pampered chef®

Budget-Friendly Recipes





Sous Vide Egg Bites

Yield:

7 servings

Prep 10 min | Cook 120 min | **Ready in 130 min**

INGREDIENTS

6 large eggs

⅓ cup (75 mL) cottage cheese

¼ tsp (1 mL) salt

Olive oil for brushing

¾ cup (175 mL) optional additions (cooked meat, shredded or crumbled cheese, diced vegetables, or a combination)

DIRECTIONS

1. Fill the inner pot of the Deluxe Multi Cooker with 7 cups (1.75 L) of water. Lock the lid and select SOUS VIDE. Set the temperature to 172°F (78°C) and the timer to 90 minutes; Press and hold the Start button, and let it preheat.
2. Meanwhile, mix the eggs, cottage cheese, and salt in a small bowl.
3. Brush the wells of the Silicone Egg Bites Mold with oil.
4. Divide the egg mixture evenly among the wells (don't fill the wells more than 2/3 full).
5. Top the egg mixture with your optional additions. Using a fork or silicone spatula, gently push down the optional additions until they're submerged. Cover the mold with the lid and place on the rack.
6. When you hear beeps and Add is displayed, remove the lid and use the rack handles to carefully lower the mold into the inner pot. Lock the lid; press the Start button.
7. When the timer is up, press the Cancel button. Open the lid and carefully remove the rack and mold. Carefully remove the lid from the mold. Using a butter knife or table knife, gently loosen the egg bites from the wells. Invert the mold onto a cutting board and gently push the bottoms of the wells to remove the egg bites.

Cook's Tips:

Pick veggies with low moisture like peppers, broccoli, or zucchini. Avoid fresh vegetables like tomatoes (use sun-dried tomatoes instead!) or frozen vegetables that can release water.

Try a combo of chorizo and Mexican cheese, ham and Swiss, or your favorite cheese and cooked meat.

These are great make-ahead meals that you can freeze and quickly thaw and reheat when you're in a hurry. Just pop the thawed egg bites into the microwave for a couple minutes!

For a quicker version, you can use this recipe with the EGG setting. Just reduce to 4 eggs and 1/4 cup (60 mL) cottage cheese, follow the remaining directions, and cook on the EGG setting for 14 minutes.

pampered chef®



Black Bean Burgers

Yield:

6 servings

Prep 5 min | Cook 10 min | **Ready in 15 min**

INGREDIENTS

1 can (15 oz./398 mL) black beans, drained and rinsed

6–8 scoops Enrichables™ Super Veggie

1 egg

1 cup (250 mL) corn

½ cup (125 mL) brown rice, cooked

⅓ cup (75 mL) plain breadcrumbs

1 tbsp (15 mL) Tex-Mex Rub (or any other rub or seasoning)

1 tbsp (15 mL) oil

4 buns

Optional: Avocado slices, tomato slices, lettuce, or hot sauce

DIRECTIONS

1. Process the beans, Enrichables™, and egg in the Manual Food Processor until the beans are mashed and all the ingredients are combined.
2. Transfer the bean mixture to a medium bowl. Add corn, rice, breadcrumbs, and rub. Mix well.
3. Heat the oil in a large skillet or grill pan over medium heat for 1–3 minutes.
4. Form about ⅓ cup (75 mL) of the mixture into a patty. Repeat for the rest of the mixture.
5. Cook the patties for 4–6 minutes per side, or until well-browned.
6. Serve the patties in the buns. If you'd like, serve with avocado, tomato, lettuce, or hot sauce.

Cook's Tips:

You can use any rub you'd like. Our Tex-Mex Rub pairs well with the beans and the corn! To help the patties keep their shape, chill the mixture for 15–20 minutes before forming.

pampered chef®



Orecchiette With Brussels Sprouts & Broccoli

Yield:

4 servings

Prep 10 min | Cook 20 min | **Ready in 30 min**

INGREDIENTS

8 oz. (250 g) orecchiette or medium shell pasta

3 garlic cloves, peeled

1 small head broccoli (10–12 oz./250–350 g) including stems

10 oz. (330 g) Brussels sprouts, trimmed

¼ cup (60 mL) olive oil

½–1 tsp (2–5 mL) red pepper flakes

½ tsp (2 mL) salt

1 cup (250 mL) frozen peas

1 oz. (30 g) Parmesan cheese, finely grated (½ cup/125 mL), plus additional for serving

1 lemon

½ cup (125 mL) fresh parsley leaves, finely chopped

Cook's Tips:

The sliced garlic's flavor softens significantly as it cooks. For more flavor, add 1 tbsp (15 mL) of Lemon Garlic Rub to the veggies in step 4 and omit the salt. For added protein, you can serve this recipe with chickpeas, cooked shrimp, or chicken.

DIRECTIONS

1. Bring a pot of salted water to a boil. Cook the pasta for 1 minute less than the instructions on the package recommend and reserve ¼ cup (60 mL) of the pasta water.
2. Slice the garlic on the No. 1 thickness of the Rapid-Prep Mandoline. Slice the broccoli and Brussels sprouts on the No. 6 thickness of the mandoline.
3. Heat the oil in a 12" (30-cm) skillet over medium heat for 5 minutes. Add the garlic and red pepper flakes and cook until the garlic starts to turn golden brown, 1–2 minutes. Watch closely so the garlic doesn't burn.
4. Add the sliced vegetables and salt to the skillet. Increase the heat to medium-high and cook until the vegetables are crisptender, 5–7 minutes. Add the peas during the last 2 minutes.
5. Transfer the pasta and reserved pasta water to the skillet. Add the Parmesan and reduce the heat to medium-low. Simmer until the water is absorbed.
6. Zest the lemon and juice half of it. Just before serving, stir in the zest, juice, and parsley. Serve with more Parmesan, if you'd like.

pampered chef®