Your Skillet, Casserole Dish, Dutch Oven, Cake Pan and more!!

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Our RockCrok Collection is heat safe to 752F. Lid is heat safe to 400F

Do all of this with one pan:
Microwave, Roast, Brown, Sauté, Boil, Grill, Broil, Bake, Braise

Use it anywhere:
Oven, Microwave, Stovetop, Broiler, Grill, Smoker, Dishwasher

Cooking Meat in the Microwave:
6-9 minutes per pound, thawed, or frozen if chicken breast size

Pasta in Microwave:
Add pasta to RockCrok, cover with water, microwave uncovered for 1 minute per ounce. Minimum 3 minutes. Stir at halfway point.

Flexible:
Use for one-pot meals. Use on multiple heat sources during 1 recipe. For example, microwave to stovetop to oven to Slow Cooker Stand..

Versatile: No need for multiple pots, do it all in ONE!

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Simply Easy with Amy
Practical Help in the Kitchen

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Appetizers

Popper Dip

Recipe from Kathy Yellets

This dip tastes just like jalapeno poppers without all the fuss of stuffing each one.

Ingredients:
8 oz Bob Evans Italian Sausage AND 8 oz Bob Evans Zest Sausage or 8 slices bacon cooked crispy and diced
2 - 8-oz packages of cream cheese, soft
1 cup of mayonnaise
4-6 jalapeno's, chopped and deseeded. *The seeds will make it fiery hot*.
1 cup of cheddar cheese, shredded
1/2 cup of mozzarella cheese, shredded
1/4 cup diced green onion

Topping:
1 cup of crushed crackers (*I used Ritz*)
1/2 cup parmesan cheese, grated
1/2 stick of butter, melted

Directions:
Brown sausage or bacon in Rockcroc 2.5 qt pan on stovetop. Use mix n chop to stir. Once browned, drain if needed. Add meat back to the Rockcroc. Turn heat onto lowest setting. Add rest of ingredients stirring until cheese is melted and well blended. Remove from heat and put in microwave for two minutes with lid on. Stir dip and return to microwave, heating until hot all the way through (depending on microwave, 2-3 additional minutes)

While dip is heating combine topping ingredients in batter bowl. Mix well.

Turn broiler on.

Once dip is heated pull out of microwave. Top dip with cracker topping.

Place Rockcrok under broiler for 2-3 minutes until topping is browned.

Breads and Breakfast

Baked Apple Oatmeal

Ingredients:
1 1/3 cups Old Fashioned Oats, uncooked
¼ Cup packed Brown Sugar ~or~3 Tbsp Maple Syrup
1/3 Cup Raisins or Dried Cranberries (Craisins)
¼ Cup Chopped Walnuts or Pecans
½ tsp Cinnamon
1 2/3 Cups UNSWEETENED Almond Milk (or soy, water, or hemp milk…whatever you like)
1/3 to ½ Cup Unsweetened Apple Sauce or Pureed Pumpkin
½ tsp Vanilla
1 small Apple, chopped
Top with Fresh Berries or Sliced Bananas (optional)

Directions:
Combine all ingredients (except the optional bananas or berries) in the Everyday Rockcrok. Microwave covered for 9 minutes.

Scoop into serving bowls with a splash of milk and top with fresh berries or bananas.

Store leftovers in the refrigerator for up to 4 days.

Overnight Steel-Cut Oats

Overnight Steel-Cut Oats

SERVES 4

- **1 cup** (250 mL) steel cut oats
- **2 cups** (500 mL) water
- **2 cups** (500 mL) milk or non-dairy milk
- **3 tbsp** (45 mL) brown sugar
- **¼ tsp** (1 mL) salt
- **½ tsp** (2 mL) vanilla extract
- **1 tbsp** (15 mL) butter, cut into small pieces
- Optional: chopped or sliced apples, pears or bananas, dried fruits, nuts, ground cinnamon or maple syrup

1. Line the interior of the **Rockcrok® Dutch Oven** or **Everyday Pan** with parchment paper, trimming any excess paper extending beyond the top edge of the pan.
2. Add the oats, water, milk, brown sugar, salt, and vanilla to the pan and stir to thoroughly combine. Top with the cut pieces of butter.
3. Cover and place the pan in the **Rockcrok® Slow Cooker Stand**. Cook on LOW for 8 hours.
4. At the end of cooking, stir the oatmeal and customize with your favorite toppings.

PREP-AHEAD TIP

Store leftover oatmeal in single-serving containers for quick breakfasts for busy mornings.

Rockcrok Omelet

Ingredients:
2 Small/Medium Potatoes, cubed small
1 small onion, diced
1 red Bell Pepper, diced
2 TBS COLD Butter
1 bar Cheddar Jack Cheese
8 Eggs
Salt/Pepper
1-2 TBS Greek or Three Onion Seasoning
½ C Heavy Cream
2 Green onions tops and all, Diced
6 Slices Bacon Cooked Crisp, chopped

Place Diced Potato, Onion and Pepper in Rockcrok and mix well.
Slice Butter with Egg Slicer Plus and place on top of Mixture. Cover, micro 6 minutes in the microwave, stirring once (Or till Fork Tender if Potatoes are larger)
Top with half the Grated Cheese.
Beat Eggs, add cream and rub. Pour on top of Cheese. Micro 14-16 Minutes Covered till set.
Top with Cheese, Bacon and Green onions.

Deep Covered Baker instructions:
Reduce microwave time to 13 minutes for eggs to cook and set.

Cornbread

Recipe & photo compliments of Mindy Mussell Banks

Mix your favorite box cornbread mix
Brush bottom and sides of RockCrok Everyday Pan with oil
Pour cornbread mixture into RockCrok and bake according to package directions

No Knead Bread

Ingredients:
3 cups all-purpose or bread flour, more for dusting
¼ teaspoon “rapid rise” or instant yeast
1 ½ teaspoon salt
1 ½ cups tap water

photo by Mindy Mussell Banks

Directions:
In a large bowl combine flour, yeast and salt. Add 1 ½ cups water, and stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12 hours, preferably about 18, at room temperature.

Dough is ready when its surface is dotted with bubbles. Liberally flour a Pastry Mat using the Flour/Sugar Shaker, and place dough on it; sprinkle it with a little more flour and fold it over on itself 3 or 4 times. Fold the 2 sides of the Pastry Mat over the bread and let it stand on the counter for 2 hours to rise.

1 ½ hours into the 2 hour rising time, preheat oven to 450 degrees. Brush RockCrok with oil and place dough in crock & cover with foil on and put in the oven. Bake for 30 minutes then take the foil off. Bake for another 8 to 15 minutes until the bread is golden brown on top. Cool on a rack.

CK's 10 Steps to MIRACLE Artisan Bread!

Recipe courtesy of CK Hall Photo by Linda Child

7 INGREDIENTS:

3 cups Bread Flour (I use King Arthur)
1 tablespoon sugar
1 teaspoon salt
1-2 tablespoons seasoning of your choice or no seasoning (Example: Rosemary Herb)
2-1/4 teaspoons of Rapid Rise Yeast (or one packet)
1-1/2 cups water (room temp or faucet but not COLD)
2 tablespoons olive oil (or try infused oils like Garlic Infused Olive Oil)

10 STEPS:

1. Measure 3 cups flour into Classic Batter Bowl (note: You spoon the flour into your cup and level with knife (never PACK flour in your measuring cups). DO NOT USE stainless bowl - yeast reacts with stainless)
2. Add all the other dry ingredients and mix well.
3. Add in water and olive oil and stir until well mixed.
4. Cover with Plastic wrap and let under hood light or warm place for min of 4 hours.
5. Take plastic wrap off bowl and spread wrap on counter, dust it with flour.
6. Scrape out dough from bowl onto wrap and dust top of dough with flour.
7. Fold dough left to right and top to bottom, shape into loaf.
8. Place dough either oiled Rockcrok or Rockcrok lined with parchment paper (I use parchment paper).
9. Let rise again on stovetop under hood light for another hour or so (or warm place)
10. Heat Oven to 450 degrees and Bake 30 minutes uncovered.

Remove Bread onto cooling rack (so bottom does not get soggy) and let sit for about 15 minutes before cutting so it does not squish when you cut it.EAT!

PS: You can make this a sweet bread too! I have put honey, brown sugar, cinnamon, raisins...play with it. Once you make it a couple of times, you will be a pro. OR savory, I've even smooshed roasted garlic in it...mmmmm!

Cheesy Bruschetta

Ingredients:

2 oz (60 g) mozzarella cheese
1 oz (30 g) fresh Parmesan cheese
3 tbsp (45 mL) butter, cut into pieces
1 garlic clove, pressed
10-12 (1/4-in./6-mm thick) slices French baguette

Toppers: prepared pesto, marinara sauce or tapenade (optional)

Directions:

1. Preheat broiler. Grate mozzarella & Parmesan cheese. Combine cheeses ; set aside.
2. Melt butter in RockCrok Everyday Pan over medium-low heat. Press in garlic with garlic press stir. Arrange bread slices over butter mixture.
3. Toast bread 1-3 minutes or until bottoms begin to brown, rotating pieces as necessary to brown evenly. Remove pan from heat.
4. Sprinkle cheeses over bread. Place pan 2-4 in. (5-10 cm) from heating element. Broil 2-4 minutes or until cheese is light golden brown; remove from oven. Serve with desired Toppers.

Main Dish

Creamy One Pot Pasta ~ version 1

This Pampered Chef Recipe was adapted for the RockCrok by Cindy Lazor

Photo by Cindy Peterson

Ingredients
4 large garlic cloves, peeled
1 jar (7 oz) sun-dried tomatoes in oil, undrained
3 cans (14.5 oz each) chicken broth – 5 ¼ cups)
1 lb uncooked mezze penne pasta
1 head broccoli (2 cups small florets)*
2 medium carrots, peeled (can use short-cut carrots)*
4 oz reduced-fat cream cheese
¼ tsp salt
½ tsp coarsely ground black pepper
Small Block of fresh Parmesan cheese
¼ cup Panko bread crumbs (optional)

Directions
Preheat oven broiler. Peel garlic using Garlic Peeler. Slice using Garlic Slicer.

Heat RockCrok Dutch Oven over medium high heat. Add 1 Tbsp of oil from sun-dried tomatoes into RockCrok. Add sliced garlic and cook over medium heat 2-3 minutes or until garlic is golden brown, stirring occasionally. Add broth. Add pasta. Turn off heat and remove from heat.

Add lid to RockCrok and place in the microwave for 14 minutes, stirring half-way through.

Meanwhile, cut broccoli into small florets. Slice carrots using the Spiral and Slice. Drain sun-dried tomatoes; pat dry with a paper towel. Cut into thin strips using Kitchen Shears.

Cut cream cheese into cubes. Add vegetables, cream cheese, salt and pepper to RockCrok. Stir until cream cheese is melted and fully incorporated. Cover and cook an additional 2-4 minutes or until vegetables are tender.

Grate Parmesan cheese with Microplane Adjustable Grater to measure about ¼ cup. Combine with Panko crumbs and sprinkle on top of pasta mixture. Place under the broiler for 30 seconds – 1 minute until topping is golden brown.

Serve immediately and enjoy!

Variation: Place 2 boneless skinless chicken breasts halves in Round Covered Baker or Deep Covered Baker and cook in microwave 8 minutes or until cooked! Mix into the above recipe before topping with the parmesan/Panko crumb mixture and broil as directed.

*Want to change the veggies? Just use your favorite 16 oz bag of frozen veggies.

