsely chop in the Manual Food Processor. Transfer the pepper to the bowl.
4. Dice the celery and press the garlic with the **Garlic Press**; add to the bowl. Add the Cajun seasoning and stir to coat the vegetables.
5. Set the **Deluxe Multi Cooker** to sear and press START. Add the oil and heat for 3 minutes. Add the sausage and cook for 3–4 minutes until lightly browned. Remove the sausage from the inner pot.*
6. Add the vegetables and cook for 3–4 minutes. Press .
7. Add the sausage, chicken, and remaining ingredients (except the parsley) to the inner pot and lock the lid. Select the white rice setting and press START.
8. When the timer is up, let the pressure release naturally for 10 minutes, then press the button to release any remaining pressure. Serve garnished with parsley.

Cook's Tip

*Safety Tip: The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



Pressure Cooker White Chicken Chili

8 servings

5-min prep time | 30-min total time

Ingredients

- 1 green bell pepper
- 1 jalapeño
- 1 medium onion
- 1 tbsp (15 mL) olive oil
- 2 garlic cloves
- ¼ tsp (1 mL) salt
- 2 tbsp (30 mL) flour
- 1½ lbs. (700 g) boneless, skinless chicken breasts
- 2 cups (500 mL) low-sodium chicken broth
- 1 cup (250 mL) frozen corn
- 1 tbsp (15 mL) **Southwestern Seasoning Mix**
- 4 oz. (125 g) cheddar cheese
- 1 can (15 oz./425 mL) Great Northern beans, drained and rinsed
- 1 cup (250 mL) 2% milk

Optional toppings: Greek yogurt, fresh cilantro, green onions

Directions

1. Cut off the tops of the bell pepper and jalapeño and remove the seeds and veins. Cut the onion, bell pepper, and jalapeño into chunks. Finely chop the bell pepper in the **Manual Food Processor** and remove. Then, add the onion and jalapeño to the processor; process until finely chopped.
2. Set the **Deluxe Multi Cooker** to sear and press START. Heat the oil in the inner pot for 3 minutes.
3. Add the vegetables, garlic pressed with the **Garlic Press**, and salt to the inner pot. Cook and stir for 2–3 minutes, or until softened. Press ⊗. Add the flour and stir to coat.
4. Add the chicken, broth, corn, and seasoning mix. Lock the lid and select the soup setting. Adjust the time to 8 minutes and press START.
5. Grate the cheese with the **Adjustable Coarse Grater**.
6. When the timer is up, press ⊗. Press the button to manually release the pressure.
7. Remove the chicken from the inner pot to a medium bowl and chop with the **Salad Chopper**.*
8. Add the chicken, beans, milk, and *¾ cup (175 mL)* of the cheese to the inner pot; stir together. Garnish with remaining cheddar cheese and optional toppings.

Cook's Tip

*Safety Tip: The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.



French Onion Chicken Bake

6 servings

5-min prep time | 1-hr total time

Ingredients

- 1 large onion, thinly sliced
- ¼ cup (60 mL) water
- 2 tbsp (30 mL) butter, softened, divided
- ⅛ tsp (0.5 mL) black pepper
- 1 pkg (1 oz./30 g) onion soup mix, divided
- 6 boneless skinless chicken thighs (about 2 lbs./1 kg)
- 4 oz. (125 g) Swiss cheese, grated (1 cup/250 mL), divided
- ½ tsp (2 mL) thyme leaves, finely chopped
- 1 loaf French bread, cut into 6 slices

Optional: Chopped parsley

Directions

1. Preheat the oven to 425°F (220°C).
2. Place the onion, water, *1 tbsp (15 mL)* of the butter, and pepper in the **Stone Square Baker With Tray**. Bake, uncovered, for 25 minutes, stirring occasionally, until the onions are browned and caramelized.
3. Season the chicken with *2 tsp (10 mL)* of the soup mix, and stir the remaining mix into the caramelized onions. Place the chicken on top of the onions, then top with *½ cup (125 mL)* of the cheese.
4. Bake for 30 minutes, or until the chicken reaches 165°F (74°C).
5. Meanwhile, combine the remaining butter with the thyme. Spread onto the bread slices and place them on the tray. Top with the remaining grated cheese.
6. During the last 8–10 minutes of cooking, place the tray with the toast on top of the baker. Cook until the cheese is melted and golden brown. Top with parsley, if you'd like.

Cook's Tip

- You can use 2 tbsp (30 mL) of **French Onion Dip Mix** instead of store-bought onion soup mix. The flavors of toasted onion, black pepper, and parsley work great on the chicken—and combined with sour cream or Greek yogurt make an amazing dip.



