

Spaghetti with Meatballs

Item: MP5

INGREDIENTS:

- 1 (28 ounce) can crushed tomatoes
- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 cup pasta sauce
- 1 cup beef stock
- Quarter Sweet onion, minced
- 5 cloves garlic, minced
- 2 Tbsp granulated sugar
- 8 ounces spaghetti

MEATBALLS:

- 1 lb ground beef
- 5 cloves minced garlic
- 1/4 sweet onion, minced
- 3 Tbsp milk powder
- 1/2 cup bread crumbs
- 1 tsp salt
- 1/2 tsp ground black pepper
- 3 tbsp freshly grated parmesan cheese
- 3 eggs
- Parsley



- 1/2 lb ground beef
- White melt cheese
- Olive oil
- Salt and ground black to taste (adjust according to taste)

INSTRUCTIONS:

- Combine all ingredients for meatballs and mix it well until combined
- Roll mixture forming a ball (around 30-35 meatballs).
- Preheat MP5 to 350 degrees or medium heat if usin stovetop for about 5 minutes
- Put a little bit of olive oil
- Put onion and garlic
- Put 1/2 lb of ground beef, cover it for 2 minutes or until brown
- Put meatballs and cover for another 2 minutes or until brown
- OPTIONAL: Fry meatballs separately
- Place crushed tomatoes, diced tomatoes, tomato sauce, pasta sauce, beef stock, sugar, season with salt & pepper to taste.
- Cover for at least 10 minutes
- Stir in pasta, place white melted cheese, stir once, cover and cook
- Wait for vapo valve to click continuously
- Lower heat to 275 degrees and set timer to 15 minutes or until pasta is tender
- Place another melted cheese on top (optional) for another 5 minutes. Serve and enjoy!



Chicken Cordon Bleu Pizza

Item: EOC



INGREDIENTS:

- 1 Pillsbury Pizza dough (depending on your choice) or you can use flatbread crusts
- Alfredo sauce (enough to cover your pizza dough)
- 1 cup of diced chicken (adjust how much you want to use)
- 1 cup of ham or Canadian bacon (adjust how much you want to use)
- 1 cup fresh mozzarella
- 1 cup fresh Swiss cheese
- Fresh parsley for garnish (optional)

INSTRUCTIONS:

- Start with cold EOC
- Top it with mozzarella and Swiss cheese
- Place chicken and ham
- Another topping of mozzarella and Swiss cheese
- Garnish with fresh parsley (or you can skip it)
- Cover EOC and set temperature to 350 degrees and set timer to 10 minutes
- Open and wipe the inside cover with paper towel as it creates moisture during the cooking and also to maintain pizza crispiness
- Cover again and lower temperature to 300 degrees for another 10 minutes
- You can put another batch of cheese and set to 275 degrees for another 3 minutes
- Serve warm



Tasty Ginger Garlic Chicken

Item: Smokeless Broiler



INGREDIENTS:

- 2 lbs chicken thigh
- 2 tablespoons ginger (minced)
- 2 tablespoons garlic (minced)
- 1/4 cup soy sauce
- 1 lemon
- 2 tablespoons banana catsup
- 1 teaspoon ground pepper

INSTRUCTIONS:

- Combine all ingredients. Refrigerate for 1 hour to overnight. Grill chicken and serve.



Salmon Teriyaki

Item: EOC

INGREDIENTS:

- Salmon
- Broccoli
- Teriyaki Sauce



INSTRUCTIONS:

- Pour the teriyaki first in the EOC
- Add the frozen or fresh salmon, set temperature to 350 degrees and set timer to 12 minutes (6 minutes each side)
- Add the broccoli when time is down to 6 minutes



Nutella Crepes with Strawberries & Bananas

Item: 11" Square Griddle/ 10" Gourmet Skillet

INGREDIENTS:

- 2 large eggs
- 3/4 cup milk
- 1/2 cup water
- 1 cup flour
- 3 Tbsp melted butter
- butter for coating the pan or cooking spray



INSTRUCTIONS:

- Combine all the ingredients and mix it (better if using the blender).
- Store in the refrigerator for 1 hour (to allow air bubbles to settle).
- Preheat the square griddle using medium heat
- Spray with cooking or butter
- Pour at least an ounce into the center of the griddle and spread evenly

CONTINUATION...

INSTRUCTIONS:

- Cook 1 side 30 seconds or 1 minute or so depending on how golden you want it or when sides are dry and flip to cook the other side for another 10 - 15 seconds
- Lay flat and cool down
- Spread nutella as much as you like
- Put strawberry and banana on one side
- Fold in half and then into fourths
- Dust with powdered sugar and chocolate syrup as desired (optional)
- Serve warm



Easy Peasy Cucumber Salad

Items: Salad Bowl & Saladmaster Machine

INGREDIENTS:

- 1 cucumber processed in cone #4
- 1/2 small white onion processed in cone #4
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar
- salt and pepper to taste
- Garlic (freeze dried) optional



INSTRUCTIONS:

- Mix all ingredients. Refrigerate then serve.



Fruity Cantaloupe Refreshment

Items: Salad Bowl & Saladmaster Machine

INGREDIENTS:

- 1 cantaloupe, quartered and processed in cone #2
- 4-5 cups water
- 1/2 cup sugar