Creamy One-Pot Pasta ~ version 2

Ingredients:
4 large garlic cloves, peeled
1 jar (7 oz) sun-dried tomatoes in oil, undrained
3 cans (14.5 oz each) chicken broth (5 1/4 cups)
1 lb uncooked penne pasta
1 head broccoli (2 cups small florets)
2 medium carrots, peeled
4 oz reduced-fat cream cheese (Neufchâtel)
1/4 tsp salt
1/2 tsp coarsely ground black pepper
Grated fresh Parmesan cheese and snipped fresh basil (optional)

picture taken by Mindy Mussell Banks

Directions:
Thinly slice garlic using Paring Knife. Place garlic and 1 tbsp oil from sun-dried tomatoes into 4 qt RockCrok Dutch Oven. Cook garlic over medium heat 2-3 minutes or until garlic is golden brown, stirring occasionally. Remove from heat; add broth & pasta; cover and microwave 16 minutes or until pasta is almost cooked but still firm.

Meanwhile, cut broccoli into small florets; place into Classic Batter Bowl. Cut carrots in half lengthwise; thinly slice crosswise on a bias using Santoku Knife. Drain sun-dried tomatoes; pat dry with a paper towel. Slice tomatoes into thin strips. Add carrots and tomatoes to batter bowl.

Cut cream cheese into cubes. Add vegetables, cream cheese, salt and black pepper to Dutch Oven. Microwave 3 minutes. Stir until cheese is melted and incorporate

If desired, top with grated fresh Parmesan cheese and snipped fresh basil.

Yield: 6 servings

Nutrients per serving: Calories 410, Total Fat 11 g, Saturated Fat 3.5 g, Cholesterol 15 mg, Carbohydrate 65 g, Protein 15 g, Sodium 1000 mg, Fiber 5 g

Cook's Tips: For an interesting flavor twist, omit salt, black pepper, Parmesan cheese and basil. Add 1 tbsp Moroccan Rub or Greek Rub.

One Pot Tomato Basil Pasta

Ingredients:
2 tablespoons extra virgin olive oil or Pampered Chef's Garlic-Infused Garlic Oil
4 cups vegetable broth
1 box of whole grain spaghetti or linguine pasta (do not use angel hair)
2 cans diced tomatoes with basil, garlic, and seasoning
1/3 cup cherry or grape tomatoes, sliced
1 sweet onion such as Vidalia, chopped
4-6 cloves of garlic, pressed
3-4 cups of fresh basil leaves, chopped
2 cups fresh spinach
2 teaspoons of Pampered Chef's Italian Seasoning Mix
2 teaspoons of Pampered Chef's Sweet Basil Rub
Parmesan cheese to taste
¼ teaspoon crushed red pepper flakes (optional)

Directions:
Drizzle oil in 4 Quart Dutch Oven Rock Crok add broth, noodles, diced tomatoes, cherry or grape tomatoes, onion, garlic, basil & seasonings. Cover & bring to a boil.

Reduce to a low simmer and keep covered and cook for 10 minutes, stirring every 3 minutes or so. For the last 3 minutes, add the spinach and cook until almost all of the liquid has evaporated and spinach wilted.

Remove from heat, stir in parmesan cheese and red pepper flakes.

Variation: To make Tomato Basil Pasta with Garlic & Herb Chicken, add 1 pound of cooked boneless, skinless chicken breasts made in the Deep Covered Baker, Round Covered Baker, or Grill Pan and Press. Brush with oil using Silicone Basting Brush and season with 1 tablespoon of Garlic & Herb Rub prior to cooking. When finished cooking, chop with Salad Choppers and add to pasta.

CK Hall's Mushroom and Spinach Risotto

Recipe by CK Hall

Ingredients:
1 tbsp butter
1 pint/package mushrooms (Small cremini or button), quartered or wedged with Veggie Wedger
1/2 onion, processed small with Manual Food Processor
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2 tbsp olive oil
1-2 cloves pressed garlic
1-1/2 cups Arborio rice, uncooked
~~~~~~~~~~~~~~~~~~~~~~
1 cup dry white wine (Sauvignon Blanc is good)
4 cups or 32 oz of stock (chicken or veggie)
~~~~~~~~~~~~~~~~~~~~~~

1 wedge of Brie or Camembert Cheese (5 oz or more)
1/2 bag of baby spinach (washed)…
(add as much spinach as you would like)
1 tbsp lemon juice
salt and pepper to taste

Directions:

Take RockCrok (RC) and preheat on med high for approx 1-2 minutes. Add 1 tbsp butter and melt.

Using Bamboo Spoon or Mix'N Scraper, saute mushrooms and onion, moving constantly until juices are almost gone, mushrooms browned, onion soft.

Remove RC from heat and remove veggies to separate 3 cup Prep Bowl.

Replace RC back on heat, add 2 tbsp olive oil, pressed garlic using Garlic Press and rice to pan, cook 2 minutes, stirring rice.

Add wine and cook 2-3 minutes until wine is reduced by half, stirring occasionally.

Remove pan from heat and add stock, stir, and micro on high for 15-17 minutes or until most of liquid is absorbed and rice is tender.

Meanwhile, cut rind from cheese and cut into cubes (discard rind). Juice lemon into Mini Measure Cup using Citrus Press.

Remove pan from micro, stir rice, add cheese, lemon juice, salt and pepper.

Incorporate sauteed veggies and stir in spinach until wilted.
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Annelie Heinen's Penne with Italian Sausage and Zucchini

Recipe by Annelie Heinen

Recipe steps edited by Penney Parkes

Ingredients:
1 box of penne pasta
3/4 lb ground Italian sausage or turkey sausage
2 small zucchini, sliced with Spiral & Slice
1 cup cherry tomatoes, sliced in half
2 cloves garlic
1 jar of marinara sauce
1 T 3 onion rub
1 T Italian seasoning
2 cups mozzarella cheese , grated
1/2 cup Parmesan, finely grated

Directions:

Add box of penne to water in **DUTCH OVEN ROCKCROK** and boil in MICROWAVE, about 15 min.

Drain pasta in **Stainless Mesh Colander**.

Add to **Large Stainless Bowl**. Add jar of marinara , 2 cloves garlic pressed with **Garlic press**. Add **3 onion rub** and **Italian Seasoning**. Mix well.

Cook Sausage until browned using **mix and chop** Scoop sausage with **Drain and Scoop** and add to pasta mixture. Discard excess fat.

Add sliced zucchini and tomatoes to Pasta Mixture.

Preheat Broiler.

Grate Mozzarella with **Coarse Grater**. Grate parmesan with **Fine grater** or **microplane Zester**.

Add 1 CUP grated mozzarella to pasta mixture and pour mixture back into ROCKCROK. Microwave 2-3 minutes until Zucchini is Crisp tender and cheese is melted

Remove from Microwave and top with remaining mozzarella and Parmesean.

Broil until cheese is golden brown and bubbly, about 5 minutes, check frequently.

Tools Used:
ROCKCROK, Stainless Mesh Colander (med or large), Large Stainless Bowl, Garlic press, 3 onion rub, Italian Seasoning Mix and chop, Drain and scoop, Coarse grater, Fine Grater, Spatula for mixing, 2 cup prep bowl, 1 cup prep bowl, Kitchen Shears.

Angie's Rockin' Pie

Leslie Steinberg's Gluten & Dairy Free Chicken Pot Pie, Dumpling Stye

Ingredients:
1 ½ pounds of boneless/skinless chicken breasts (or more)
3-4 carrots cut into bite sized pieces
2-3 celery stalks cut into bite sized pieces
1 medium onion cut up into bite sized pieces
2 Tbsp. bouillon (or use vegge or chicken stock instead of water)
2 cloves of fresh garlic pressed
1-2 cups of quartered mushrooms
3 Tbsp. Tapioca Flour (or other gluten free flour) mixed in with ½ cup water.

Directions:
Put first 6 ingredients in Rockcrok on medium high heat with water (or broth) to just cover the veggies & chicken. Bring to a boil & then simmer for about 20 minutes until chicken is cooked through. Remove chicken & once cooled enough to handle, use Salad choppers to cut chicken into bite sized pieces. While veggies & broth are continuing to simmer, pour the flour/water combo in to thicken stock. Add chicken back in & add in mushrooms at this time.
Top with gluten free "biscuit" mixture (read below). Bake at 400 for 16-20 minutes until biscuits are browned to your liking.
To make biscuits, I used Gluten Free Bisquick from the grocery store & followed directions on their box except where they added milk, I added plain water.

Terry Colegrove's Chicken & Gravy

Ingredients:
1 5lb chicken
2 tbs olive oil
Smokey Applewood Rub (applied till chicken is covered)
1/3 cup water

Gravy Ingredients:
4 tbls flour
¼ cup water

Directions:
Place chicken in Dutch Oven Rockcrok. Rub chicken with olive oil and Applewood Rub. Add water and cover with lid. Place in microwave and cook for 30 minutes.
Remove chicken from Rockcrok and make gravy with the drippings. Mix together 3-4 tablespoons of flour with 1/4 cup of warm water. Add to the drippings and bring to a low boil. Stir until thickened.

Zucchini Linguine

Recipe Shared by Jill Lerner. Photo created by Julie Gizzi.

Ingredients:
2 small/medium zucchini
4 cloves garlic
1 tablespoon Olive Oil
Salt and pepper
1 jar Marinara Sauce

TIP: Make your zoodles 20-30 minutes before you need them. Place them on a few layers of paper towel. Salt them - it will help bring out the excess water in the zoodles. Every few minutes for 10-15 minutes turn them so the towel absorbs the liquid. Using dryer zoodles will help improve the taste AND keep them from getting mushy.

Zucchini Linguine with Meatballs and Italian Sauce

Recipe shared from Marna Ross and Kandace Prescott

Sauce Ingredients:
1 carton cherry tomatoes (or use 4 plum tomatoes, quartered)
¼ c onion
Fresh basil (probably 1 c or so)
3 cloves garlic
Process the above in Manual Food Processor and pour into the Small Batter Bowl.
Add:
6 oz can tomato paste with Italian seasoning
1 T Italian Seasoning
1 t sugar
Mix together

Zucchini Linguini:
4 or 5 Zucchini – julienne with Julienne Peeler and put into Dutch Oven Rockcrok.
Sautée the zucchini with some garlic and oil on the stovetop for about 3 minutes, then added the sauce and microwave, covered, for another 3-4 minutes.

Meatballs:
1 lb lean beef
½ c Italian-style bread crumbs (or use plain and add some Italian Seasoning)
¼ c milk
½ t salt
¼ t pepper
1 small onion, chopped
1 egg
Mix together (use the Mix N Chunk) in the Medium Stainless Bowl and drop with Medium Scoop into the Ridged Baker. Cover with parchment paper, microwave 5-7 minutes till done. Drop these on top of the zucchini sauce, cover with grated fresh parmesan.

Zucchini Linguini with Fresh Bruschetta

Ingredients:
4 Zucchini
3 Cloves Fresh Garlic
4 Roma Tomatoes (or one package grape or cherry tomatoes)
Large bunch of fresh Basil
¼ cup Extra Virgin Olive Oil
Fresh Parmesan Cheese

To make Zucchini Linguini:
Using Julienne Peeler, julienne all zucchini (do not use the seed part). Add to the Rockcrok
Press two garlic cloves into the Rockcrok with the zucchini
Cover and microwave on High for 4 minutes

To make Bruschetta Sauce:
Add basil and one pressed garlic clove to Manual Food Processer. Chop.
Add the ¼ cup of Olive Oil
Slice each tomato. Add 1 and a half of the tomatoes to the MFP, processing, until it is all incorporated. ADD THE REMAINING TOMATOES and process again.

Mix bruschetta into the cooked zucchini linguini 'pasta'. Top with parmesan and serve.

