

WonderCooker™



FAMILY recipes

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White Mushroom Soup

INGREDIENTS:

2 six-ounce packages of sliced white mushrooms

½ white onion chopped fine

½ teaspoon chopped garlic

½ cup sliced green onions

32 ounces store bought chicken broth

Salt and pepper to season

Olive oil for sautéing

PREPARATION:

Sauté the white onions with olive oil until soft

Add mushrooms and sauté until soft

Add garlic and cook for 1 minute

Add broth and season with salt and pepper

Simmer for 10 minutes, check seasoning and add green onions

Pinto Bean & Beef Tacos

INGREDIENTS:

2 pounds lean ground beef
1 small can cooked pinto beans
1 package taco seasoning
1-cup tomato sauce

PREPARATION:

Cook ground beef without oil
Add the rest of the ingredients and simmer for 10 minutes
Serve with taco shells and salsa

Turkey Chili

INGREDIENTS:

1 ½ pounds ground turkey meat
10 ounces diced white onion
1 small can chili beans (optional)
Shredded cheese (optional)
Chopped green onion (optional)
1 package chili seasoning
1-cup tomato sauce
1-cup bbq sauce
1-cup water
Salt and pepper to season

PREPARATION:

Sauté onions until soft
Brown ground turkey
Add tomato and BBQ sauce

PREPARATION (continued):

Add seasoning, beans and water
Simmer for 10 minutes and serve with
shredded cheese and chopped green
onions (optional)

Chicken Soup

INGREDIENTS:

½ bone in chicken

Water to cover

2 carrots peeled and chopped

2 stalks of celery chopped

1 can of white beans

½ white onion chopped

Salt and pepper to season

PREPARATION:

Boil the chicken until cooked through

Remove and shred the chicken

Add vegetables and white beans

Simmer for 1 hour

Classic Onion Soup

INGREDIENTS:

3 large white onions peeled and sliced

½ cup sherry wine

8 cups water or chicken broth

Salt and pepper to season

PREPARATION:

Cook the onions with no fat until browned and soft

Add the sherry wine and cook for 2 minutes

Add water or chicken broth and simmer 20 minutes

Finger Lickin' Babyback Ribs

INGREDIENTS:

2 racks of pork baby back ribs cut in ½

18 oz BBQ sauce

Water or can chicken broth to cover

PREPARATION:

Place the ribs in the WonderCooker™ unit

Add BBQ sauce

Cover with water or chicken broth

Simmer until tender, approximately 4 or 5 hours

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Macaroni and Cheese

INGREDIENTS:

6 cups water

4-cup macaroni

1 cup chopped ham

1-pound soft cheese

Salt and pepper to season

PREPARATION:

Bring water to a boil and season with salt

Cook macaroni and drain

Add cheese and ham and stir until the cheese is melted

Season with salt and pepper

Chicken Cacciatore with Penne

INGREDIENTS:

4 boneless skinless chicken breasts

2 cups tomato sauce

1 green bell pepper cut in strips

½ white onion cut in strips

¼ cup pitted olives cut in ½

2-cups penne pasta

2-cups chicken broth

1 teaspoon dried oregano

Olive oil for sautéing

Salt and pepper to season

PREPARATION:

Brown the chicken breasts on both sides

Add the rest of the ingredients and season with salt and pepper

Simmer for 12 to 15 minutes and serve

Chicken Picatta

INGREDIENTS:

4 boneless skinless chicken breasts

¼ cup chicken broth

½ cup chicken gravy

1 teaspoon capers

1 cup sliced mushrooms

1 lemon juiced

Olive oil for sautéing

Salt and pepper to season

1 tablespoon chopped parsley

PREPARATION:

Brown the chicken breasts on both sides

Add capers, mushrooms, chicken broth, chicken gravy and lemon juice

Simmer for 12 to 15 minutes

Add parsley and serve

Braised Beef Short Ribs

INGREDIENTS:

4 bone in beef short ribs
2 carrots peeled and sliced
2 ribs of celery sliced
4 red potatoes cut in ½
32 ounces of beef broth
Olive oil for sautéing
Salt and pepper to season

PREPARATION:

Sear the ribs on sauté/grill with olive oil, and brown all the way around
Add carrots and celery and sauté for 1 minute
Add potatoes and broth, re-season
Slow cook for up to 5 hours or until ribs are tender

Steamed Lemon Salmon with Jasmine Rice

INGREDIENTS:

2 5-ounce portions of thin salmon filet
1 lemon cut into slices
1 cup cooked frozen broccoli
1 cup jasmine rice
1 ½ cup chicken broth
Salt and pepper to season

PREPARATION:

Add rice and broth to the WonderCooker™ unit, season with salt and pepper
Mix thoroughly and set to slow cook
Place salmon and vegetables on the rack
Lay sliced lemon on top of the fish,
season with salt and pepper and place over the rice
Cook for 15 minutes covered