BBQ Pulled Pork Sandwiches

24 servings

20-min prep time | 6-hrs total time

Ingredients

Sandwiches

- 1 tbsp (15 mL) light brown sugar
- 1 tbsp (15 mL) paprika
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) black pepper
- 1 (6-7 lbs./2.7 kg) bone-in pork shoulder or butt roast
- 24 hamburger buns, toasted
- 3 cups (750 mL) favorite bottled barbecue sauce

Apple Cucumber Slaw

- ⅔ cup (150 mL) mayonnaise
- 3 tbsp (45 mL) cider vinegar
- ½ tsp (2 mL) salt
- 4 large red apples, cored (Gala apples are a great choice!)
- 2 seedless cucumbers

Directions

1. Preheat the oven to 300°F (150°C).
2. For the pork, combine the brown sugar, paprika, garlic powder, salt, and pepper in a small bowl. Rub the seasoning mixture onto all sides of the pork.
3. Place the pork, fat-side up, in the **8-qt. (7.6-L) Brilliance Nonstick Stock Pot** and cover. Bake for 5–6 hours or until the pork is falling off the bones.
4. For the slaw, combine the mayonnaise, vinegar, and salt in a large bowl.
5. Grate the apple and cucumber into short strips, being careful to avoid the seeds. Pat the apples and cucumbers dry with a paper towel.
6. Add the apples and cucumber to the dressing and mix gently. Cover and refrigerate the slaw until you're ready to serve.
7. Transfer the pork to a large cutting board and let it rest for 10 minutes. Discard the juices.
8. Trim and discard the skin and fat. Pull out and discard bones. Place the pork back into the pot and shred.
9. Serve the pork on toasted buns and top with slaw and warmed barbecue sauce.

Cook's Tip

- Use the Deluxe Stand Mixer on the CUSTOM setting at speed 1 or 2 to shred the pork for 30-60 seconds.



Chicken Cacciatore

4 servings

10-min prep time | 45-min total time

Ingredients

- 4 bone-in, skin-on chicken thighs (4–6 oz./125–175 g *each*)
- 2 tbsp (30 mL) **Garlic & Herb Rub**, divided
- 1 tbsp (15 mL) vegetable oil
- 8 oz. (250 g) cremini mushrooms, sliced
- 1 small yellow onion, chopped
- 1 medium red bell pepper, seeded and chopped
- 1 can (28 oz./794 g) petite diced tomatoes, undrained
- ¼ tsp (1 mL) salt

For serving: Pasta, rice, or zucchini noodles

Optional: Finely grated Parmesan cheese

Directions

1. Season the chicken with *1 tbsp (15 mL)* of rub.
2. Heat the oil in the **Enameled Cast Iron Skillet With Lid** over medium heat for 3–4 minutes.
3. Cook the chicken, skin-side down, until golden brown, 3–4 minutes. Flip and cook an additional 1–2 minutes. Set the chicken aside and pour all but 1 tbsp (15 mL) of fat from the skillet.
4. Add the mushrooms to the skillet and cook until softened, 3–4 minutes. Add the onion and pepper and cook an additional 3–4 minutes.
5. Add the tomatoes, remaining rub, and salt, and bring to a simmer. Return the chicken to the skillet, nestling it into the sauce. Reduce the heat slightly and simmer until the chicken reaches 165°F (74°C), about 20–25 minutes.
6. Meanwhile cook the pasta, rice, or zucchini noodles according to the package directions. Serve the chicken with some of the sauce and the side of your choice. Top with Parmesan cheese, if you'd like.

Cook's Tip

- Mushrooms add savory flavor to this dish, but if you aren't a fan, you can leave them out.



Pierogi Casserole

8 servings

5-min prep time | 45-min total time

Ingredients

- 2 lbs. (1 kg) frozen potato or cheese pierogies
- 6 oz. (175 g) frozen chopped spinach
- 8 oz. (250 g) cream cheese, softened
- 1 cup (250 mL) low-sodium chicken broth
- 4 oz. (125 g) cheddar cheese, grated (1 cup/250 mL), divided
- 1 pkg (14 oz./395 g) smoked sausage, sliced into coins

Optional Toppings: Green onions

Directions

1. Preheat the oven to 400°F (200°C).
2. Place the pierogies and spinach in the **Deep Covered Baker**. Microwave, covered, for 8 minutes, stirring halfway through.
3. Combine the cream cheese and broth in a medium microwave-safe bowl. Microwave for 45 seconds, or until softened. Whisk until combined, then stir in *half* of the cheddar cheese.
4. Add *half* of the sausage to the baker. Pour the cream cheese mixture on top and gently toss. Top with the remaining sausage and cheese.
5. Bake, uncovered, for 25–30 minutes, or until bubbly and brown on top. Top with green onions, if you'd like.

Cook's Tips

- For an extra boost of red, green, and yellow onion flavor, add 2 tsp (10 mL) of **Three Onion Rub** to the cream cheese sauce.
- You don't need to thaw the pierogies before starting this recipe. They'll thaw in the microwave with the spinach, and finish cooking in the oven.