Veggie Fajitas

Shared by Jennifer Courtney

Ingredients:
4 large Bell Peppers
1Large onion
1 large zucchini
2 TBS Tex-Mex Rub
I also used Cumin and Coriander
Tortillas
Lettuce
Tomato
Avocado.
Olives

Directions:
Cook in the Microwave for 10 minutes covered, stir, cook an additional 5 minutes covered. Serve on tortillas (I use whole Wheat). Garnish with lettuce, tomato, avocado, olives.

Cheesy Shells & Italian Sausage

Ingredients:
8 oz (250 g) bulk hot Italian pork sausage (see Cook's Tip)
3 garlic cloves
3 cups (750 mL) unsalted chicken stock
1 jar (24 oz/680 mL) marinara sauce (2½ cups/625 mL)
12 oz (350 g) medium shell pasta
4 oz (125 g) reduced-fat cream cheese (Neufchâtel)
¼ cup (50 mL) fresh basil leaves
1 cup (250 mL) seasoned croutons
2 oz (60 g) fresh Parmesan cheese (½ cup/125 mL grated)

Directions:
Preheat broiler. Cook sausage in **Rockcrok™ (2.5-qt/2.35-L) Everyday Pan** or **Rockcrok™ (4-qt/3.8-L) Dutch Oven** over medium heat 4-6 minutes, breaking into crumbles with **Mix 'N Chop**.

Press garlic with **Garlic Press** into Pan. Cook 30-60 seconds or just until fragrant.

Stir in stock, marinara and pasta to Pan. *Increase heat to high*; cover and bring to a boil.

Reduce heat to medium and cook, stirring occasionally, 7-9 minutes or until pasta is cooked but firm.

Meanwhile, chop basil with **Chef's Knife**. Process croutons in **Manual Food Processor** until finely chopped; place in **Classic Batter Bowl**. Grate Parmesan with **Microplane® Adjustable Fine Grater** over batter bowl. Mix crouton/Parmesan mixture well.

Remove Pan from heat. Stir in cream cheese and basil until blended. Sprinkle cheese mixture evenly over pasta. Place Pan 2-4 in. (5-10 cm) from heating element. Broil 1-2 minutes or until top is golden brown.

Serves 8

U.S. Nutrients per serving: Calories 370, Total Fat 15 g, Saturated Fat 4.5 g, Cholesterol 30 mg,Sodium 830 mg, Carbohydrate 43 g, Fiber 3 g, Protein 18 g

Cook's Tip: 8 oz (250 g) Italian turkey sausage (2 links, casings removed) *or* 8 oz (250 g) 90%lean ground beef can be substituted for the bulk Italian pork sausage, if you'd like.

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Cheesy Chili Mac

1 Tbsp olive oil
2 cloves garlic
1 medium yellow onion, diced
1 small green bell pepper
1 small red bell pepper
1 lb lean ground beef
32 oz box chicken broth
26-28 oz can diced tomatoes
1 can white kidney beans, drained
1 can red kidney beans, drained
2 tsp chili powder
1 1/2 tsp cumin
8 oz uncooked macaroni pasta
4 oz cheddar cheese, shredded

Heat oil in Rock Crok Dutch Oven. Add garlic, onion, peppers and ground beef and cook together and crumble with Mix n Chop until beef is cooked through.

Stir in broth, tomatoes, beans, chili power, cumin and pasta. Microwave, covered, for 10 minutes. Stir and microwave an additional 10 minutes.

Top with cheese and cover with lid. Let set 2-3 minutes until cheese is melted.

Serve with chips or crackers and sour cream if desired

Cheesy Ravioli

1 Tablespoon Olive Oil
1 lb ground beef or Italian sausage
25 oz package frozen cheese filled ravioli
24 oz jar or can marinara sauce
8 oz block cream cheese, cubed
2 tsp Pampered Chef Italian Seasoning
4 oz mozzarella cheese, shredded
2 oz Parmesan cheese, shredded
1 bunch fresh basil, finally chopped

Add oil to Rock Crok Dutch Oven and heat on medium-high heat. Add ground beef or sausage and brown. Drain any fat and return to crok.

Add frozen ravioli & marinara to crok and microwave, covered for 5 minutes

Add cream cheese & seasoning and microwave, covered for 5 minutes

Stir in parmesan cheese, top with mozzarella, cover and microwave 2-3 minutes or until cheese is melted. Top with basil and enjoy

Turkey Florentine Pasta Toss

By Laura Morea

1 lb Ground Turkey
3 cans (14.5 oz each) OR 1 box chicken broth
12-16 oz (350 g) penne pasta
¾ cup white wine (or enough to cover pasta)
4 garlic cloves, pressed
1 small white or yellow onion
2 TBSP (2 mL) salt
2 pints (500 mL) grape tomatoes
¼ cup Parmesan cheese, grated
5- 8 oz (150 g) fresh baby spinach leaves (1 bag)
1 tsp (5 mL) crushed red pepper flakes (optional)

Ingredients you may have in your home pantry:
Salt, Pepper, olive oil OR Pampered Chef Rosemary Infused Canola Oil
** You may use turkey sausages in place of ground turkey. Just uncase sausages and cook as instructed.

For a cooking class: Please have any vegetables washed and all ingredients on counter top for us to our recipe- thank you in advance.

Cook ground turkey in (12-in./30-cm) Stainless 12 inch Skillet over medium-high heat 8-10 minutes, breaking into crumbles with Mix ‘N Chop.

In food chopper- chop onion and add to cooking turkey- continue to cook until onions are transparent.

Press in garlic to skillet mixture in PC garlic press (or garlic slicer), sauté’ an additional minute.

Add a pinch of salt to Skillet and ¼ tsp black pepper (or to your liking) (and pepper flakes if desired). Add all chicken broth and white wine (bring to slow boil) Then add pasta, cover and cook 13-15 minutes or until pasta is tender, stirring occasionally.

In MFP, add grape tomatoes and oil to MFP chop to desired consistency. Add into Skillet when you have tomatoes at your desired consistency.

When pasta is finished (most of the broth and water will be absorbed.)Add in baby spinach and mix well and remove from flame. Leave covered about 5-8 minutes stirring once or twice to fully blend spinach and until spinach is wilted.

Grate cheese using Microplane® Adjustable Grater over pasta and Enjoy!

Chicken Pot Pie

Ingredients:
3 Boneless Skinless Chicken Breasts
1 Recipe homemade cream of chicken soup OR 2 cans of cream of chicken soup
**recipe for cream of chicken soup below*
1/2 bag frozen vegetable mix
1 package prepared pie crust (2 crusts)

photo taken by Mindy Mussell Banks

Directions:
cut chicken into chunks, microwave in Deep Covered Baker (aka Magic pot), for 9 minutes. Chop with salad choppers
Combine chicken, vegetables, cream of chicken soup
Brush RockCrok with olive oil and place 1 crust on bottom of crock.
Add chicken mixture and top with pie crust
Brush crust with egg white and bake at 400 for 40 minutes

Homemade Cream of Chicken Soup (adapted from Pinch of Yum recipe)
Ingredients:
2½ cups chicken broth
1½ cups milk
¾ cup flour
1 tablespoon Pampered Chef Herbs de Provence Seasoning

Directions:
Combine the chicken broth and ½ cup of the milk in a large saucepan. Bring to a low boil.

Meanwhile, in a small bowl, whisk the flour and seasonings into the remaining 1 cup milk until a smooth, thick mixture forms.

Pour the flour and milk mixture into the saucepan with the broth mixture over low heat and stir continuously, whisking as the mixture simmers. Continue to simmer and stir/whisk until the mixture is smooth and thick, 5-10 minutes. The mixture will thicken a bit as it cools.

Chicken & Roasted Potatoes

Ingredients:
two 1/4 leg halves
white potatoes
onion.

Bake at 450 for 45 minutes.
These are also from the Publix ready to cook section & they had a Cajun rub.

Recipe & photo by Mindy Mussell Banks

Chicken Enchilada Bake

Ingredients
8 oz pork or beef chorizo sausage, casings removed
2 Tbsp Oil
1 medium onion, chopped
3 cups cooked & shredded chicken
24-28 oz can crushed tomatoes
1 small can diced green chilies
4 cups crushed tortilla chips
2 cups montery jack cheese, shredded
1/4 cup fresh cilantro, chopped

Directions:
Preheat oven to 400 degrees.

In 4 Quart Rock Crok, add oil and chorizo. Cook over medium heat until cooked through, 7-9 minutes. Drain and return to Rock Crok.

Add onions to chorizo and cook 2-3 minutes or until onions are soft.

Stir in chicken, tomatoes, green chilies, tortilla chips and half of the cheese

Top with remaining cheese and bake for 8 minutes.

Top with cilantro and serve immediately

Chicken Tortilla Casserole

Laurie Garza-Carl

Ingredients:

1 can of diced tomatoes (use rotel for some heat)
1 cup of corn (can, frozen or fresh)
1 can (10 3/4 oz) cream of chicken soup
1 can cream of mushroom soup
2 TBSP of The Pampered Chef Chipotle Rub
2 garlic cloves, pressed with garlic press
2 cups diced chicken
12 corn tortillas
2 cups shredded cheese
Optional: Cilantro

Directions:

In Batterbowl, mix tomatoes, corn, cream of mushroom and chicken soups, Chipotle Rub, garlic and chicken. Mix well.

In Deep Covered Baker or RockCrok, cover bottom with a layer of corn tortillas. Note: I "dipped" the bottom of the tortillas in chicken mixture before placing into my RockCrok. Top tortillas with chicken mixture, then grate cheese over chicken. Repeat layers.

If your chicken is cooked, microwave for 8 minutes, covered. If you use diced raw chicken, then microwave for 15 minutes.

Dinner is done!

Thai Chicken & Peppers

Ingredients:
2 limes 1/2 cup creamy peanut butter
3 Tbsp Thai Red Curry Rub, divided
3/4 cup chicken broth
1 Tbsp Soy Sauce
2 garlic cloves, pressed
1 medium onion, sliced
1 medium bell pepper, thinly sliced
6 Tbsp cilantro, chopped
2 cups cooked white rice
1 1/2 lbs boneless skinless chicken breasts, thinly sliced
1/2 tsp salt
1 Tbsp oil

Directions:
Juice limes and in a sall bowl combine juice, peanut butter, broth, 2 Tbsp Rub, soy sauce and garlic. Whisk until smooth and set aside

Combine chicken with 1 Tbsp rub and salt

Heat oil in 4 qt Dutch Oven Rock Crok and cook chicken until no longer pink. Add onions and peppers and cook 3-4 minutes until tender.

Add peanut butter mixture, cilantro and rice, cook until warm about 3 minutes.

Greek Chicken and Orzo

Ingredients:
2-3 Boneless/Skinless Chicken Breasts
1 small Zucchini
1 can Diced Tomatoes (plain, Fire Roasted or with Italian seasoning)
2 cloves fresh Garlic
1 small Onion
1 Can Chicken Broth (15 oz can)
12-16 oz uncooked Orzo
2-4 oz crumbled Feta Cheese
Optional ~ fresh baby spinach (6 oz bag) or quartered artichokes (small jar).

Cook Chicken:

- Method #1 ~ Flatten chicken with Meat Tenderizer, spritz with Olive Oil using the Kitchen Spritzer, sprinkle with some Greek Rub, and cook in Grill Pan
- Method #2 ~ Sprinkle with some Greek Rub, Microwave in the Deep Covered Baker or the Dutch Oven RockCrok for 8-12 minutes until done

Set cooked chicken aside and slice with Forged Cutlery Chef's Knife or chop with Salad Choppers

Directions:
Open Tomatoes and Chicken Broth with Smooth Edge Can Opener

Dice Onion in the Manual Food Processor

Press Garlic with the Garlic Press

Slice Zucchini with the Spiral and Slice

Measure Greek Rub with Measuring Spoon

Add all ingredients – except the Feta Cheese – to the Rock Crock or Deep Covered Baker and stir, microwave on HIGH for 10-15 minutes or until liquid is absorbed and orzo is cooked through.

