pampered chef®

Budget-Friendly Dinners



10 Recipes | $3 US/$4 CA Per Serving | 30 Minutes or Less



Pressure Cooker Carnitas

Serves 8 | Prep Time: 10 min | Total Time: 30 min

INGREDIENTS

- 2 boneless pork tenderloins (2 lbs./ 1 kg), trimmed (see cook's tips)
- 1 tbsp (15 mL) chili powder
- 2 tsp (10 mL) salt
- 1 tsp (5 mL) ground cumin
- 1 tbsp (15 mL) canola oil
- 1 large red bell pepper
- 1 large onion
- 4 garlic cloves
- 1 lime (plus additional for garnish)
- Optional: corn or flour tortillas, sour cream or Greek yogurt, salsa

DIRECTIONS

1. Cut each pork loin into 1" (2.5-cm) pieces. Combine the chili powder, salt, and cumin in a small bowl, then sprinkle the spice mixture over the pork.
2. Set the **Deluxe Multi Cooker** to SEAR on high. Heat the oil in the inner pot for 3 minutes. Add the pork and cook uncovered for 3–5 minutes, stirring occasionally. Press CANCEL.
3. Slice the bell pepper and onion, and press the garlic. Add to the Deluxe Multi Cooker along with the juice from the lime.
4. Lock the lid and select the BEEF/PORK setting. Adjust the time to 8 minutes and press START. Manually release the steam when the timer is up.
5. Remove the pork and vegetables and reserve ¼ cup (50 mL) of the liquid. Shred the pork and toss with the reserved liquid. Serve on tortillas with your favorite toppings.

Cook's Tips:

To trim a pork tenderloin, place the blade of a **Utility Knife** under the silver skin, keeping the blade angled away from the meat as you cut along the entire length.

For richer flavor, you can substitute the pork tenderloin with 2 lbs. (1 kg) of pork shoulder, cut into 2" (5-cm) cubes. In step 4, set the Deluxe Multi Cooker to the setting, without adjusting the time, and continue as the recipe directs in steps 5–6.



Pressure Cooker Mediterranean Chicken & Rice Bowls

Serves 6 | Prep Time: 5 min | Total Time: 30 min

INGREDIENTS

Chicken & Rice

- 2 tbsp (30 mL) butter
- 1 small onion, chopped
- ½ tsp (2 mL) salt
- 2 garlic cloves, pressed
- 8 cups (2 L) fresh baby spinach leaves
- 1 lb. (450 g) boneless skinless chicken breasts
- 1 tbsp (15 mL) **Greek Rub** or **Lemon Garlic Rub**
- ¼ cup (60 mL) water
- 1½ cups (375 mL) basmati or long grain white rice, rinsed
- 1½ cups (375 mL) chicken broth

Vegetables

- ½ seedless cucumber, sliced and halved
- 1 pint cherry tomatoes (about 2 cups/500 mL), halved

Sauce

- 2 tbsp (30 mL) fresh parsley leaves
- 1 lemon, juiced
- ½ cup (125 mL) hummus
- Optional: ½ cup (125 mL) crumbled feta cheese

DIRECTIONS

1. Set the **Deluxe Multi Cooker** to SEAR on medium. Melt the butter in the inner pot. Add the onion, salt, and garlic and cook for 2–3 minutes. Add the spinach and cook an additional minute, or until the spinach is slightly wilted.
2. Season both sides of the chicken with the rub and place it on top of the spinach. Add the water.
3. Combine the rice and broth in a ceramic pot. Cover and lower onto the wire cradle over the chicken. Cook on CHICKEN/POULTRY for 9 minutes then let the steam naturally release for 10 minutes.
4. Add parsley, hummus, and lemon juice and to a food processor and process until well combined.
5. Carefully lift the ceramic pot out of the cooker and fluff the rice with a fork. Transfer the chicken and spinach to a medium mixing bowl and chop.
6. To serve, add the chicken, vegetables, rice, and sauce to a bowl. If you'd like, sprinkle with the feta.



