

pampered chef®

Comfort Foods Made Better

Recipes



Garlic Parmesan Chicken With Cauliflower Mash

Serves 4 | Prep Time: 10 min | Total Time: 3 hours, 10 min on high or 6 hours, 10 mins on low

INGREDIENTS

- 1 tbsp (15 mL) butter
- 1 tbsp (15 mL) Italian seasoning
- ½ tsp (2 mL) salt
- ⅛ tsp (0.5 mL) ground black pepper
- 1 tbsp (15 mL) olive oil
- 2 lbs (1 kg) bone-in chicken thighs (4 each)
- 1 large head cauliflower, trimmed and cut into medium-sized florets (about 2 lbs/1 kg)
- 4 cloves garlic, pressed
- 2 tbsp (30 mL) freshly chopped parsley
- 2 tbsp (30 mL) grated Parmesan

DIRECTIONS

1. Combine the Italian seasoning, salt, and pepper in a small bowl. Season both sides of the chicken with the seasoning blend.
2. Heat the oil and butter in the **Rockcrok® Dutch Oven** over medium heat for 3–5 minutes. Brown the chicken, skin-side down, for 4–5 minutes, or until the chicken is golden brown. Remove the chicken from the Dutch oven and set aside.
3. Add the cauliflower and pressed garlic to the Dutch oven and stir to combine. Top with the chicken and cover. Place in the **Rockcrok® Digital Slow Cooker Stand** and cook on LOW for 6 hours or on HIGH for 3 hours.
4. Remove the chicken. Drain the cauliflower in a colander and return it to the Dutch oven. Mash the cauliflower and season to taste. Place the chicken on top. If desired, the chicken can be browned further: place the Dutch oven under a preheated broiler on HIGH for 2–3 minutes. Top with chopped parsley and Parmesan cheese.

Cook's Tips

You can swap the bone-in chicken with boneless, skinless chicken thighs.

Substitute the cauliflower with 1½ lbs. (750 g) quartered “B” size (mini) red potatoes. When mashing, add milk, butter, and salt to taste.

This recipe can also be made in the **Rockcrok® Everyday Pan**. Use 2 chicken thighs and only half of the seasoning. Follow the rest of the recipe as directed.



Vegan Black Bean Soup

Serves 8 | Prep Time: 10 min | Total Time: 35 min

INGREDIENTS

Soup

- 1 tbsp (15 mL) vegetable oil
- 1 red bell pepper, seeded and cut into chunks
- 1 small yellow onion, cut into chunks
- 1 jalapeño, seeded and quartered
- 2 garlic cloves, peeled
- 2 cups (500 mL) low-sodium vegetable broth
- 4 cans (15 oz./425 g *each*) black beans, undrained, divided (see cook's tip)
- ¼ tsp (1 mL) cumin
- 1 bay leaf

Tomato Salsa

- 3 plum tomatoes, quartered
- ¼ cup (60 mL) cilantro, loosely packed
- ¼ tsp (1 mL) salt
- 1 lime
- Optional: Sliced avocado

DIRECTIONS

1. Heat the oil in the **Enameled Cast Iron Dutch Oven** over medium heat for 2–3 minutes. Add the vegetables and garlic to the pot; cook until softened and slightly browned, 4–6 minutes.
2. Add the broth, 3 cans of undrained beans, cumin, and bay leaf. Bring to a boil, covered, over high heat. Reduce the heat and simmer, uncovered, stirring occasionally until thickened, 12–15 minutes.
3. Meanwhile, coarsely chop the salsa ingredients using the **Flex+** Food Processor attachment fitted with the multiuse blade.
4. Remove the soup from the heat and discard the bay leaf. Puree with the Immersion Blender attachment on high until smooth, about 1 minute.
5. Add the remaining can of beans and stir to combine. Serve the soup with tomato salsa and sliced avocado, if you'd like.

Cook's Tip

Adding the liquid from the canned beans gives this soup body and deepens the flavor.

Meal-Planning Tip

Make extra salsa to use as topping for eggs and stuffed peppers. It also makes a fresh snack!



Orechiette With Brussels Sprouts & Broccoli

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

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.

Cook's Tip

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.