Optional ~ add Fresh Spinach and/or Artichokes at this time. Cover for a few minutes to allow spinach to wilt and artichokes to heat.

Top with Feta Cheese and serve.

Pot Roast Recipe:

Ingredients

- 1 whole (4 To 5 Pounds) Chuck Roast
- 2 Tablespoons Olive Oil
- 2 whole Onions
- 6 whole Carrots (Up To 8 Carrots)
- Salt To Taste
- Pepper To Taste
- 1 cup Red Wine (optional, You Can Use Beef Broth Instead)
- 2 cups To 3 Cups Beef Stock
- 3 sprigs Fresh Thyme, or more to taste
- 3 sprigs Fresh Rosemary, or more to taste

Picture from Mindy Mussell Banks

Directions:

First and foremost, choose a nicely marbled piece of meat. This will enhance the flavor of your pot roast like nothing else. Generously salt and pepper your chuck roast.

Heat a large pot or Dutch oven over medium-high heat. Then add 2 to 3 tablespoons of olive oil (or you can do a butter/olive oil split).

Cut two onions in half and cut 6 to 8 carrots into 2-inch slices (you can peel them, but you don't have to). When the oil in the pot is very hot (but not smoking), add in the halved onions, browning them on one side and then the other. Remove the onions to a plate.

Throw the carrots into the same very hot pan and toss them around a bit until slightly browned, about a minute or so. If needed, add a bit more olive oil to the very hot pan. Place the meat in the pan and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.

With the burner still on high, use either red wine or beef broth (about 1 cup) to deglaze the pan, scraping the bottom with a whisk to get all of that wonderful flavor up.

When the bottom of the pan is sufficiently deglazed, place the roast back into the pan and add enough beef stock to cover the meat halfway (about 2 to 3 cups). Add in the onion and the carrots, as well as 3 or 4 sprigs of fresh rosemary and about 3 sprigs of fresh thyme.

Put the lid on, then roast in a 275F oven for 3 hours (for a 3-pound roast). For a 4 to 5-pound roast, plan on 4 hours.

Quick Turkey Chili

**photo by Mindy Mussell Banks*

Ingredients:

1 cup (250 mL) chopped onion
1 cup (250 mL) diced green bell pepper
1 jalapeño pepper, seeded and chopped
1 lb (500 g) 99% lean ground turkey
2 tbsp (30 mL) canola or olive oil
3 garlic cloves, pressed
1/2 tsp (2 mL) salt
2 Tbsp Soutwestern Seasoning Mix
2 tbsp (30 mL) all-purpose flour
1 can (28 oz or 796 mL) diced tomatoes, undrained
1 can (15 oz or 398 mL) black beans, drained and rinsed
1 can (15 oz or 398 mL) chili beans in sauce, undrained
1/2 cup (125 mL) hot water

Directions:

Place onion, bell pepper and jalapeño pepper in 4 qt Dutch Oven RockCrok; cook and stir over medium heat 4-6 minutes or until tender.

Add turkey, oil, garlic and salt to vegetables and cook until no longer pink

Add seasoning mix and flour; stir well to coat. Add tomatoes, beans and water; microwave for 8 minutes. Serve with cheese, sour cream, chips or crackers

Yield: 6 servings

Nutrients per serving: Calories 290, Total Fat 6 g, Saturated Fat 0 g, Cholesterol 30 mg, Carbohydrate 34 g, Protein 26 g, Sodium 1010 mg, Fiber 11 g

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The Pampered Chef ® Italian Pot Pie

Ingredients:
1 1/2 lbs (750 g) bulk hot Italian sausage
1 medium red onion
1 medium green bell pepper
3 garlic cloves, pressed
1 can (15 oz) pizza sauce (1 3/4 cups/425 mL)
1 can (14.5 oz) diced fire-roasted tomatoes (1 3/4 cups/425 mL), undrained
1 pkg (13.8 oz/283 g) refrigerated pizza crust
1 1/2 cups (375 mL) shredded mozzarella cheese
1 tsp (5 mL) olive oil
Grated fresh Parmesan cheese (optional)
Italian Seasoning Mix (optional)
photo taken by Mindy Mussell Banks

Directions:
Preheat oven to 400°F (200°C). Cook sausage in 4 Qt Dutch Oven RockCrok over medium-high heat 4–5 minutes or until browned, breaking into crumbles using Mix ‘N Chop.

Meanwhile, coarsely chop onion with Food Chopper. Cut bell pepper into 1/2-in. (1-cm) pieces with Chef's Knife. Add onion, bell pepper, mushrooms and garlic pressed with Garlic Press to Skillet; cook 1–2 minutes or until bell pepper is crisp-tender, stirring occasionally with Small Mix ‘N Scraper®.

Stir in pizza sauce and tomatoes; microwave, covered 3 minutes.

Place dough onto Large Grooved Cutting Board (do not unroll). Using a sawing motion, slice dough in half lengthwise with Color Coated Bread Knife; slice dough halves crosswise into 12 half moons for a total of 24 half moons.

Sprinkle mozzarella cheese over sausage mixture.

Arrange dough over cheese in a circular pattern, spacing about 3/4 in. (2 cm) apart.

Brush dough with oil using Chef's Silicone Basting Brush.

Bake, uncovered, 12–15 minutes or until crust is golden brown.

Carefully remove RockCrok from oven with Oven Mitts. Sprinkle crust with Parmesan cheese and seasoning mix, if desired. Let stand 5 minutes.

Yield: 8 servings

One Pot Ziti~ Variation #1

Ingredients:
1 lb Italian sausage, casings removed
1 Tbsp dried minced onion flakes
4 cloves garlic, minced
1 (28oz) can crushed tomatoes (San Marzano)
1/2 tsp salt
1/4 tsp red pepper flakes
2 tsp Italian seasoning
2 cups water
12 oz ziti
1/2 cup ricotta cheese
1/3 cup heavy cream
1 cup shredded mozzarella cheese

Directions:
Brown Italian sausage in 4 qt Dutch Oven Rock Crok until browned. Drain fat, if necessary

Add onion flakes and garlic. Cook for 30-60 seconds, until fragrant. Stir in tomatoes, salt, red pepper flakes and Italian seasoning.

Add water and ziti. Bring to a boil. Reduce heat to low and cover skillet. Simmer for 15-20 minutes, until pasta is tender.

Remove from heat. Stir in ricotta and heavy cream. Cook on low for 5 minutes. Remove from heat. Top with mozzarella cheese. Broil until cheese is melted and bubbly.

One Pot Ziti ~ Variation #2

variation & photo by Mindy Mussell Banks

Ingredients:

1 lb Italian sausage, casings removed
1 small onion, diced
1 small red bell pepper, diced
4 cloves garlic, minced
1 (28oz) can crushed tomatoes (San Marzano)
1/2 tsp salt
2 tsp Italian seasoning
3 1/2 cups water
16 oz ziti
1/2 cup ricotta cheese
1/3 cup heavy cream
2 cups shredded mozzarella cheese

Directions:

Brown Italian sausage in 4 qt Dutch Oven Rock Crok until browned. Drain fat, if necessary

Add onion, bell pepper and garlic. Cook for 30-60 seconds, until fragrant. Stir in tomatoes, salt and Italian seasoning.

Add water and ziti. Cover & microwave 10 minutes. Stir and microwave an additional 6 minutes, or until pasta is cooked.

Stir in ricotta, heavy cream & 1 cup mozzarella cheese. Microwave for 2-3 minutes.

Top with mozzarella cheese. Broil until cheese is melted and bubbly.

Rockcrok Baked Pasta

Ingredients:
3/4 lb HOT Italian sausage, with casings removed please *(I used Hot Italian Chicken Sausage from Sprouts as it is LEAN) (Use Mix'n Chop to break up meat while cooking)*
1/2 cup finely minced onion (Manual Food Processor)
1 tablespoon olive oil
4 cloves garlic, pressed (Garlic Press)
1 small zucchini, sliced thin (Spiral and Slice)
1 (28oz) can San Marzano crushed tomatoes. *These tomatoes are worth the little bit extra ;-) (if unable to find crushed, use Mix'n Chop to crush tomatoes) (Opened with our Smooth Edge Can Opener)*
~OR~ use 1 jar of good quality Marinara sauce (or your own)
1/2 tsp salt
1/4 tsp red pepper flakes *(I omit if using Hot Italian Sausage)*
2 tsp Italian seasoning
2 cups water (or 1-1/2 cups water and 1/2 cup red wine) (Easy Read Measuring Cups)
12 oz ziti or mini penne or penne (tube-type hollow pasta NOT macaroni!)
1/2 cup ricotta cheese *(do NOT overdo the ricotta! Resist the temptation!)*
1/3 cup heavy cream
1 cup shredded mozzarella cheese (I used smoked mozzarella)
Optional baby spinach

This recipe is for the Everyday Pan. Can also be made in the Dutch Oven.
Brown Italian sausage in Rockcrok Everyday pan until browned. Drain fat (if using lean chicken sausage, this step may be skipped)

Add olive oil, onion, zucchini and garlic. Cook till veggies are soft. Stir in tomatoes, salt, red pepper flakes and Italian seasoning.

Add water and pasta. Bring to a boil. Reduce heat to low and cover skillet. Simmer for 15-20 minutes, until pasta is tender.

Remove skillet from heat. Stir in ricotta and heavy cream. Cook on low for 5 minutes.

Remove from heat. Stir in Spinach.

Top with mozzarella cheese. Broil until cheese is melted and bubbly (approx 1-2 minutes…always WATCH when broiling..don't walk away!)

Recipe adapted from plain chicken and upgraded to WOW by CK Hall

Vegetable Beef Soup

recipe compliments of Janice Mussell
picture taken by Mindy Mussell Banks
1 lb lean ground beef
1 small onion, diced
1 small can tomato sauce
2 cans Tomato bisque soup, or cream of tomato soup
2 cans mixed vegetables, drained
1 (14 oz) can diced tomatoes
1 can beef broth
2 cup cooked macaroni noodles

1. Brown ground beef with onion in 4 qt Dutch Oven RockCrok
2. Add remaining ingredients and microwave for 10 minutes

Serve with crackers or cornbread

Sausage Casserole

Ingredients:
6 eggs
1 ½ cup milk
1 tsp dried mustard
1 tsp salt
1 can crescent rolls
1 lb ground sausage
2 cups shredded sharp cheddar cheese

Directions:
Brown the sausage and drain. Whisk eggs, milk, salt and dried mustard together. Spread crescent roll dough on the bottom 4 qt Dutch Oven RockCrok. Sprinkle cheese over dough. Sprinkle sausage mixture over cheese. Pour egg mixture on top of the sausage.

Bake at 375 for 45 minutes
picture taken my Mindy Banks** **Recipe compliments of Rachel Veal

Zesty Ravioli

Ingredients:

1/3 cup heavy whipping cream or 4 ounce of softened cream cheese
4 cups loosely packed fresh baby spinach leaves
6 oz provolone or parmesan cheese, grated
8-12 oz shredded mozzarella cheese
1 tbsp olive oil
1 small jalapeño pepper, seeded
½ medium onion
3 garlic cloves, pressed
2 cans (14.5 oz each) diced tomatoes, undrained
1/2 tsp salt
1/2 tsp coarsely ground black pepper
1 pkg (24 oz) small frozen cheese ravioli (about 65)

Directions:

Measure cream using Easy Read Measuring Cup. Wash spinach in large Stainless Mesh Colander; drain. Grate cheese using Coarse Cheese Grater. Set aside cream, spinach and cheese.