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Brisket Dinner

INGREDIENTS:

- 2 pounds brisket
- 1 small head cabbage cut into quarters
- 4 medium red potatoes cut in ½
- 3 large carrots cut into 3 inch pieces
- Salt and pepper to season
- Water to cover

PREPARATION:

- Put all ingredients in the WonderCooker™ unit, cover with water and simmer for 5 hours or until brisket is tender
- Serve with mustard

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Paella

INGREDIENTS:

2 boneless skinless chicken breasts cut into 8 pieces
6 raw cleaned shrimp
10 mussels cleaned
1 garlic clove chopped
2 plum tomatoes chopped
7 ounces paella rice
Pinch of saffron
1- $\frac{3}{4}$ pints of chicken broth
Salt and pepper to season
Olive oil for sautéing

PREPARATION:

Set the WonderCooker™ unit on sauté/grill
Heat olive oil and sauté chicken for 2 minutes
Add garlic and sauté for 1 minute

PREPARATION (continued):

Add mussels and shrimp sauté for 1 minute
Add the rest of the ingredients, season with salt and pepper and give one last stir to incorporate all of the ingredients

Cook for 15 to 20 minutes until the rice is tender

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Hamburgers

INGREDIENTS:

1 ½ pound lean ground beef

1 package onion soup mix

1 green pepper fine diced

½ cup ketchup

Salt and pepper to season

PREPARATION:

Combine all ingredients in a mixing bowl and season with salt and pepper

Form into equal sized patties

Set the WonderCooker™ unit to sauté/grill, grill the burgers for 12 to 18 minutes

Warm burger buns on the grill rack while the burgers are cooking

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BBQ Tri Tip Roast

INGREDIENTS:

4-pound tri tip roast

18 ounces your favorite BBQ sauce

12 ounces beef broth

5 garlic cloves

Salt and pepper to season

Olive oil for sautéing

PREPARATION:

Set the WonderCooker™ unit to sauté/grill, season the beef with salt and pepper and sear the roast with olive oil on all sides

Turn the dial to slow cook and add the BBQ sauce, beef broth and garlic

Cook for 4 to 5 hours

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Shrimp Scampi

INGREDIENTS:

12 jumbo shrimp peeled and cleaned

1 tablespoon of capers

2 lemons juiced

½ teaspoon chopped garlic

½ cup chopped parsley

½ cup dry white wine

2-tablespoon room temperature butter

Olive oil for sautéing

Salt and pepper to season

PREPARATION:

Set the WonderCooker™ unit to sauté/grill

Heat olive oil and sauté shrimp

Add garlic and cook for 30 seconds

Add white wine and reduce by ½

Add lemon juice, capers, parsley and butter

Heat until butter is melted

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Clambake

INGREDIENTS:

2 1-pound lobsters
10 little neck clams
15 mussels
6 shrimp peeled and cleaned
2 lemons
1 cup dry white wine
Frozen corn on the cob
Salt and pepper to season

PREPARATION:

Set the WonderCooker™ unit on flash fry (the hottest setting)
Bring 2 quarts of water to a boil, season with salt, pepper, white wine, and 1 lemon cut in ½

PREPARATION (continued):

Add the lobsters and cook for 5 minutes
Add the remaining seafood and cook for another 7 minutes
Serve with the remaining lemon cut into quarters, melted butter and the steaming broth

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Roast Beef

INGREDIENTS:

- 1 6 pound chuck roast
- 3 large potatoes quartered
- 2 carrots peeled and rough chopped in large pieces
- 2 large white onions peeled and quartered
- 2 stalks celery cut into 2 in pieces
- 24 ounces beef broth
- Salt and pepper to season

PREPARATION:

- Set the WonderCooker™ unit on roast
- Season chuck roast heavily with salt and pepper and sear on all sides
- Add vegetables, potatoes and broth
- Slow cook for 5 hours

Deep Dark Chocolate Fondue

INGREDIENTS:

10 ounces semi sweet chocolate chips

1 14-ounce can of condensed milk

½ cup heavy whipping cream

1-cup whole milk

PREPARATION:

Combine all ingredients

Slow cook until the chocolate is melted and smooth

Use assorted fruit for dipping. Bananas, strawberries, pineapple, apricots

Donuts

INGREDIENTS:

1 can biscuit dough
Jelly of choice
2 cups powdered sugar
1-cup cream
Canola oil for cooking

PREPARATION:

Pour the oil into the WonderCooker™ unit and set to flash fry
Remove the biscuits from the can. Carefully cut a small hole in the side of the biscuit and add jelly
Firmly press the biscuit to seal shut
Fry until golden brown, remove a dry on a towel to absorb the extra oil

For icing boil the cream and add the sugar
Simmer until thickened and glaze the top of the donut

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