

# SUPER STEAMERS

## FOR THE SUPER STEAMERS 5-PACK



## DIGITAL RECIPE GUIDE & GROCERY LIST with BONUS RECIPES

The Super Steamers Meal Guide will help you prepare meals that are delicious and nutritious in only 20 minutes or less! Discover healthy recipes that can be prepared in the microwave so you can get dinner on the table quickly. This time-saving guide is designed to help you streamline cooking time using cookware that's multipurpose, reliable, and functional. Best of all, these recipes are all under \$3 a serving!

# COOKWARE

## **MULTIPURPOSE** and **ROUND STEAMERS**

Meal planning and food prep can be easy with the right tools. Meet our silicone cookware line--created for quick, easy, and nutritious microwave cooking! The **Multipurpose** and **Round Steamers** pair perfectly with this collection and will help you cook faster, easier, and with minimal cleanup. They're ideal for small spaces and sure to be your BFF on busy weeknights.

Did you know that microwave steaming can retain more vitamins and minerals than almost any other cooking technique? A Harvard Medical School study found that microwave cooking retains more nutrients due to quicker cook times, shorter exposure to heat, and the use of less liquid!

### **CARE & STORAGE:**

- Hand wash before initial use.
- Dishwasher, oven, and microwave safe.
- Avoid using metal utensils. Silicone or wood recommended.

CAUTION: Contents may become very hot; use oven mitts and be cautious when removing the lid.



# GROCERY LIST

## PRODUCE

- 3 celery stalks (Home-Style Chicken Stew)
- 2 medium carrots (Home-Style Chicken Stew)
- 2 medium potatoes (Home-Style Chicken Stew)
- 1 large onion (Butter Chicken)
- ½ lime (Enchiladas)
- 3 cups sliced mushrooms, such as cremini (Steamy Good Wintry Mushroom Soup)  
*Try: prepackaged, about 1½ pkgs (7 oz/200 g)*
- 1 cup frozen peas (Home-Style Chicken Stew)

## PANTRY STAPLES

- Oil:
  - 1 tbsp (Home-Style Chicken Stew)
  - 1 tsp, preferably coconut or olive (Enchiladas)
- 2 cans (14 oz/398 ml each) black beans, preferably unsalted (Enchiladas)
- 1 can (14 oz/398 ml) light coconut milk (Butter Chicken)
- 2 cups uncooked bite-size pasta (Steamer Mac & Cheese)
- ½ cup crushed tomatoes (Butter Chicken)
- 3 tbsp tomato paste (Enchiladas)

## PROTEIN

- 3 lbs (1.36 kg) boneless, skinless chicken breasts, about 6 breasts:
  - 2 lbs/900 g, about 4 breasts (Butter Chicken)  
*Swap: 4 cups chickpeas or 2 lbs (900 g) firm tofu*
  - 1 lb/450 g, about 2 breasts (Home-Style Chicken Stew) | *Swap: chicken thighs*

## DAIRY

- 3½ + ⅓ cups milk, your choice
  - 3½ cups (Steamy Good Wintry Mushroom Soup)
  - ⅓ cup (Steamer Mac & Cheese)
- 1 cup grated cheese, your choice (Enchiladas)
- ½ cup 2% plain Greek yogurt (Butter Chicken)
- 5 tbsp butter:
  - 2 tbsp, optional (Steamer Mac & Cheese)
  - 2 tbsp (Steamy Good Wintry Mushroom Soup) | *Swap: olive oil*
  - 1 tbsp (Butter Chicken)

## OTHER

- 4 medium tortillas (Enchiladas)



# BUTTER CHICKEN



**TIP:** Make it vegetarian: Swap chicken with 4 cups chickpeas or 2 lbs (900 g) cubed firm tofu.



**TOTAL TIME:** 20 min



**8 SERVINGS**



**\$2.30 CA/\$1.96 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup steamed green beans or broccoli florets and 1 cup rice.

## INGREDIENTS

- 1 large onion
- 1 tbsp butter
- 1 pkg **Butter Chicken Seasoning**
- 1 can (14 oz/398 ml) light coconut milk
- ½ cup crushed tomatoes
- 2 lbs (900 g) boneless, skinless chicken breasts, cubed
- ½ cup 2% plain Greek yogurt

## NUTRITIONAL INFO

**Per serving (about ½ cup):** Calories 200, Fat 8 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 115 mg, Carbohydrate 6 g (Fibre 2 g, Sugars 2 g), Protein 25 g.