Add oil to Dutch Oven Rockcrok. Finely chop jalapeño and onion with Manual Food Processor. Add jalapeño, onion and garlic pressed with Garlic Press into Rockcrok; microwave on HIGH 1 minute.

Add tomatoes, salt, black pepper; and ravioli to the Rockcrok; cover and microwave on HIGH 10 minutes, stir and microwave another 10 minutes. Stir in cream and shredded cheese; cover and let stand 1-2 minutes or until cheese is melted.

Nutrients per serving: Calories 400, Total Fat 20 g, Saturated Fat 11 g, Cholesterol 65 mg, Carbohydrate 37 g, Protein 19 g, Sodium 870 mg, Fiber 3 g

Cook's Tip: Wear plastic gloves when working with jalapeño peppers. The juice from the peppers can create a burning sensation on the skin

For a dish with more heat, do not seed the jalapeño pepper.

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Taco Lasagna

Ingredients:
2 pounds ground beef
4 Tablespoons Pampered Chef Southwestern Seasoning
4 cloves pressed garlic
1/2 teaspoon cayenne pepper
6 burrito size tortillas
1 jar (24 ounces) salsa
1 cup sliced green onions
16 ounces sour cream mixed with 1 tablespoon chili powder
3 cups shredded Monterey Jack cheese, divided
3 cups shredded Cheddar cheese, divided

Directions:
Preheat oven to 375 degrees. In large saucepan, cook beef until brown and drain well. Add seasoning mix, garlic & pepper.

Combine meat mixture with sour cream mixture. Combine cheeses

Brush bottom and sides of RockCrok with vegetable oil. Stack 2 tortillas in bottom of pan.

LAYER in following order
1 cup salsa
1/3 of meat mixture
1/4 cup green onions
1/3 cheese mixture
Repeat starting again with 2 tortillas
Bake for 40 minutes. Remove and sprinkle with remaining cheese. Bake an additional 5 minutes or until cheese is melted. Let stand 10 minutes before serving. Yields: 10-12 servings

picture taken my Mindy Banks

Fiesta Skillet Pasta

Ingredients:
1-2 Tablespoons oil
1 lb Ground Turkey
26-28 oz can crushed tomatoes
1 (16 oz) jar salsa
2 Tablespoons Pampered Chef Southwestern Seasoning or Tex Mex Rub
1 (8 oz) box macaroni noodles (do NOT cook)
1 cup water
1 cup frozen corn kernels
1 can black beans, rinsed and drained
8 oz cheddar cheese, shredded
1 bunch fresh Cilantro
16 oz Sour Cream
1 container cherry or grape tomatoes

Directions:

Add oil & turkey to Rockcrok Dutch Oven and cook until no longer pink (Drain any fat if necessary) Remove from heat

Add can tomatoes, salsa, seasoning mix, uncooked macaroni, water, corn kernels, black beans and microwave on high for 10 minutes. Stir and microwave an additional 10 minutes.

Stir in half the cheese and top with remaining cheese, microwave for 4 minutes

Combine cherry tomatoes and a handful of cilantro in Manual Food Processor, process until combined. Pour over cheese

Add remaining cilantro to 3 cup Silicone Prep Bowl and chop with salad choppers. Add 16 oz Sour Cream and mix well and serve on the side

Rotel Chicken Mexican Casserole

Ingredients:
3 boneless skinless chicken breasts, cooked and cubed* See Chef's Tip
1 bag of tortilla chips, crushed
1 can of Rotel
1 can Cream of Chicken soup
1 small can of chopped green chilies
1 lb. of Velveeta or American Cheese

Directions:
Preheat oven to 350 degrees. While chicken is cooking in microwave, melt Rotel, soup, chilies and cheese on the stovetop. Stir frequently so cheese doesn't burn on the bottom. If chicken is already cooked, melt cheese mixture in a microwave safe bowl, stirring occasionally.

Once melted, add chicken to cheese mixture. Crush the bag of tortilla chips. In RockCrok 2.5 Qt. Everyday Pan, layer 1/2 tortillas and 1/2 cheese mixture. Repeat, saving a few chips for the top. Bake for 15 minutes or until hot and bubbly.

* Chef's Tip: Cook your chicken in our Deep Covered Baker and the chop with our Salad Choppers in the Classic Batter Bowl. So easy! I also sprinkled the raw chicken with our Southwestern Seasoning Mix for an extra kick.

RockCrok Mexican Nacho Casserole

Chrystal Cassa

Ingredients

1 lb Lean Hamburger, seasoned with salt & Pepper
1 can of Mexicorn corn kernels, drained
1 (15-ounce) can black beans, rinsed and drained
Juice of 1 lime
½ half of a green pepper
½ of a small onion
2 cloves of garlic
1 ½ cup chunky salsa, divided (save ½ cup)
8 ounces (about 2 cups) grated sharp Cheddar cheese
8 corn tortillas
2 tablespoons pickled jalapeños or sliced fresh jalapeños
1 tsp Tex Mex Rub
1 tsp. Southwestern Seasoning mix
1 tsp Chipotle Rub
Jalapenos for garnish (optional)

Directions:

Cook Hamburger in the RockCrok in the Microwave on High for 6-8 Minutes. Chop up hamburger using the Mix n Chop. Place in Large Batter Bowl

Add ½ cup of salsa over the bottom of the Dutch Oven RockCrok

Using Manual Food Processor, chop onion & Green Pepper till fine.

In the Large Batter bowl, combine onion, green pepper, pressed garlic, corn, beans, remaining salsa and rubs. Using the Juicer, or the Citrus Press, juice Lime. Mix Well using the Mix n Scraper

Place 2 tortillas in the bottom of the baker overlapping to fit , top with 1/4 cup of the cheese and then 1/3 of the Hamburger mixture. Repeat the process two more times. Finish with a tortilla. Cook on stovetop covered with lid for 15 minutes (or Microwave, I used the microwave) or until bubbling. Add the remaining cheese and top with jalapeños. Broil in oven until cheese is bubbly and golden brown.

Let sit 5 minutes before serving.

Chicken Noodle Soup Casserole

Recipe adapted from Tasty Kitchen Blog

Ingredients

4 whole Boneless, Skinless Chicken Breasts
12 ounces, weight Egg Noodles (I Prefer Angel Hair)
1 whole Onion, Chopped
2 cloves Garlic, Pressed
½ cups Carrots, Chopped
½ cups Celery, Chopped
¼ cups Butter
1 can Cream Of Mushroom Soup (10 Ounce Can)
1 can Cream Of Chicken Soup (10 Ounce Can)
½ cups Sour Cream
Salt And Pepper, to taste
1 Tablespoon Dried Parsley
1 sleeve Ritz Crackers, Crushed

Directions:

Cut chicken breasts into large chunks and place in Deep Covered Baker (aka Magic Pot), microwave for 7-9 minutes. Shred with Salad Choppers

Cook the noodles in boiling water according to package instructions.

In 4qt Rock Crok saute onion, pressed garlic, carrots, and celery in the butter. Cook until the onions appear translucent, add the mushroom soup, chicken soup, and sour cream. Mix well. Salt and pepper if needed.

Add the noodles, chicken, and parsley and mix well.

Bake at 350F for 25 minutes

Remove from oven and sprinkle with crackers and bake 5 – 10 more minutes.

Rockcrok Chicken Pasta!

Desiree Griffith Rose
Love simple meals! This is done in 15 minutes! So easy and soooo good!

What you'll need:

2 lbs chicken breasts, boneless & skinless (I used one package of breasts)
12 oz whole wheat pasta (we used angel hair)
1-14.5 oz can diced tomatoes with juice (can use plain, roasted, zesty red pepper, or whatever's in your pantry: we had diced with garlic)
1 large sweet red onion, cut in strips
2-5 pressed cloves of garlic
1 tbs of Pampered Chef Italian seasoning
1 package of fresh basil chopped
4 C chicken broth (one carton low sodium)
2 Tbsp olive oil, divided (I used the Pampered Chef garlic infused oil)
Parmesan cheese for garnish (I used mixed Italian blend)
Salt & pepper to taste

Step 1: In a large Rock Crock pot over medium-high heat, add 2 Tbsp olive oil to pan to heat. Or to save time zap in the microwave for 6 mins without oil. (Drain)

Step 2: While pan is heating, rinse chicken breasts and cut into bite sized pieces. Add chicken to pot and season with salt and pepper.

Step 3: Once chicken has browned, add remaining ingredients, excluding the parmesan cheese. Cover and bring to a boil.

Step 4: Once boiling, reduce heat to a simmer, keep covered and cook for 10 minutes, stirring every 2 minutes to avoid pasta from sticking. Very Important to STIR!!

Step 5: After cooking for 10 minutes, remove from heat, remove lid and let set 5 minutes to cool and thicken. Sprinkle parmesan cheese as garnish and place lid on to melt!

Step 6: Try not to eat too much!!

Cheeseburger Meatballs & Pasta

The Pampered Chef

Ingredients:

2 slices white sandwich bread, torn into pieces
1 small onion, finely chopped
1 egg
¾ tsp (4 mL) each salt and ground black pepper
12 oz (350 g) 90% lean ground beef
1 tbsp (15 mL) canola oil, divided
3 cups (750 mL) chicken stock
2 tbsp (30 mL) flour
6 oz (175 g) uncooked campanelle pasta (11/2 cups/375 mL)
4 oz (125 g) chive & onion 1/3 less fat cream cheese spread
6 oz (175 g) sharp cheddar cheese, shredded (1 1/2 cups/375 mL),
divided
2 cups (500 mL) broccoli florets

Directions:

1. Combine bread, onion, egg, salt and pepper in a large bowl; mix until a smooth paste forms. Add beef; mix gently but thoroughly. Using a level Small Scoop, scoop beef mixture, forming about 36 meatballs.

2. Heat 1/2 tbsp (2 mL) of the oil in (2.5-qt./2.35-L) Everyday Pan over medium heat 2-4 minutes or until shimmering. Cook half of the meatballs 3-4 minutes or until browned, turning occasionally. Remove from Pan. Repeat with remaining oil and meatballs; remove from Pan.

3. Whisk stock and flour until smooth; add to Pan. Stir in pasta; cook, covered, 9-11 minutes or until pasta is almost tender, stirring occasionally. Stir in cream cheese spread and half of the cheddar until sauce is smooth. Stir in broccoli and meatballs. Cook, covered, 2-3 minutes or until broccoli is tender; remove from heat.

4. Top with remaining cheddar; cover and let stand 1-2 minutes or until cheese is melted.

Yield: 6 servings

U.S. Nutrients per serving: Calories 450, Total Fat 23 g, Saturated Fat 11 g, Cholesterol 110 mg, Sodium 890 mg, Carbohydrate 30 g, Fiber 2 g, Protein 28 g

Sandwiches

BBQ Sliders

1 Tbsp Olive Oil
2 medium onions, wedged
2 lbs pork tenderloin
1 Tbsp Pampered Chef Three Onion Rub
1 Tbsp Pampered Chef Smoky Applewood Rubb
1 Tbsp Pampered Chef BBQ Rub
1 Bottle of your favorite BBQ Sauce
1-2 packages Hawaiian Rolls

Trim tenderloin and place in either size Rock Crock.
Drizzle with oil

Add onion wedges
Sprinkle rubs over pork
Microwave, covered for 15 minutes.
Transfer pork and onions to mixing bowl. Pour BBQ Sauce over the top and cover with a lid for 5 minutes
Chop with Salad Choppers and serve on Hawaiian Rolls.