Pressure Cooker Corn Chowder

Serves 6 | Prep Time: 10 min | Total Time: 30 min

INGREDIENTS

- 1 medium onion
- 1 red bell pepper, seeded
- 1 green bell pepper, seeded
- 3 small red potatoes (10 oz./300 g)
- 1 tbsp (15 mL) olive oil
- 3 garlic cloves, pressed
- 2 tsp (10 mL) **Smoky Barbecue Rub**
- 1½ tsp (7 mL) salt
- 4 cups (1 L) unsweetened almond milk, divided
- 3 cups (750 mL) fresh or frozen corn kernels
- 2 tbsp (30 mL) cornstarch
- 2 green onions

DIRECTIONS

1. Coarsely chop the onion and bell peppers.
2. Thinly slice and then quarter the potatoes.
3. Set the **Deluxe Multi Cooker** to SEAR on HIGH and press START. Heat the oil in the inner pot for 3 minutes. Sear the onion and bell peppers with the garlic, rub, and salt for 4–5 minutes, stirring occasionally.
4. Add 2 cups (500 mL) of the almond milk, corn, and potatoes. Lock the lid and select the SOUP setting. Adjust the cook time to 8 minutes. Manually release the pressure once the time is up.
5. Set to SEAR on HIGH then add 1¾ cups (425 mL) of the almond milk to the pot and bring to a boil. Dissolve the cornstarch in the remaining almond milk and stir the mixture into the soup. Stir constantly for 5–6 minutes, or until the soup is thickened.
6. Thinly slice the green onions and garnish before serving.

Cook's Tip:

Smoky Barbecue Rub gives this soup a deep, smoky flavor, so it’s rich and savory without any meat or dairy.



Stromboli

Serves 4 | Prep Time: 10 min | Total Time: 26 min

INGREDIENTS

- 1 pkg. (13.8 oz. or 391 g) refrigerated classic pizza dough
- Flour for dusting
- ¾ tsp (4 mL) Italian seasoning, divided
- 40 slices pepperoni (about 3 oz./90 g)
- 1 cup (250 mL) grated Parmesan cheese
- 1 cup (250 mL) grated mozzarella cheese
- Oil for spritzing
- Optional: Pizza sauce

DIRECTIONS

1. Unroll the pizza dough onto a lightly floured surface. Roll the dough into a 16" x 10" (40.5-cm x 25-cm) rectangle. Sprinkle ½ tsp (2 mL) of the Italian seasoning over the dough.
2. Cut the dough in half widthwise. Layer the pepperoni onto the dough and sprinkle evenly with the cheeses. Starting with the short side, roll the dough into a log and press the ends to seal.
3. Make 5 small slits on each roll with a paring knife and sprinkle with the remaining Italian seasoning.
4. Cover one **Deluxe Air Fryer** cooking tray with a piece of parchment paper and lightly spritz with oil. Place both strombolis (with the slits and seasoned side down) on the parchment.
5. BAKE for 14 minutes, flipping the strombolis halfway through cooking.
6. Serve with warmed pizza sauce, if desired.

Cook's Tips:

You can make the homemade pesto on its own and use it for pasta and flatbreads.

Pesto is traditionally made with pine nuts, but sunflower kernels are less expensive and taste great. You can substitute the sunflower kernels with any nut or seed you like.



Air Fryer Chicken Parmesan

Serves 4 | Prep Time: 10 min | Total Time: 30 min

INGREDIENTS

Chicken

- 4 boneless skinless chicken breasts (4 oz./125 g each)
- ¼ tsp (1 mL) salt
- ½ cup (125 mL) all-purpose flour
- 2 eggs
- 2 tbsp (30 mL) milk
- 1½ oz. (45 g) Parmesan cheese, coarsely grated
- ⅔ cup (150 mL) panko breadcrumbs
- 1 tbsp (15 mL) **Italian Seasoning Mix**
- 8 oz. (250 g) fresh mozzarella cheese, sliced

Pasta

- 3 cups (750 mL) cherry tomatoes
- 1 pkg (9 oz./275 g) refrigerated cheese-filled tortellini
- 1 oz. (30 g) fresh Parmesan cheese, finely grated
- ½ cup (125 mL) loosely packed fresh basil leaves, minced
- 1 tbsp (15 mL) olive oil
- 1 tbsp (15 mL) balsamic vinegar
- ¼ tsp (1 mL) salt

DIRECTIONS

1. Season the chicken with the salt. Add the flour to one **Coating Tray**. Whisk the eggs and milk together in a second coating tray. Combine the Parmesan, panko, and seasoning in a third coating tray.
2. Coat each chicken breast in flour first, then the eggs, then the panko mixture.
3. Divide the chicken onto two cooking trays of the **Deluxe Air Fryer**. Place the trays on the top and middle racks.
4. Cut the tomatoes in half; place them on the drip tray of the air fryer. AIR FRY for 18 minutes, switching the trays with the chicken halfway through cooking.
5. Meanwhile, cook the tortellini per package directions. Drain and transfer to a medium bowl. Add the remaining pasta ingredients and toss to combine.
6. When the timer is up, top each chicken breast with the mozzarella then AIR FRY again for 2 more minutes.
7. Add the cooked tomatoes to the pasta mixture and serve with the chicken.