## INSTRUCTIONS

1. Dice onion. Place in **Multipurpose** or **Round Steamer** with butter and seasoning. Cover; microwave on high 2 min.
2. Stir in coconut milk, tomatoes, and chicken. Cover; microwave on high 6–8 min or until chicken is cooked through.
3. Remove from microwave and stir in yogurt.

# ENCHILADAS



**TIP:** Make a single serving in Rectangular Steamer. Prepared sauce can be refrigerated up to 4 days.



**TOTAL TIME:** 20 min



**4 SERVINGS**



**\$3.00 CA/\$2.55 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies.

## INGREDIENTS

- 1 pkg **Enchilada Seasoning**
- 1 ½ cups water
- 3 tbsp tomato paste
- ½ lime
- 1 tsp coconut or olive oil
- 2 cans (14 oz/398 ml each) unsalted black beans
- 1 cup grated cheese, your choice, divided
- 4 medium tortillas

## NUTRITIONAL INFO

**Per serving (1 enchilada):** Calories 430, Fat 14 g (Saturated 7 g, Trans 0 g), Cholesterol 30 mg, Sodium 530 mg, Carbohydrate 56 g (Fibre 13 g, Sugars 4 g), Protein 22 g.

## INSTRUCTIONS

1. In **4-Cup Prep Bowl**, whisk seasoning with water and tomato paste. Microwave; uncovered, on high, 2 min or until thickened.
2. Using **2-in-1 Citrus Press**, squeeze in juice from lime; whisk in oil. Set aside.
3. Drain and rinse beans. Place in **Multipurpose Steamer**; add ½ cup sauce. Cover; microwave on high 2 min. Using a fork, coarsely mash.
4. Divide bean mixture and ¾ cup cheese between tortillas. Roll up and arrange seam side down in a single layer in the steamer (don't wash). Top with remaining sauce and ¼ cup cheese.
5. Cover; microwave on high, 6–8 min, or until heated through.

# HOME-STYLE CHICKEN STEW



TOTAL TIME: 20 min



4 SERVINGS



\$2.77 CA/\$2.35 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 ½ cups chopped veggies.

## INGREDIENTS

- 1 pkg **Home-Style Chicken Stew Seasoning**
- 2 ½ cups water, divided
- 2 cups cubed potatoes
- 1 cup diced carrots
- 1 cup diced celery
- 1 tbsp oil
- 1 lb (450 g) boneless, skinless chicken, cut into bites
- 1 cup frozen peas

## NUTRITIONAL INFO

**Per serving:** Calories 320, Fat 8 g (Saturated 2 g, Trans 0 g), Cholesterol 70 mg, Sodium 500 mg, Carbohydrate 31 g (Fibre 6 g, Sugars 6 g), Protein 30 g.

## INSTRUCTIONS

1. In a bowl, combine seasoning with 2 cups water. Set aside.
2. In **Multipurpose Steamer** combine potatoes, carrots, and celery with remaining ½ cup water. Cover and microwave on high for 8 min or until veggies are tender.
3. Meanwhile, heat oil in large frying pan. Add chicken; stir-fry until golden and cooked through, 3–4 min.
4. Stir in reserved seasoning mixture and cooked veggies. Bring to a boil, then stir in frozen peas. Cook until warmed through, 1 more min.

# STEAMER MAC & CHEESE



TOTAL TIME: 12 min



4 SERVINGS



\$1.12 CA/\$0.95 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup steamed veggies and 4 oz (113 g) tuna, chicken, or tofu.

## INGREDIENTS

4 cups warm water  
2 cups dry pasta  
1 pkg **Mac & Cheese Seasoning**  
½ cup milk  
2 tbsp butter, optional

## NUTRITIONAL INFO

**Per serving:** Calories 260, Fat 4.5 g (Saturated 2.5 g, Trans 0.2 g), Cholesterol 10 mg, Sodium 330 mg, Carbohydrate 43 g (Fibre 2 g, Sugars 3 g), Protein 11 g.