*you can substitute boneless, skinless chicken breasts for pork if desired

Pesto Party Sandwiches

2-3 Chicken Breasts
7 - 8 oz container PLAIN greek yogurt
2 Pillsbury Refrigerated French Bread Loaves (these are canned - picture below)
3 Roma Tomatoes, sliced
12 oz package Sorrento SLICED fresh Mozzarella (see picture)
2 oz fresh parmesan cheese, grated
1 bunch fresh Basil
2 cloves garlic, peeled
3 Tablespoons Pine Nuts (picture below)
1/3 cup olive oil
2 Tablespoons Pampered Chef Sweet Basil Rub, divided

1. Preheat oven to 350 degrees. Spray bread loaves with oil and sprinkle with 1 tsp Sweet Basil Rub. Bake bread loaves for 25 minutes. Remove from oven to cool

2.Cut chicken breasts into large chunks and place in either size Rock Crok. Sprinkle 1 Tablespoon Sweet Basil Rub over chicken. Cover and microwave 6 minutes or until chicken is no longer pink.

3. Transfer chicken to medium stainless bowl, chop with salad choppers

4. Use the Manual Food Processor to make a pesto. Add peeled garlic cloves, grated parmesan cheese, pine nuts, basil and olive oil and process until almost smooth.

5.Add 2 teaspoons Sweet Basil rub to Greek Yogurt. Add pesto mixture & 1/2 Greek yogurt mixture to chicken.

6. Slice bread loaves in half. Mix remaining greek yogurt and 2 tsp sweet basil rub and spread over bread halves. Top with chicken mixture, cheese slices and tomatoes. Serve warm

These photos might help with a few ingredients.

Casseroles and Side Dishes

Corn Casserole

2 boxes Jiffy Cornbread mix
2 cans cream corn
2 cans regular corn, drained
4 eggs
2 sticks butter, melted
Combine all ingredients. Brush RockCrok Everyday Pan with oil, pour mixture in pan & bake in RockCrok Everyday Pan at 350 for 1 hour 15 minutes
**Recipe compliments of Susie Harshaw*"

Sweet Potato Soufflé

recipe compliments of Kayse McCanne
picture taken by Mindy Mussell Banks

Soufflé:
4 cups cooked sweet potatoes (I microwave in Large Micro-cooker)
1 cup evaporated milk or 1 cup 1/2 & 1/2
1 stick melted butter
1 cup white sugar
2 eggs
1 tsp vanilla (I use Pampered Chef Double Strength Vanilla Extract)

Topping:
1 cup brown sugar
1/3 cup self rising flour
1 cup chopped pecans (or ½ cup chopped pecans and ½ cup oatmeal)
1 stick butter

Preheat Oven to 350°

Combine sweet potatoes, milk, butter, sugar, eggs and vanilla in a mixer and blend well. Pour into RockCrok Everyday Pan and bake, uncovered, for 30 minutes (or microwave for 10 minutes)

Remove soufflé from oven, crumble topping over soufflé to cover completely.

Turn oven to broil and broil 1-3 minutes. Be careful not to broil too long, it will burn easily.

BAKED BEANS

INGREDIENTS

2 cans (28 oz each) baked beans (about 6 cups/1.5 L total)

Rub	Stir-In
½–1 tbsp (7–15 mL) Tex-Mex Rub	1 can (4.5 oz) chopped green chilies
½–1 tbsp (7–15 mL) Chipotle Rub	½ green bell pepper, chopped
½–1 tbsp (7–15 mL) Smoky Barbecue Rub	4 slices pre-cooked bacon, chopped

DIRECTIONS Option #1

- Prepare the grill for indirect cooking over medium heat. In the **Rockcrok® Everyday Pan**, combine the beans with the rub. Cover with heavy duty aluminum foil and grill for 27–30 minutes. (Rockcrok lid is NOT grill-safe.) Add stir-ins and enjoy!

DIRECTIONS Option #2 (Amy's Version)

- Brown a half pound of ground beef in Rockcrok. Remove meat and dispose of grease. Dice a half pound of bacon and cook in Rockcrok over medium heat. Remove bacon and most of the grease. Saute an onion in remaining grease. When opaque, add the beans, bacon, and ground beef. Place Rockcrok in Slow Cooker Stand and Slow Cook on Low for 6-8 hours. **I usually use larger Dutch Oven Rockcrok for this, but if you are careful the smaller Everyday one should work.**

Yield: 12 servings of ½ cup

Janice's Macaroni & Cheese

recipe compliments of Janice Mussell

Ingredients:
2 cups uncooked macaroni, boil until tender
1 can evaporated milk or 14.5 oz 1/2 & 1/2
1 ½ cups milk
2 cups sharp cheddar cheese, shredded
1 cup medium cheddar cheese, shredded
1 tsp salt
2 eggs, beaten

Directions:
Combine all ingredients in large bowl. Brush RockCrok Dutch Oven with oil. Pour macaroni mixture in pan. Bake at 350 for 45 minutes

Old Settler Baked Beans

1 pound ground beef
1 pound bacon, diced
2 medium onions, chopped
2/3 c sugar
2/3 c brown sugar
1/2 c ketchup
1/2 c BBQ sauce
2 Tbs prepared mustard
1 tsp pepper
1 tsp chili powder
32 oz pork and beans undrained
32 oz kidney beans, rinsed and drained
32 oz great northern beans. Rinsed and drained

In large RockCrok, cook beef, bacon and onion until cooked through. Drain any fat.
Add sugar, brown sugar, ketchup, BBQ sauce, mustard, pepper & chili powder to meat mixture and mix well. Stir in beans. Baked covered at 350 for one hour.

Peppers & Onions

1 Tbsp oil
2 Red Bell Peppers
1 Green Bell Pepper
3 medium onions
Dales Seasoning Sauce
A1 Sauce
Worcestershire Sauce

Drizzle oil in bottom of 2.5 quart RockCrok
Slice peppers and onions and place in Crok
Drizzle Dales, A1 Sauce & Worcestershire Sauce over peppers and onions. Stir to mix. Place Crok directly over heat source on the grill and cook for 20-30 minutes.

Rockcrok Stuffed Acorn Squash

Ingredients:
1 Acorn Squash halved lengthwise and seeded
salt and freshly ground black pepper to
taste
cooking spray
1 medium apple, peeled and chopped into small pieces
1/4 pound ground pork sausage, cut into pieces
1 small onion, chopped
¼ c. walnuts
2 ounces Cheddar cheese, shredded (optional)

Directions:
Preheat oven to 350 degrees F (175 degrees C).
Cook sausage in the RockCrok in a little bit of water (enough to cover bottom) until it is cooked through, you will finish cooking it in the oven. Once cooked, set aside and cut into small pieces.

Sprinkle squash with salt and pepper, and lightly spray with cooking oil. Place in the RockCrok, flesh side down, with enough water to cover the bottom, uncovered.
Microwave on high for 5 minutes, or until flesh is fork-tender.
Meanwhile, dice up your apple and onion with the Food Chopper (cook onion in 8 in. Sauté pan if desired) Combine sausage, onions, apple, walnuts in the Small Batter Bowl then spoon mixture into squash halves with the Mix and Scraper.

Place Squash halves in the RockCrok and fill with enough water so it won't evaporate while in the oven.
Bake, uncovered, in the preheated oven for 15 minutes, or until squash is lightly browned. Season with salt and pepper to taste. Serve hot.

Optional: I sprinkle shredded cheddar cheese on top in the last couple minutes in the oven IF I DO NOT have walnuts!

Soup and Chili

Creamy White Chicken Chili

Recipe adapted from Jamie Cooks It Up!
photo taken by Mindy Mussell Banks

Ingredients:
4 (15 ounce) cans white beans
1 (15 ounce) can pinto beans
1 (14.5 ounce) diced mexican stewed tomatoes
1 (4 ounce) can green chilis
1/2 C salsa
1 T Pampered Chef Southwestern Seasoning Mix
3 large boneless skinless chicken breasts
1/2 C sour cream
1 cup heavy cream (or milk, or half & half)
1 t oregano
1/2 t cumin

TOPPINGS:
Cheese, Tortilla Chips, sour cream

Directions:
Drain and rinse all cans of beans and place in 4 qt RockCrok Dutch Oven

Add 1 can of green chilis.

Add 1 can of diced Mexican Stewed tomatoes

Add 1/2 cup of salsa and 1 tablespoon Southwestern Seasoning. Stir everything together to combine

Cut chicken breasts into chunks, microwave for 10 minutes in Deep Covered Baker. Chop with salad choppers and add to bean mixture

Microwave covered for 8 minutes

Stir in 1/2 cup sour cream and 1 whipping cream.

Add 1 teaspoon oregano and 1/2 teaspoon cumin. Stir everything well to combine

Microwave for 8 minutes and serve with toppings of choice

Chicken Enchilada Soup

recipe and picture compliments of Mindy Mussell Banks

Ingredients:
2 tablespoons olive oil
1 large yellow onion, diced
1 small red bell pepper, diced
3 cloves garlic, minced
1 can (11 ounce) Ro-tel diced tomatoes & green chiles
4 cups low-sodium chicken broth
1-2 Tablespoons Pampered Chef Southwestern Seasoning Mix
1 pound boneless chicken breasts
2 cups corn
1 tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon oregano
2 cups shredded sharp cheddar cheese or monterey jack, plus more for serving
1 cup sour cream, plus more for serving
Fritos or Tortilla chips, for serving

Directions:
In 4 Qt RockCrok Dutch Oven heat the oil over medium heat. Add the onions, peppers and garlic. Cook until softened, stirring often, about 5 minutes.
Cut chicken breasts into pieces, combine with Southwester Seasoning Mix and microwave in Deep Covered Baker for 9 minutes. Shred with Salad Choppers
Add the Ro-tel, chicken broth, shredded chicken, corn, chili powder, cumin, oregano to the RockCrok
Cook on medium - high 10 minutes.
Stir in cheese and sour cream.
Serve with Fritos or chips and additional sour cream

Chicken, Corn & Poblano Chowder

Ingredients:
4 ears corn, husks and silk removed
2 cups milk
2 cups chicken broth
1 medium onion, chopped
2 poblano peppers, chopped
2 Tbsp butter
1/4 cup all purpose flour
1/2 tsp salt
1/2 tsp pepper

Directions:
Remove corn kernels from cobs using the Kernel Cutter, set aside. Break cobs in half. Place cobs, milk and broth in Classic Batter bowl and microwave on high for 8 minutes. Remove and discard cobs

Add butter to 4 qt Rock Crok Dutch Oven, melt over medium heat. Add onion, peppers, corn and flour. Cook and stir 7-9 minutes or until onion is tender. Add milk mixture, salt & pepper; bring to a boil. Reduce heat to medium. Add chicken and cook 2 minutes

Serve and enjoy!

*recipe adapted from Pampered Chef's Corn & Poblano Chowder

(29 Minutes to Dinner Volume 2)

Loaded Baked Potato Chowder

The Pampered Chef ®

Ingredients:

3 baking potatoes (about 2 1/2 lb/1.1 kg)
3 1/2 cups (875 mL) milk, divided
4 oz (125 g) cream cheese, softened
2 tbsp (30 mL) butter
2-3 green onions with tops (1/4 cup/50 mL sliced)
4 oz (125 g) sharp cheddar cheese, grated
1 1/2 tsp (7 mL) salt
1/2 tsp (2 mL) coarsely ground black pepper
Optional toppings such as chopped cooked bacon, sour cream or steamed broccoli florets

Directions:

Slice potatoes in half lengthwise with Santoku Knife; place in Dutch Oven Rockcrok. Pour 1/2 cup (125 mL) of the milk over potatoes. Microwave, covered, on HIGH 11 minutes. Remove Rockcrok from microwave. Move center potatoes to ends ofRockcrok and outer potatoes to center. Cover; microwave on HIGH 8-11 minutes or until potatoes are easily pierced with a fork.
RemoveRockcrok from microwave. Coarsely mash potatoes with Mix ‘N Chop.
Meanwhile, whisk cream cheese until smooth in Classic Batter Bowl. Slowly add remaining 3 cups (750 mL) milk, whisking until smooth. Add cream cheese mixture and butter toRockcrok. Microwave, covered, on HIGH 3-5 minutes or until mixture is hot. Slice green onions with Chef's Knife.
Carefully removeRockcrok from microwave. Grate cheddar cheese over chowder using Rotary Grater; add green onions, salt and black pepper and mix using Small Mix ‘N Scraper®; until cheese is melted. Serve with toppings, if desired.