Grilled Tex-Mex Stuffed Peppers

Serves 8 | Prep Time: 5 min | Total Time: 35 min

INGREDIENTS

- 4 large green bell pepper, (see cook's tip)
- 2–3 jalapeño peppers
- 6 oz. (175 g) reduced-fat cheddar cheese (1½ cups/375 mL grated), divided
- 2 cans (15 oz. or 398 mL *each*) no-salt-added black beans, drained and rinsed
- 1 cup (250 mL) frozen corn
- ½ cup (125 mL) all-natural salsa, plus additional for serving
- 2 tbsp (30 mL) **Tex-Mex Rub**

DIRECTIONS

1. Heat the **Nonstick Double Burner Grill** over medium heat for 3–5 minutes (or use the Deluxe Electric Grill & Griddle). Cut off the tops of the bell peppers, then remove the seeds and veins with the **Scoop Loop™**. Cut the bell peppers in half lengthwise.
2. Heat **Nonstick Double Burner Grill** over medium heat for 3-5 minutes, or set the **Deluxe Electric Grill & Griddle** to Grill in the Open position for 20 minutes. Cut off tops of bell peppers; remove seeds and veins with **Scoop Loop™**. Using **Santoku Knife**, cut bell peppers in half lengthwise.
3. Spray the pan with oil using the **Kitchen Spritzer**. Place the bell pepper halves, cut-side down, in the pan and grill for 5–7 minutes. Turn the peppers over and cook for an additional 10–15 minutes, or until the bottoms are charred.
4. Meanwhile, remove the stems from the jalapeños and cut them in half lengthwise. Carefully remove the seeds and veins. Cut them into chunks, then finely chop with the **Food Chopper**. Place the chopped peppers in a microwave-safe medium bowl.
5. Grate the cheese. Add 1 cup (250 mL) of the cheese, beans, corn, salsa, and rub to the bowl and mix to combine.
6. Microwave, uncovered, on HIGH for 5–7 minutes, or until the mixture is heated through, mixing well halfway through cooking. Remove from the microwave and mix well.
7. Turn off the heat under the pan. Divide the bean mixture evenly among the peppers. Sprinkle with the remaining cheese. Let them stand for 5 minutes, or until the cheese begins to melt. Serve with additional salsa.

Cook's Tip

Large, uniform, plump bell peppers work best in this recipe because they'll hold the filling and cook evenly.

Meal-Planning Tip

Use the leftover salsa from the Vegan Black Bean Soup you made earlier in the week to top the peppers.



Baja Cod Air Fryer Tostadas

Serves 4 | Prep Time: 20 min | Total Time: 30 min

INGREDIENTS

Pineapple Salsa

- 1 small red bell pepper, seeded and quartered
- 1 jalapeño pepper, seeded and quartered
- 1 lime, juiced
- ½ tsp (2 mL) salt
- ⅓ up (75 mL) cilantro leaves, loosely packed
- 2 cups (500 mL) cubed fresh pineapple

Fish

- 1 lb. (450 g) cod filets, fresh or frozen (thawed), cut into 4 pieces
- 2 tsp (10 mL) **Chili Lime Rub**

Cabbage Slaw

- ½ cup (250 mL) sour cream
- 2 limes, juiced
- 1 tsp (5 mL) **Chili Lime Rub**
- 1 head napa cabbage, shredded (4 cups/1 L)

To Serve

- 8 corn tostadas
- 2 ripe avocados, smashed

DIRECTIONS

1. To make the salsa, place the bell pepper, jalapeño, lime juice, and salt in a food processor and pulse about 8 times or until coarsely chopped. Add the cilantro and top with the pineapple (this helps to evenly blend), and pulse about 12 times or until coarsely chopped and well blended.
2. Pat the fish dry with paper towels; season the top with the rub.
3. Spray one tray of the **Deluxe Air Fryer** with oil; add the cod in a single layer and place on the top rack. Cook on for 9 minutes, or until the fish flakes easily with a fork.
4. To make the slaw, combine the sour cream, lime juice, and rub in a medium bowl; fold in the cabbage.
5. To assemble, spread each tostada shell with smashed avocado, then top with flaked fish, cabbage slaw, and pineapple salsa. Sprinkle with chopped cilantro, if you'd like.

Cook's Tip

We chose cod for its mild, buttery flavor that works with a variety of ingredients. And, we like how it flakes into juicy, bite-sized pieces. Because it's a saltwater fish, it can have a slightly salty flavor. If you prefer, you can substitute tilapia or another mild white fish.