## INSTRUCTIONS

1. Place water and pasta in **Multipurpose Steamer**. Microwave with lid on for 8–10 min.
2. Very carefully remove from microwave and drain.
3. Stir in seasoning, milk, and butter, if desired. Stir to coat.

# STEAMY GOOD WINTRY MUSHROOM SOUP

**TIP:** Save prep time and buy a package of pre-sliced mushrooms. Or, mix and match—choose your favourite kinds for a medley of flavour. You'll need a generous ½ lb (225 g) whole mushrooms.



**TOTAL TIME:** 20 min



**4 CUPS**  
FOR 4 SERVINGS



**\$2.27 CA/\$1.93 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with an open-faced or half sandwich made with 1 slice whole-grain bread, ½ tbsp mayo, ½ cup lean protein (chicken or canned salmon), and ½ cup leafy greens.

## INGREDIENTS

1 pkg **Wintry Mushroom Soup Seasoning**  
3 ½ cups milk, your choice  
3 cups sliced mushrooms, such as cremini  
2 tbsp butter or olive oil

## NUTRITIONAL INFO

**Per serving (about 1 cup):** Calories 210, Fat 10 g (Saturated 6 g, Trans 0.3 g), Cholesterol 30 mg, Sodium 340 mg, Carbohydrate 19 g (Fibre 1 g, Sugars 1 g), Protein 10 g.

## INSTRUCTIONS

1. In a large bowl, whisk together seasoning with milk; set aside.
2. Place mushrooms and butter in a **Round Steamer**. Cover; microwave on high until mushrooms start to release juices and are tender with a bite, about 5 min, stirring halfway through.
3. Stir in reserved seasoning mixture. Microwave on high, uncovered, for 15 min, stirring every 5 min until soup is bubbly and has thickened slightly.



# PULLED BUTTER CHICKEN SANDWICH



**TIP:** For a tasty twist, add **Lemon Dilly Dip Mix** to the yogurt sauce.

**TIP:** Canned coconut milk has a thick layer on top—make sure to stir well prior to measuring out half the can for the recipe.



TOTAL TIME: 20 min



4 SERVINGS



\$4.28 CA/\$3.64 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup veggies on the side (or in your sandwich!).

## INGREDIENTS

1 pkg **Butter Chicken Seasoning**  
 ½ can (14 oz/398 ml) coconut milk  
 ½ can (5.5 oz/156 ml) tomato paste  
 1 tbsp unsalted butter, melted  
 1 lb (450 g) boneless, skinless chicken breasts, about 2 breasts  
 ½ bunch fresh cilantro  
 ½ cup 2% plain Greek yogurt  
 ½ tbsp lemon juice

**Sea Salt (Grinder)**, to taste

**Black Pepper (Grinder)**, to taste

4 wholegrain burger buns, toasted

## NUTRITIONAL INFO

**Per serving:** Calories 450, Fat 19 g (Saturated 12 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 340 mg, Carbohydrate 35 g (Fibre 6 g, Sugars 6 g), Protein 35 g.

## INSTRUCTIONS

1. In **Multipurpose** or **Round Steamer**, whisk together seasoning, coconut milk, tomato paste, and butter. The sauce will be thick. Add chicken breasts; press down firmly and flip to coat with some of the sauce. Cover; microwave on high, 9 min, or until cooked through.
2. Meanwhile, prepare yogurt sauce. Discard cilantro stems. Coarsely chop leaves; place in a bowl. Stir in yogurt and lemon juice. Taste and season with salt and pepper.
3. Once chicken is cooked, let rest 2 min, then uncover. Remove chicken to a cutting board. Using 2 forks, shred chicken. Stir back into sauce (in steamer), including any juices on the cutting board.
4. Divide chicken mixture on bottom half of each bun; spread top bun with yogurt sauce, then cover.

# BLACK BEAN ENCHILADA SLIDERS



**TIP:** Make mini sliders—simply swap panini buns with small hamburger buns.



TOTAL TIME: 20 min



4 SERVINGS



\$2.40 CA/\$2.04 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced veggies.