Chicken Parmesan Soup

The Pampered Chef ®

Ingredients:

1/4 of a 16-oz (450-g) loaf French bread
2 tbsp (30 mL) olive oil
3 tbsp (45 mL) Garlic & Herb Rub, divided
1 1/2 cups (375 mL) unsalted chicken stock
2 cups (500 mL) marinara sauce
1 can (14.5 oz) diced tomatoes with garlic and onion (about 1 3/4 cups/425 mL), undrained
2 1/2 cups (625 mL) diced cooked chicken breasts
3 garlic cloves
1 oz (30 g) fresh Parmesan cheese
3/4 cup (175 mL) shredded mozzarella cheese, divided

Directions:

Cut bread into 3/4-in. (2-cm) cubes using Color Coated Bread Knife. (You should have about 2 cups/500 mL.)

Toss bread cubes, oil and 1 tbsp (15 mL) of the rub in Dutch Oven Rockcrok.

Microwave bread cubes, uncovered, on HIGH 3–4 minutes or until they begin to brown, stirring every minute. Spread croutons over a piece of Parchment Paper to cool.

Stir stock, remaining 2 tbsp (30 mL) rub, marinara sauce, tomatoes, chicken and garlic pressed withGarlic Press intoRockcrok.

Microwave, covered, on HIGH 11–13 minutes or until soup is hot.

Grate Parmesan using Microplane® Adjustable Fine Grater.

Carefully removeRockcrok from microwave and stir in Parmesan.

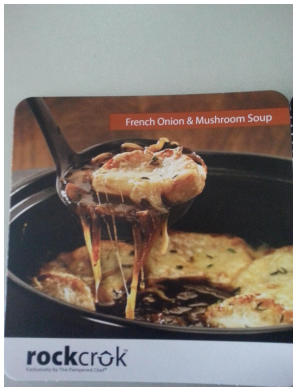
Top soup with half of the mozzarella and sprinkle with half of the croutons. Top with remaining mozzarella.

Let stand, covered, 2–3 minutes or until cheese is melted. Serve soup with remaining croutons.

Yield: 6 servings

Nutrients per serving: (about 1¼ cups/300 mL): Calories 330, Total Fat 13 g, Saturated Fat 4 g, Cholesterol 60 mg, Sodium 980 mg, Carbohydrate 23 g, Fiber 3 g, Protein 28 g

French Onion & Mushroom Soup



Ingredients:
6 tbsp butter (3/4 stick) divided
6 oz french bread, sliced into 16 (1/2 inch) slices
8 oz cremini mushrooms, quarters
5 large sweet onions
3 garlic cloves, pressed
1 tbsp sugar
1 cup dry red wine (cabernet sauvignon)
3 tbsp flour
8 cups unsalted beef stock
2 tsp salt
1 tsp ground black pepper
3 sprigs fresh thyme, plus 1 tbsp leaves
6 oz gruere cheese, shredded

Directions:
Melt 1 tbsp of the butter in dutch oven over medium heat. Toast bread 1-2 minutes per side or until light golden brown, remove bread, set aside.

Add 1 tbsp of the butter and mushrooms to dutch oven, cook, uncovered 8-9 minutes, or until mushrooms are deep golden brown, stirring occasionally. Remove mushrooms

Meanwhile, slice onions with simple slicer on #2 setting. Add remaining 4 tbsp butter, onions, garlic and sugar to the dutch oven; cook, uncovered 25-30 minutes or until onions are dark brown, stirring occasionally.

Add wine; cook, uncovered 5-7 minutes or until liquid is no longer visible but onions are still moist. Stir in flour, cook 1 minute. Stir in stock, salt, pepper and mushrooms. Insert thyme springs in herb infuser, add to soup. Increase heat to medium-high. Cook, covered, 8-10 minutes or until soup comes to a gentle boil. Remove from heat and remove herb infuser.

Preheat broiler. Arrange toasted bread over soup; sprinkle evenly with cheese. Place dutch oven 2-4 inches from heating element; broil 2-4 minutes or until cheese is bubbling. Remove from oven; sprinkle with thyme leaves.

Roasted Chicken and Corn Chowder

By Taylor

Serves 6
Ingredients:

4 tablespoons unsalted butter
1 medium sweet onion, chopped
1 red bell pepper, chopped
1 Anaheim chili pepper, seeded and chopped
1 (12-ounce) bag frozen corn kernels, divided in half
2 teaspoons kosher salt
1 teaspoon cracked black pepper
1/4 teaspoons ground cumin
1/4 teaspoons dried thyme
4 cups chicken broth
5 new potatoes cut into 1/2 inch cubes
1 1/2 cups heavy whipping cream
2 teaspoons cornstarch
2-3 cups roasted chicken breast (torn or cut into bite size pieces)
5-10 drops hot sauce (more or less based on taste)

Directions:
In Dutch Oven Rockcrok over medium heat, melt butter. Add onions, bell pepper and Anaheim pepper. Cook while stirring for about 5 minutes until softened. Add half bag of corn, salt, pepper, cumin and thyme. Stir. Add chicken broth. Stir and add new potatoes. In a blender, purée cream, remaining half of corn and cornstarch. Pour purée into soup. Stir. Add roasted chicken to the soup. Season with hot sauce and additional salt and pepper if necessary. Bring to a simmer and cook for 30 minutes while stirring every few minutes.

Chicken & Wild Rice Soup

By Kristin

Serves 6-8
Ingredients:

1/4 cup butter
1/2 small onion, chopped
2 celery stalks, chopped
2 small carrots, chopped
2 garlic cloves, minced
salt and pepper
1/2 teaspoon dried thyme
8 cups chicken broth
1 pound chicken breasts, cut in half
3/4 cup wild/brown rice blend
1 cup milk
1/4 cup flour

Directions:
Melt butter in a large soup pot over medium heat. Add onion, celery and carrots, season with salt and pepper, then sauté until tender, about 10 minutes. Add garlic and thyme and sauté for 1 more minute.
Add chicken broth and increase heat to high and bring to a boil. Add chicken breast halves and cook until no longer pink in the center, about 10 minutes, then remove to a plate and set aside. Add wild/brown rice blend to the pot then place a lid on top and simmer for 50-60 minutes or until rice is tender. Shred chicken when cool enough to handle and place in the refrigerator.
In a medium bowl, whisk together 1/4 cup milk with flour. When smooth whisk in remaining milk. Slowly drizzle into soup then stir thoroughly. Add chicken and simmer for 10 more minutes uncovered and serve.

Lasagna Soup

adapted from Damn Delicious Food Blog

Ingredients:
8 ounces elbows pasta
1 tablespoon olive oil
1 pound Italian sausage
3 cloves garlic, diced
1 onion, diced
2 teaspoons oregano
1/2 teaspoon crushed red pepper flakes
2 tablespoons tomato paste
6 cups chicken broth
1 (15oz) can fire roasted diced tomatoes
2 bay leaves
2 cups shredded mozzarella cheese
1/4 cup fresh basil leaves, chopped
8 ounces ricotta cheese
1 cup grated Parmesan

Instructions:
Drizzle oil in 4 quart Dutch Oven Rock Crok, add Italian sausage, cook on medium heat and drain any fat.

Add garlic, onion, oregano and red pepper flakes to the sausage in Rock Crok and cook 2-3 minutes.

Add tomato paste and cook for 1 minute.

Add chicken broth, diced tomatoes and bay leaves and uncooked pasta. Place bay leaves in Pampered Chef Herb Infuser and add to Crok. Microwave for 16 minutes, stirring halfway through.

In a separate bowl Combine ricotta cheese & Parmesan cheese

Remove Herb Infuser and stir in mozzarella cheese ,ricotta mixture and basil. Serve immediately

Pasta Fagioli with Italian Sausage

Ingredients:

1 1/2 tbsp (22 mL) olive oil, divided
8 oz (250 g) bulk mild Italian sausage
1 large onion
2 medium carrots
2 celery stalks
2 container (10 oz/300 g) grape tomatoes (about 4 cups/1 L)
4 garlic cloves, pressed
4 sprigs fresh rosemary
4 cups (1 L) chicken stock
2 can (15.5 oz or 540 mL) cannellini beans, rinsed and drained
3 oz (90 g) uncooked Ditalini pasta (3/4 cup/175 mL)
3/4 tsp (4 mL) each salt and ground black pepper
2 oz (60 g) fresh Parmesan cheese, grated (1/2 cup/125 mL)
1/2 cup (125 mL) fresh basil, finely chopped

Directions:

Heat *½ tbsp (7 mL)* of the oil in Rockcrok (4-qt./3.8-L) Dutch Oven over medium heat 3-5 minutes or until shimmering. Cook sausage, uncovered, 2-4 minutes or until browned, stirring occasionally and breaking into crumbles using Mix ‘N Chop.

Meanwhile, chop onion, carrots and celery. Add remaining oil, onion, carrots, celery, tomatoes and pressed garlic to Dutch Oven; cook and stir 2 minutes. Place rosemary into Herb Infuser; add to Dutch Oven. Add stock, beans, pasta, salt and pepper.

Increase heat to medium-high. Cover and bring mixture to a boil. *Reduce heat to medium*; cook 8-10 minutes or until pasta is tender.

Remove Herb Infuser from Dutch Oven; let stand 5 minutes. Divide soup among serving bowls. Sprinkle evenly with cheese and basil.

Yield: 8 servings

Nutrients per serving: (1¼ cups/300 mL): Calories: 290, Total Fat 14 g, Saturated Fat 5 g, Cholesterol 25 mg, Sodium 940 mg, Carbohydrate 27 g, Fiber 5 g, Protein 16 g

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Chicken Noodle Soup

photo and recipe variation by Mindy Mussell Banks

Ingredients

1 Tbsp butter
1 cup chopped celery
1 cup chopped carrot
1 small onion, chopped
1 small potato, diced
1 tsp Pampered Chef Herbs de Provence Seasoning MIx
2 (32 oz) boxes Chicken Broth
2 teaspoons chicken bouillon
4 ounces egg noodles
2 cups cooked chicken, shredded or chopped

Directions

Melt butter in 4 quart Rock Crok Dutch Oven

Add celery, carrot and onion and saute for 2-3 minutes

Add potato, seasoning mix, bouillon, and chicken broth

Bring to a boil.

Add noodles and chicken reduce heat and cook on low for 20 minutes

Taco Soup

Ingredients:

1 lb lean ground beef
2 Tablespoons water
2 Tablespoons Pampered Chef Southwestern Seasoning Mix
2 1/2 cups froze white or yellow corn
26 oz crushed tomatoes
1 can black beans
1 package Fiesta Ranch seasoning mix
1 1/2 cups water

Directions:

In 4 quart Rock Crok Dutch Oven, brown ground beef with water and seasoning mix. If using a lean beef there shouldn't be any fat to drain.
Add corn, tomatoes, black beans, Fiesta Ranch Seasoning Mix and water. Bring to a boil.