Rigatoni With Roasted Tomato Vodka Sauce

Serves 8 | Prep Time: 5 min | Total Time: 30 min

INGREDIENTS

- ½ medium yellow onion, cut into wedges
- 6 plum tomatoes, quartered
- 3 large garlic cloves, peeled
- 1 tbsp (15 mL) olive oil
- ½ tsp (2 mL) salt, divided
- 1 lb. (450 g) rigatoni pasta
- ½ cup (125 mL) heavy cream
- ¼ cup (60 mL) vodka (see cook's tip)
- 1 oz. (30 g) Parmesan cheese, finely grated (½ cup/125 mL), plus more for serving
- ¼ tsp (1 mL) red pepper flakes
- Optional: Chopped basil

DIRECTIONS

1. Set the oven to broil and place the oven rack at least 5" (13 cm) away from the heat.
2. Separate the layers of onion and toss with the tomatoes, garlic, oil, and ¼ tsp (1 mL) of salt in a small bowl. Place the mixture on a broiler-safe baking sheet with the tomatoes cut-side up. Broil until lightly charred but not over-browned, 13–15 minutes.
3. Meanwhile, bring a large pot of salted water to a boil and cook the pasta according to the package directions; drain.
4. Add the cooked veggie mixture to a medium pot. Puree using the **Flex+ Immersion Blender** attachment on medium, gradually increasing to high until smooth, 2–3 minutes. Add the cream, vodka, Parmesan, red pepper flakes, and remaining salt. Blend on high for 1 minute.
5. Simmer the sauce over medium-low heat for 7–8 minutes.
6. Serve the sauce over the pasta and top with grated Parmesan and chopped basil, if you'd like.

Cook's Tip:

Vodka adds a bit of heat and a slight sharp bite that balances out the sweetness of the roasted tomatoes and richness of the cream. You can omit it, if you'd like.



Cauliflower Potato Soup

Serves 6 | Prep Time: 5 min | Total Time: 30 min

INGREDIENTS

- 1½ lbs. (700 g) russet potatoes, peeled (about 3 medium)
- ½ cup (125 mL) vegetable broth
- 4 oz. (125 g) sharp cheddar cheese (1 cup/250 mL grated), plus more for topping
- 2 cups (500 mL) cauliflower florets (6 oz./175 g)
- 3 cups (750 mL) milk
- 2 tbsp (30 mL) butter
- 1 tbsp (15 mL) **Three Onion Rub**
- ½ cup (125 mL) sour cream
- Optional: Bacon bits, chopped green onions

DIRECTIONS

1. Cut potatoes in half lengthwise. Add potatoes and broth to the **Rockcrok® Dutch Oven.** Microwave, covered for 11 minutes.
2. Meanwhile, coarsely grate the cheese.
3. Rotate the potatoes and add the cauliflower. Microwave, covered, 7–9 minutes or until potatoes are tender when pierced with a fork.
4. Coarsely mash the potato and cauliflower mixture. Add the milk, butter, and Three Onion Rub. Microwave, covered, until hot, about 4–5 minutes.
5. Place the sour cream in a small bowl. To temper, add 1 tbsp (15 mL) of hot soup at a time, whisking between each addition until the mixture is warm. Then add the sour cream mixture into the soup. Stir in the cheese and gently whisk until it fully melts.
6. Top with additional cheese, bacon, and green onions if you like.

Cook's Tip:

When cold dairy is mixed into a hot sauce, it can curdle. That's why tempering is your friend; it gradually brings your hot soup and cold sour cream to a similar temperature before combining them completely.



Pizza Grilled Cheese

Serves 4 | Prep Time: 15 min | Total Time: 20 min

INGREDIENTS

- ¼ cup (60 mL) butter, softened (½ stick)
- 3 garlic cloves, pressed
- 8 slices Italian bread
- 1 oz. (30 g) Parmesan cheese, finely grated (½ cup/125 mL)
- 1 lb. (450 g) chicken tenders
- 1 ½ tbsp (22 mL) **Everything but the Pizza Seasoning**
- 1 tsp (5 mL) vegetable oil
- 8 slices low-moisture, part-skim mozzarella cheese
- Optional: Ranch dressing or marinara for serving

DIRECTIONS

1. Set the **Deluxe Electric Grill & Griddle** with the griddle plates to "GRIDDLE".
2. Combine the butter and garlic in small bowl. Spread one side of each slice of bread with the butter mixture, then sprinkle the Parmesan over the buttered bread slices.
3. Season the chicken with the seasoning and oil in a medium bowl. Add the chicken to the grill and cook, closed, until the internal temperature reaches 165°F (74°C), 3–4 minutes.
4. Remove the chicken and cut it into thirds. Carefully wipe the griddle with a paper towel (see cook's tips).
5. Place 4 slices of bread, butter-side down on the grill. Add the chicken and 2 slices mozzarella cheese. Top with the remaining bread, butter-side up.
6. Close the grill and adjust the lid so it touches the top of the bread. Cook the sandwich until the bread is golden brown and the cheese is melted.
7. Cut each sandwich into thirds and dip them in ranch dressing or marinara, if you'd like.