## INGREDIENTS

1 pkg **Enchilada Seasoning**  
 1 ½ cups water  
 3 tbsp tomato paste  
 ½ lime  
 1 tsp coconut or olive oil  
 2 cans (14 oz/398 ml each) unsalted black beans  
 4 medium-sized panini buns or chopped baguette  
 ½ cup grated cheese, your choice  
 Toppings (optional): sliced green onions

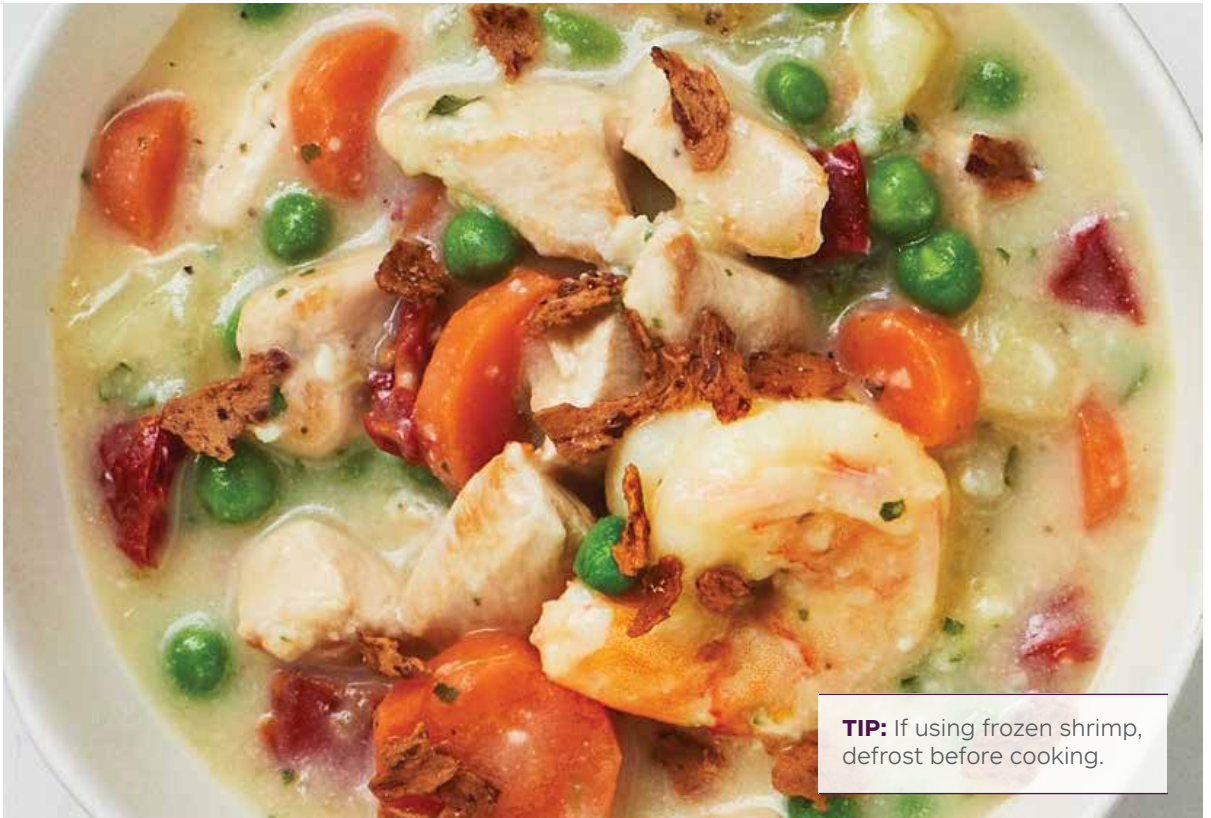
## NUTRITIONAL INFO

**Per serving (1 sandwich):** Calories 430, Fat 10 g (Saturated 4 g, Trans 0 g), Cholesterol 15 mg, Sodium 510 mg, Carbohydrate 64 g (Fibre 12 g, Sugars 4 g), Protein 21 g

## INSTRUCTIONS

1. In **4-Cup Prep Bowl**, whisk seasoning with water and tomato paste. Microwave, uncovered, on high, 2 min or until thickened.
2. Using **2-in-1 Citrus Press**, squeeze in juice from lime; whisk in oil. Set aside.
3. Drain and rinse beans. Place in **Multipurpose Steamer**; add ½ cup sauce. Cover; microwave on high 2 min. Using a fork, coarsely mash.
4. Slice buns open. Toast, if desired. Fill each bun with beans (it will be full!). Drizzle each sandwich with 2 tbsp reserved sauce. Add more, if desired. Alternatively, serve with remaining sauce on the side. Top with cheese and green onions, if desired.