Reduce heat and simmer for 15 on low.
Top with Fritos, shredded cheese and sour cream
recipe & photo by Mindy Mussell Banks

Italian White Bean Soup

compliments of Judy Siegel

Ingredients:

Meat of your choice (diced cooked ham, Italian sausage, or kielbasa)
1 T olive oil...
1 cup diced onion
1 - 1/2 cup diced carrots
4 cloves garlic
8 cups chicken broth
1 - 28 oz jar Great northern Beans (drained)
3 T chopped fresh parsley
1- 14 oz can diced tomatoes (or use manual food processor to dice fresh)
2 cups chopped fresh spinach
salt and pepper
Sliced French Baguette Bread pieces buttered on one side (or spritzed with oil)
Pampered Chef Italian Seasoning
Freshly Grated Parmesan Cheese

Directions

If necessary cook or grill meat.
Example: Buy 1 lb of lunchmeat ham sliced thick and cube it
Or: Brown 1 lb of italian sausage in Rockcrok using Mix N Chop, once cooked remove from pan
Or: Slice links of kielbasa lengthwise and cut in half, grill in grillpan
Set meat aside

Heat the oil in Dutch Oven Rockcrok over medium heat. Add onion, carrots, and celery and cook until tender but not browned. If desired skip oil, add 2 cups of the chicken broth to RockCrok , add the vegetables and microwave on high for 6 minutes. Once vegetables are tender move Rockcrok to stovetop to continue cooking. Add the garlic and cook 1 minute while keeping the veggies in motion.

Add all other ingredients, EXCEPT SALT AND PEPPER, BREAD, SEASONING, AND CHEESE. Bring soup to a boil, with lid on (about 10 minutes) , once boiling, reduce heat to low and simmer for 3-5 minutes. A

Turn on Broiler. Lightly lay buttered bread slices on top of soup. Sprinkle Italian Seasoning on Bread, grate fresh parmesan cheese over top. Broil until lightly browned, about 1-1/2 minutes. Serve soup with more bread (perhaps Artisan Bread baked in Deep Covered Baker) . Place parmesan cheese in cheese grater and serve alongside the soup so guests can add more to soup if they like! Put salt and pepper on the side as well.

Tortellini Soup with Italian Sausage

** Can also be made without the sausage*

Ingredients:

1 pound Italian Sausage links
4 - 6 cups Chicken Broth, divided
2 ribs celery
2 cans diced tomatoes
1 small yellow onion
2 carrots, peeled
1 pkg (9 oz) 3-Cheese Tortellini or Mini Ravioli
3 garlic cloves
1 (6 oz.) bag baby spinach
1 tbsp. Italian Seasoning
1 Zucchini
1 can (15.5 oz) Cannellini Beans
Salt and Pepper to taste

Directions:

Grill Italian Sausages in the Grill Pan. While sausage is grilling make the soup.

Chop Onion with Food Chopper, Slice Celery, Carrots, and Zucchini using the Simple Slicer. (You could also use a Forged Cutlery Knife or the Crinkle Cutter.)

In Dutch Oven RockCrok, add onions, celery, carrots, zucchini and garlic (press garlic with the Garlic Press and/or slice with the Garlic Slicer).

Add 1 cup of chicken broth, measured in Easy Read Measuring Cup. Cover and microwave on high for 5 minutes.

Use Smooth Edge Can Opener to open the remaining cans of Cannellini Beans, Tomatoes and Chicken Broth. Rinse and drain the Cannellini Beans in the Easy Read Measuring Colander.

Remove RockCrok from the microwave, add the diced tomatoes, cannellini beans, 2 cups chicken broth, and Italian seasoning. Mix with Bamboo Spoon, cover and microwave for 10 minutes.

Remove RockCrok from microwave. Add the tortellini, stir with Bamboo Spoon, cover and microwave for 10 more minutes on high. (add more Chicken broth at this time, if needed)

Slice the cooked Italian Sausage into bite-sized pieces.

Rinse and spin Baby Spinach in large colander in the Salad Spinner.

Remove RockCrok from microwave and add half the spinach, stir into the soup. Add the remaining spinach and repeat. Add the Italian Sausage slices. Cover and let sit a couple minutes for spinach to wilt.

Serve warm and garnish with Parmesan cheese, if desired.

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Desserts

S’mores Cake

Featured in Pampered Chef's Seasons Best Cookbook Fall/Winter 2013

Ingredients:
3 dark chocolate candy bars (1.55 oz or 43 g each), broken into squares
1 small pkg (9 oz) devil’s food cake or 1 2/3 cups (400 mL) from a regular-size package
1 egg
1 container (8 oz or 250 mL) sour cream
1 bag (10 oz or 300 g) regular-size marshmallows or 4 cups (1 L) mini marshmallows
3 whole graham crackers, coarsely crushed

Directions:

Place oven rack in middle of oven; preheat broiler.

Microwave chocolate in (2-cup/500-mL) Prep Bowl on HIGH 30-60 seconds or until mostly melted. Stir until smooth; set aside.

Combine cake mix, egg and sour cream in Classic Batter Bowl; mix using Small Mix ‘N Scraper® until blended. Pour batter into Rockcrok™ (2.5-qt./2.35-L) Everyday Pan or Rockcrok™ (4-qt./3.8-L) Dutch Oven.

Microwave, covered, on HIGH 4-5 minutes or until center of cake is firm and springs back when pressed.

Remove pan from microwave; arrange marshmallows in an even layer over cake. Broil 30-60 seconds or until marshmallows are golden brown.

Remove from broiler; sprinkle with crackers and drizzle with chocolate.

Yield: Serves 12

Nutrients per serving: Calories 290, Total Fat 10 g, Saturated Fat 5 g, Cholesterol 30 mg, Sodium 280 mg, Carbohydrate 48 g, Fiber 1 g, Protein 4 g

Pineapple Upside Down Cake

Ingredients:
1/4 cup (50 mL) butter (1/2 stick), cut into small pieces
1/3 cup (75 mL) packed brown sugar
7 canned pineapple slices
7 maraschino cherries without stems
1 pkg (15.25-16.5 oz or 460 g) yellow cake mix
3 eggs
1 cup (250 mL) water
1/3 cup (75 mL) vegetable oil

Directions:
Melt butter and brown sugar in RockCrok Everyday Pan over medium heat 1-2 minutes or until mixture begins to bubble, stirring occasionally.

Arrange pineapple slices in pan; place cherries in centers of slices.

Prepare cake mix according to package directions. Slowly pour batter over pineapple.

Microwave, covered, on HIGH 8-10 minutes or until center is firm and springs back when pressed. Remove pan from microwave. Immediately invert cake onto or serving platter.

Yield: 12 servings
Nutrients per serving:
Calories 330, Total Fat 16 g, Saturated Fat 4 g, Cholesterol 55 mg, Sodium 310 mg, Carbohydrate 44 g, Fiber 1 g, Protein 3 g
U.S. Diabetic exchanges per serving: No information is currently available.
Cook's Tips:
To prepare this recipe in a conventional oven, preheat oven to 350°F (180°C). Prepare recipe as directed in Steps 1, 2 and 3. Bake, uncovered, 28-30 minutes. Remove from oven and invert as directed in Step 5.

Pumpkin Spice Cake in the RockCrok

Ingredients:

1 box spice cake mix
1 29 oz can pumpkin
1/4 c butter
1/4 cup brown sugar
chopped pecans

Icing:
2 - 3 oz. cream cheese
powdered sugar
approx 1 Tbsp milk
1 tsp. Pampered Chef Vanilla

Directions:
melt butter in Rockcrok on the stove, add brown sugar, once combined add pecans continue to stir 1 min. Remove from heat, add cake mixture (cake mix & pumpkin) microwave approx 12-13 mins. Turn out on to platter, drizzle cream cheese icing.

Peach Pull Apart

Ingredients:
1/2 stick butter
1 can Grands Biscuits (8 biscuits), quartered
1 can Fruit Pie Filling (any flavor, peach and cherry are delicious!)
1/2 cup Cream Cheese Frosting, melted

Directions:
Preheat oven to 375 degrees.

In 2.5 Quart Rock Crok, melt butter over medium heat

Remove from heat and add quartered biscuits. Bake for 16 minutes

Invert onto serving plate and top with pie filling and drizzle with melted frosting.

Variation:
Use your favorite fruit pie filling

Cherry Biscuit Pull-Apart Dessert

Ingredients:
3 tablespoons butter
1 can Grands Biscuits (8 biscuits)
1 can Cherry Pie Filling
3 medium scoops Cream Cheese Frosting

Directions:
Preheat oven to 375 degrees.

In Everday Rockcrok, melt butter over medium heat.

Quarter the biscuits using Kitchen Shears or Knife

Open pie filling using Smooth Edge Can Opener, add to melted butter and heat until warm.

Remove from heat and arrange quartered biscuits over top of pie filling. Bake for 18-20 minutes

Use Medium Stainless Scoop to measure 3 scoops of Cream Cheese Icing into a Silicone Prep Bowl, microwave for 15-20 seconds.

Remove from oven onto Cooling Rack using Silicone Oven Mitts.

Invert onto serving plate, use the Small Mix ‘n Scrape to get any remaining Cherry Pie Filling from bottom of baker, and drizzle with melted frosting.

Variation:
Use your favorite fruit pie filling

Mom's Apple Crisp

Ingredients:

4 - 6 MEDIUM Granny Smith apples
8 graham crackers (2 ½ x 5)
¾ cup packed brown sugar
½ cup rolled oats
½ cup all-purpose flour
1 tsp ground cinnamon
½ tsp ground nutmeg
½ cup butter, melted
Vanilla Ice Cream

Directions:

Chop graham crackers using Meat Tenderizer - place in batter bowl

Add brown sugar, oats, flour, cinnamon, nutmeg & butter. Mix well

Peel, core & slice apples using Apple Peeler/Corer/Slicer.

Cut apples in half; fill Deep Covered Baker or RockCrok ¾ full

Sprinkle mixture evenly over apples

Microwave, covered, on HIGH 12-15 minutes or until apples are tender

Cool slightly: serve warm

Serve scoop vanilla ice cream with Ice Cream scoop

Bourbon-Soaked Spoon Cake

The Pampered Chef

Cake & Soaking Syrup
1 1/4 cups boiling water
1 cup old fashioned oats
1 1/2 cups flour, sifted
1 1/2 tsp pumpkin pie spice
1 tsp baking soda
1/2 tsp salt
1/2 cup butter (1 stick) softened
1 cup granulated sugar
1 1/3 cup packed brown sugar, divided
2 eggs
2 tsp vanilla extract
3/4 cup half and half
1/4 cup bourbon

Topping
2 cups sweetened flaked coconut
1/2 cup packed brown sugar
1/3 cup butter, melted
3 Tbs half and half

Directions:
Grease 2.5qt Everyday Pan with butter. Sprinkle bottom and sides with flour, shaking out excess, set aside. Pour water over oats in small bowl; let stand 20 minutes. Preheat oven to 350. Combine flour, pumpkin pie spice, baking soda and salt in medium bowl.

Using electric hand mixer on medium speed, beat butter in large bowl until creamy. Slowly beat in granulated sugar and *1 cup* of the brown sugar. Beat in eggs and vanilla, mix until well blended. Beat in oat mixture until well blended. Beat in flour mixture until well blended. Pour batter into prepared pan; bake uncovered, 42-45 minutes or until wooden pick inserted in center comes out clean.

Meanwhile, for soaking syrup, combine remaining 1/3 cup brown sugar, half and half and bourbon in 2 Cup Easy Read Measuring Cup. Microwave, uncovered, on HIGH 30-45 seconds or just until sugar is dissolved *(do not boil*).

Remove cake from oven, preheat broiler. Slowly drizzle syrup over cake. Combine ingredients for topping; spoon evenly over cake. Place pan 2-4 in from heating element; broil 4-6 minutes or until topping is golden brown and edges begin to bubble. Remove from oven; cool 1 hour. Serves 12.