Cook's Tips:

This is a great recipe to make when everyone likes something different. Just add any toppings like grilled peppers, onions, or mushrooms, and you'll have easy, made-to-order sandwiches.

Clean your griddle with ease. While the grill is open, hold a piece of damp paper towel with your tongs, and then wipe the griddle.



Veggie & Ricotta Flatbread

Serves 16 | Prep Time: 20 min | Total Time: 30 min

INGREDIENTS

- 2 pkgs (8 oz./235 g each) refrigerated crescent roll dough
- 1 large carrot, peeled
- 1 red bell pepper, seeded and cut into quarters
- 1 tsp (5 mL) olive oil
- ¼ tsp (1 mL) salt
- 1 cup (250 mL) whole milk ricotta cheese
- 1½ tsp (7 mL) **Garlic & Herb Rub**
- 1 egg
- 2 tsp (10 mL) honey
- ⅛ tsp (0.5 mL) cayenne pepper
- Black pepper
- Optional: 1 tsp (5 mL) chopped parsley

DIRECTIONS

1. Preheat the oven to 425°F (220°C). Cover the bottom of the **Stone Bar Pan** with the dough. Use your fingers to seal the perforations and press the dough up the sides. Fold the extra dough over the sides to form a border. Bake until light golden brown, 6–8 minutes.
2. Meanwhile, slice the carrot using the No. 1 thickness of the **Rapid-Prep Mandoline**. Place 2 bell pepper quarters on top of one another and place them into the chute of the Rapid-Prep Mandoline with the tapered part facing the blade. Slice on the No. 3 thickness. In a medium bowl, toss the vegetables with the olive oil and salt.
3. Combine the ricotta, rub, and egg, and mix until smooth. Spread the mixture inside the border of the dough. Place the vegetables onto the ricotta mixture in an even layer.
4. Bake until the edges are deep golden brown, about 8–10 minutes. Remove the pan from the oven and let it stand for 5 minutes to let the filling set.
5. Combine the honey and cayenne pepper in a small microwave-safe bowl and microwave for 10 seconds. Drizzle the flatbread with the honey mixture. Sprinkle with black pepper and parsley or green carrots tops (see cook's tip).

Cook's Tip:

If you buy carrots with green tops, don't let them go to waste! Finely chop the carrot greens and use them to garnish the flatbread instead of using parsley.



Kale Pesto Turkey Burgers

Serves 6 | Prep Time: 10 min | Total Time: 30 min

INGREDIENTS

Kale Pesto

- 2 oz. (60 g) Parmesan cheese (3 1"/2.5-cm cubes)
- 2 tbsp (30 mL) sunflower kernels
- ½ cup (125 mL) extra virgin olive oil
- ¼ tsp (1 mL) salt
- 1 cup (250 mL) cup (250 mL) fresh basil leaves (1 oz./30 g pkg.)
- 1 cup (250 mL) chopped kale leaves

Burger

- 2 lbs. (1 kg) ground turkey
- Oil for spritzing
- 2 oz. (60 g) mozzarella cheese (½ cup/125 mL grated), coarsely grated
- ¼ cup (60 mL) julienned sun-dried tomatoes, drained
- ½ cup (125 mL) light mayonnaise
- 6 burger buns

DIRECTIONS

1. Blend the Parmesan and sunflower kernels in the **Deluxe Cooking Blender** for 30 seconds. Add the remaining pesto ingredients then blend for another minute.
2. In a large bowl, combine ½ cup (125 mL) of the pesto with the ground turkey and mix together. Form into six patties.
3. Preheat the **Nonstick Double Burner Grill** over medium heat for 3–5 minutes.
4. Cook the burgers for 10–12 minutes, or until the temperature reads 165°F (74°C), turning halfway through.
5. In a small bowl, combine the cheese and sun-dried tomatoes. During the last 2 minutes of cooking, top the burgers with the cheese mixture.
6. In a small bowl, mix the mayonnaise and remaining pesto. Spread the pesto mayonnaise on the buns.

Cook's Tips:

You can make the homemade pesto on its own and use it for pasta and flatbreads.

Pesto is traditionally made with pine nuts, but sunflower kernels are less expensive and taste great. You can substitute the sunflower kernels with any nut or seed you like.