## SURF N' TURF STEW



**TIP:** If using frozen shrimp, defrost before cooking.



TOTAL TIME: 20 min



4 SERVINGS



\$3.95 CA/\$3.36 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups leafy greens and 1 tbsp Epicure Salad Dressing.

### INGREDIENTS

1 pkg **Home-Style Chicken Stew Seasoning**  
 2 ½ cups water, divided  
 2 carrots  
 1 celery stalk  
 1 large potato, preferably Yukon gold  
 ½ lb (225 g) boneless, skinless chicken breasts  
 2 tsp oil  
 ½ lb (225 g) peeled uncooked shrimp  
 2 tbsp chopped sundried tomatoes, optional  
 1 cup frozen peas

**Better Than Bacon Topper**, to taste

Toppings (optional): fresh pea sprouts or sliced green onion

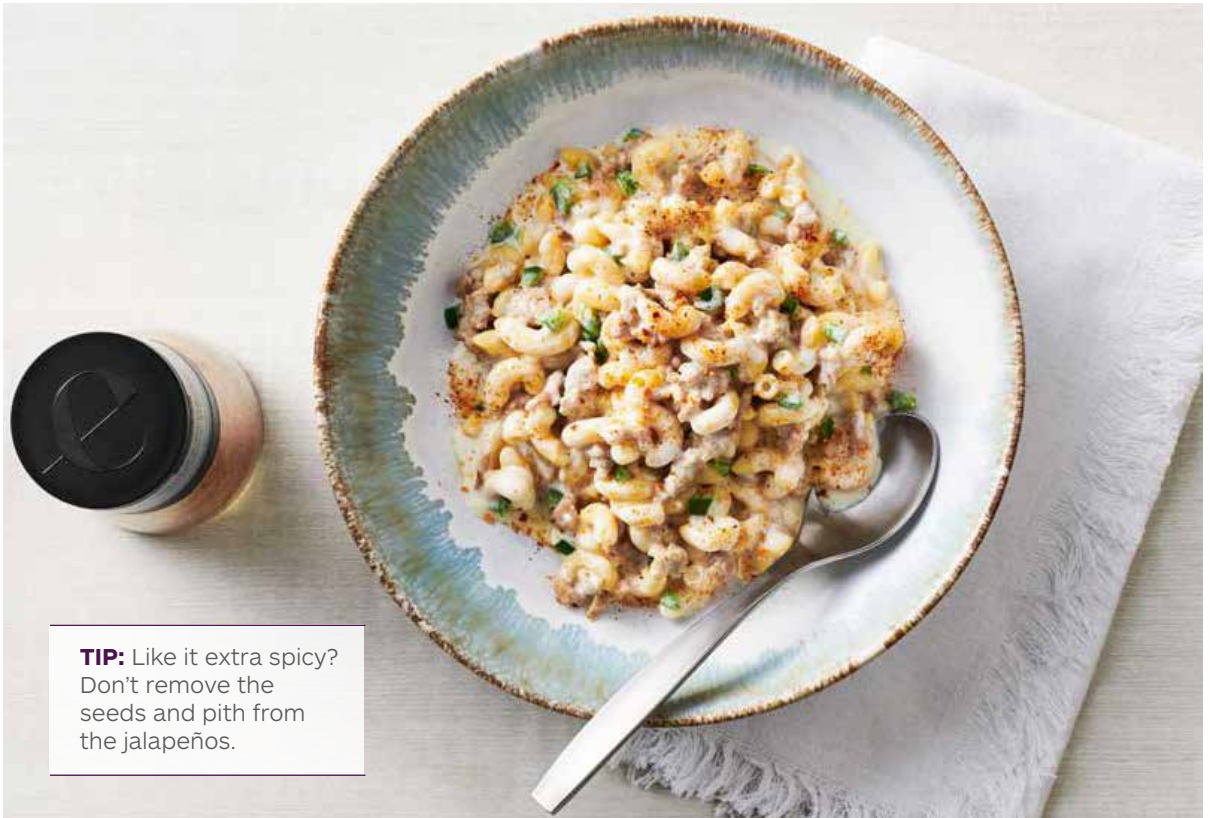
### NUTRITIONAL INFO

**Per serving (about 1 ½ cups):** Calories 320, Fat 7 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 130 mg, Sodium 570 mg, Carbohydrate 36 g (Fibre 6 g, Sugars 7 g), Protein 29 g.

### INSTRUCTIONS

1. In a bowl, combine seasoning with 2 cups water. Set aside.
2. Slice carrots into thin rounds. Dice celery. Cut unpeeled potato into small cubes.
3. Place veggies in **Multipurpose Steamer** and pour in ½ cup water. Cover; microwave on high until veggies are tender, about 8 min.
4. Meanwhile, cut chicken into small cubes. Heat oil in Wok set over medium-high heat. Add chicken and shrimp; stir-fry until golden and cooked through, 4–5 min.
5. Stir in reserved seasoning mixture, cooked veggies, and sundried tomatoes, if using. Bring to a boil, then stir in frozen peas. Cook until warmed through, 1 min.
6. Spoon into bowls and shake on topper. Garnish with toppings, if using.

# JALAPEÑO POPPER MAC & CHEESE



**TIP:** Like it extra spicy? Don't remove the seeds and pith from the jalapeños.



TOTAL TIME: 20 min



4 SERVINGS



\$2.02 CA/\$1.72 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup veggies.

## INGREDIENTS

2 cups uncooked macaroni pasta  
4 cups hot water  
2 jalapeños  
1 lb (450 g) ground chicken  