Grocery Lists

By Recipe

Parmesan Chicken With Cauliflower Mash

Produce
1 large head cauliflower, (about 2 lbs./1 kg)
4 garlic cloves
2 tbsp (30 mL) parsley

Meat/Protein
2 lbs. (1 kg) bone-in chicken thighs

Dairy
2 tbsp (30 mL) Parmesan cheese

Pantry & Staples
1 tbsp (15 mL) butter
1 tbsp (15 mL) olive oil

Pampered Chef Seasoning
1 tbsp (15 mL) Italian Seasoning Mix

Seasonings & Spices
½ tsp (2 mL) salt
⅛ tsp (0.5 mL) ground black pepper

Orecchiette With Brussels Sprouts & Broccoli

Produce
1 small head broccoli (10–12 oz./250–350 g)
10 oz. (330 g) Brussels sprouts
1 lemon
3 garlic cloves

Dairy/Eggs
1 oz. (30 g) Parmesan cheese

Frozen
1 cup (250 mL) frozen peas

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

Pantry & Staples
¼ cup (60 mL) olive oil

Seasonings & Spices
Salt
½–1 tsp (2–5 mL) red pepper flakes

Vegan Black Bean Soup

Produce
Avocados (optional)
¼ cup (60 mL) cilantro (for salsa)
1 jalapeño
1 lime (for salsa)
1 small yellow onion
1 red bell pepper
2 garlic cloves
3 plum tomatoes (for salsa)

Meat/Protein
4 cans (15 oz./425 g each) black beans

Pantry & Staples
2 cups (500 mL) low-sodium vegetable broth
Vegetable oil

Seasonings & Spices
Cumin
Salt
Bay leaf

Grocery Lists

By Recipe (Continued)

Grilled Tex-Mex Stuffed Peppers

Produce
2–3 jalapeño peppers
4 large green bell peppers

Meat/Protein
2 cans (15 oz. or 398 mL *each*) black beans

Dairy/Eggs
6 oz. (175 g) reduced-fat cheddar cheese

Frozen
1 cup (250 mL) frozen corn

Pampered Chef Seasoning
2 tbsp (30 mL) Tex-Mex Rub

Baja Cod Air Fryer Tostadas

For Fish

Meat/Protein
1 lb. (450 g) cod filets, fresh or frozen

Pampered Chef Seasoning
2 tsp (10 mL) Chili Lime Rub

For Cabbage Slaw

Produce
2 limes
1 head napa cabbage

Dairy
½ cup (250 mL) sour cream

Pampered Chef Seasoning
1 tsp (10 mL) Chili Lime Rub

For Pineapple Salsa

Produce
1 small red bell pepper
1 jalapeño pepper
1 lime
⅓ cup (75 mL) cilantro leaves
2 cups (500 mL) fresh pineapple

Seasonings and Spices
Salt

For Serving

Produce
2 ripe avocados

Pantry & Staples
8 corn tostadas

Grocery Lists

Compiled

Produce
1 small yellow onion
1 red bell pepper
3 plum tomatoes (for salsa)
1 small head broccoli (10–12 oz./250–350 g)
1 lemon
1 large head cauliflower, (about 2 lbs./1 kg)
1 head napa cabbage
1 small red bell pepper
2 tbsp (30 mL) parsley
2 cups (500 mL) fresh pineapple
4 large green bell peppers
10 oz. (330 g) Brussels sprouts
Cilantro
Garlic
Limes
Jalapeño peppers
Avocados (optional)

Meat/Protein
1 lb. (450 g) cod filets, fresh or frozen
2 lbs (1 kg) bone-in chicken thighs
4 cans (15 oz./425 g *each*) black beans

Dairy/Eggs
½ cup (250 mL) sour cream
6 oz. (175 g) reduced-fat cheddar cheese
Parmesan cheese

Frozen
1 cup (250 mL) frozen peas
1 cup (250 mL) frozen corn

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

Pantry & Staples
8 corn tostadas
2 cups (500 mL) low-sodium vegetable broth
Vegetable oil
Butter
Olive oil

Pampered Chef Seasonings
Italian Seasoning Mix
Garlic & Herb Rub
Chili Lime Rub

Seasonings & Spices
½–1 tsp (2–5 mL) red pepper flakes
Cumin
Bay leaf
Salt
Ground black pepper

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