6 servings

5-min prep time | 8-hrs, 20-mins total time

Ingredients

- 1 tbsp (15 mL) oil
- 1 lb. (450 g) lean ground beef
- 2 small carrots, peeled and very finely chopped or shredded
- 1 onion, very finely chopped
- 1 small zucchini, very finely chopped or shredded
- 2 tbsp (30 mL) Worcestershire sauce
- ⅛ tsp (0.5 mL) *each* salt and pepper
- ½ cup (125 mL) ketchup
- ½ cup (125 mL) barbecue sauce
- 2 tbsp (30 mL) Worcestershire sauce
- 1 tbsp (15 mL) brown sugar
- 4 hamburger buns

Slow Cooker Sloppy Joes

Directions

1. Set the **Deluxe Multi Cooker** to sear on high for 25 minutes. Heat the oil in the inner pot for 1–3 minutes.
2. Add the beef and break it into crumbles while cooking until no longer pink, about 10–12 minutes.
3. Add the carrots, onion, zucchini, salt, and pepper, and continue cooking for about 10 minutes. Press ⊗.
4. Add the ketchup, barbecue sauce, Worcestershire sauce, and brown sugar. Set to slow cook on High for 6 hours or Low for 8 hours, and lock the lid or use the **Pressure Cooker Glass Lid**.
5. Scoop the meat onto hamburger buns to serve.



French Onion Dip Sliders

12 servings

5-min prep time | 8 hrs, 15-mins total time

Ingredients

Pot Roast

- 1 tbsp (15 mL) oil
- 1 beef chuck roast (about 3 lbs./1.4 kg)
- 2 tbsp (30 mL) **French Onion Dip Mix** or 1 oz. (30 g) Onion Dip & Soup Mix
- 1 large onion, sliced
- 1 cup (250 mL) beef broth
- 2 tbsp (30 mL) Worcestershire sauce

Horseradish Sauce

- ½ cup (125 mL) sour cream
- 3 tbsp (45 mL) prepared horseradish
- 2 tbsp (30 mL) mayonnaise
- 2 tbsp (30 mL) white wine vinegar
- 2 tsp (10 mL) sugar
- ½ tsp (2 mL) salt

Sliders

- 12 pretzel slider rolls or mini French rolls
- 6 slices Havarti or Swiss cheese, cut into quarters

Directions

1. Heat the oil in the **Rockcrok® Dutch Oven** over medium-high heat for 3–4 minutes.
2. Coat the roast with the dip mix on all sides. Sear the roast until well browned on all sides, about 8 minutes.
3. Add the onion, Worcestershire sauce, and broth. Cover and transfer to the **Rockcrok® Digital Slow Cooker Stand** and set to LOW for 8 hours. Cook until the beef is fork-tender and shreds easily.
4. Meanwhile, whisk the sauce ingredients together in a small bowl. Cover and refrigerate until ready to serve.
5. When the timer is up, shred the beef in the pot.
6. To serve, place 2 squares of cheese on each of the bottom buns. Top with pot roast, onions, and a drizzle of the sauce. Serve with a side of the juice for dipping, if you'd like.

Cook's Tip

- This is great served over mashed potatoes, polenta, or egg noodles!
- To make larger portions, use hamburger buns. Toast the inside of the buns, so they hold up to the juicy meat.
- Depending on the thickness of your roast, your meat may be done sooner. To see if it's ready, try shredding it with a fork. If it shreds easily, it's done, and you can switch the stand to WARM until you're ready to serve. If the meat doesn't shred easily, it needs a little more time. Replace the lid and keep cooking.



Chocolate Cake Mix Cookies With Peanut Butter

9 servings

5-min prep time | 30-mins total time

Ingredients

Cookies

- 1 pkg (15.25 oz./432g) chocolate cake mix
- ½ cup (125 mL) vegetable oil
- 2 eggs
- ½ cup (125 mL) semisweet chocolate chips

Frosting & Topping

- ½ cup (125 mL) creamy peanut butter
- ½ cup (125 mL) butter, softened (1 stick)
- 2 cups (500 mL) powdered sugar
- 3 tbsp (45 mL) milk

Optional: ½ cup (125 mL) chopped peanuts

Directions

1. Preheat the oven to 350°F (190°C).
2. Attach the scraping beater to the **Deluxe Stand Mixer**. Add all the cookie ingredients to the bowl and mix for 45 seconds.
3. Use the **Extra-Large Scoop** to scoop 4–5 cookies (¼ cup/60 mL *each*) onto a sheet pan, leaving 2" (5 cm) between scoops (see cook's tip).
4. Bake for 13–15 minutes, or until the cookies don't look wet and the tops crack slightly. Let the cookies cool on the pan for 5 minutes before removing.
5. To prepare the frosting, add the frosting ingredients to the mixer bowl and cream for 2 minutes and 50 seconds.
6. Spread the frosting onto each cookie and top with chopped peanuts, if you'd like.

Cook's Tips

- For the best results, only bake one sheet pan of cookies at a time. If you bake multiple sheets, rotate your pans and swap racks so they cook evenly.
- You can make cookies with any flavor cake mix! Try vanilla, red velvet, or even confetti!
- To make 18 smaller cookies, scoop 2 tbsp (30 mL) of the batter onto a sheet pan and bake for about 10 minutes.