1 pkg **Mac & Cheese Seasoning**  
½ cup milk, your choice  
3 tbsp cream cheese

## NUTRITIONAL INFO

**Per serving:** Calories 460, Fat 18 g (Saturated 7 g, Trans 0.2 g), Cholesterol 120 mg, Sodium 440 mg, Carbohydrate 44 g (Fibre 3 g, Sugars 3 g), Protein 32 g.

## INSTRUCTIONS

1. In **Multipurpose** or **Round Steamer**, add pasta and water. Cover and microwave on high 10–12 min, or until tender. Meanwhile, slice jalapeños in half, lengthwise. Remove and discard seeds and pith. Finely dice jalapeños. Once pasta is cooked, strain and set aside.
2. In same (unwashed) steamer, add chicken. Cover and microwave on high 4–5 min, or until cooked through. Use **Ground Meat Separator** to break up chunks. Carefully drain liquid from steamer.
3. Add cooked pasta, jalapeños, seasoning, milk, and cream cheese to steamer. Stir until evenly mixed.

# CREAMY MUSHROOM CHICKEN PASTA



**TIP:** For a thicker sauce, let the dish rest 10 min before serving. The sauce will thicken as it sits.



TOTAL TIME: 20 min



4 SERVINGS



\$3.79 CA/\$3.22 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups mixed greens and 1 tbsp Epicure Dressing.

## INGREDIENTS

1 lb (450 g) boneless, skinless chicken breast fillets  
 2 cups uncooked extra broad egg noodles  
 1 ½ cups milk, your choice  
 1 cup hot water  
 1 pkg **Wintry Mushroom Soup Seasoning**  
 2 cups frozen peas

## NUTRITIONAL INFO

**Per serving:** Calories 390, Fat 6 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 125 mg, Sodium 360 mg, Carbohydrate 41 g (Fibre 5 g, Sugars 6 g), Protein 38 g.

## INSTRUCTIONS

1. In **Multipurpose** or **Round Steamer**, add chicken in a single layer (it's OK if the fillets touch). Cover; cook on high 4 min.
2. Add noodles, milk, hot water, and seasoning; stir to mix. Microwave on high, uncovered, 5 min. Remove from microwave and stir; cook for an additional 3 min 30 sec.
3. Stir in peas. Microwave on high, uncovered, for 4 min or until pasta is tender and sauce has thickened.