

# SEAL YOUR MEAL SEAL IN FLAVOR

Recipe Book



**PowerXL**  
products that excel  
**DUO NUTRISEALER**

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# Quick Start Guide

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See owner's manual for complete instructions and important safety information before using this product.

## STEP 1



### Cut a Bag To Size

Place the appliance on a level surface. Press the Latch Lock Button to open the Sealing Arm. Place the bag material on the Sealing Platform.

Line the bag up with the Cutting Guides. Close the Sealing Arm and press down on the Sealing Arm near the Latch Lock Button until the Sealing Arm clicks into place. Starting at one end of the Sealing Arm, slide the Slide Cutter Tab all the way to the other side of the Sealing Arm to cut the bag to your desired length.

## STEP 2



### Seal One End

Plug the sealer into a power outlet. The Power indicator on the Control Panel will illuminate. Open the Sealing Arm. Insert one end of the open bag into the sealer, aligning the bag under the Alignment Bar tabs. Close and lock the Sealing Arm. Press the Seal Only button. The light next to the button will illuminate. When the bag is sealed, the light will turn off.

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## STEP 3



### Add Food

Open the Sealing Arm and remove the bag. Add food to the bag, leaving at least 2 inches of free space at the top of the bag to allow for a proper seal. Return the bag to the Sealing Platform and align the bag with the Alignment Bar. Close the Sealing Arm.

**NOTE:** Do not use the Vacuum & Seal Button with foods containing a large amount of liquid. Instead, use the Seal Only Button.

## STEP 4



### Vacuum and Seal

Press the Vacuum & Seal button. When the bag is sealed, the light will turn off.

## STEP 5



### Remove Sealed Bag

Open the Sealing Arm and remove the sealed bag.



# Healthy Snacks

for On the Go

## PEANUT BUTTER & APPLE

makes 3

### INGREDIENTS

6 tsp. peanut butter  
1 apple, sliced

### DIRECTIONS

1. Cut a bag from the roll of resealable bags. Seal the bag vertically into two compartments with one compartment bigger than the other. Seal one side of the compartments horizontally. Repeat to make three total snack packs.
2. Place 2 tsp. peanut butter in the smaller compartment and one third of the apple in the larger compartment. Repeat until all three snack packs are filled.
3. Seal and store for later use.

## HUMMUS & CARROTS

makes 4

### INGREDIENTS

½ cup hummus  
24 carrot sticks

### DIRECTIONS

1. Cut a bag from the roll of resealable bags about 6 inches long. Seal the bag vertically into two compartments with one compartment bigger than the other. Seal one side of the compartments horizontally. Repeat to make four total snack packs.
2. Place 2 tbsp. hummus in the smaller compartment and 4 carrot sticks in the larger compartment. Repeat until all four snack packs are filled.
3. Seal and store for later use.

## CHEESE & CRACKERS

makes 4

### INGREDIENTS

6 oz Swiss cheese, cut into four pieces  
8 crackers

### DIRECTIONS

1. Cut a bag from the roll of resealable bags about 5 inches long. Seal the bag vertically into two compartments with one compartment bigger than the other. Seal one side of the compartments horizontally. Repeat to make four total snack packs.
2. Place 1 Swiss cheese piece in the smaller compartment and 2 crackers in the larger compartment. Repeat until all four snack packs are filled.
3. Seal and freeze or store in the refrigerator for 2-4 hours for later use.





# Marinades in Minutes

*for Delicious Meals*

## ERIC'S EVERYTHING MARINADE

makes about 1 ½ cups

### INGREDIENTS

¼ cup olive oil	1 tbsp. tomato paste
½ cup rice vinegar	1 tsp. Dijon mustard
¼ cup your favorite jam (grape, strawberry, blueberry, orange marmalade)	1 tsp. cumin
¼ cup soy sauce	1 tsp. paprika
⅛ cup Worcestershire sauce	1 tsp. onion powder
	salt, to taste
	ground black pepper, to taste

### DIRECTIONS

1. In a blender, blend all the ingredients until well combined.
2. Cut a bag from the roll of resealable bags and seal one end. Use a funnel or measuring cup to pour marinade into the bag.
3. Seal and store the bag in the refrigerator or freezer for later use.

**ERIC'S TIP:** This marinade goes great with any proteins, including pork tenderloins, chicken breasts, boneless chicken thighs, steaks, London broil, pork chops, and salmon.



# CHICKEN WITH HERB MARINADE

serves 4

## INGREDIENTS

4 chicken breasts,  
trimmed

### Herb Marinade

3 tbsp. red wine vinegar

1 tbsp. honey

1 tsp. salt

½ tsp. ground  
black pepper

1 tsp. fresh thyme leaves

2 tsp. chopped  
fresh rosemary

2 tbsp. chopped parsley

1 shallot, minced

¼ cup olive oil

## DIRECTIONS

1. In a bowl, mix all the Herb Marinade ingredients. Place the chicken breasts in a sealable bag and pour the Herb Marinade over the chicken.
2. Cut a bag from the roll of resealable bags and seal one end.
3. Place the chicken breasts in the bag and pour the Herb Marinade over the chicken.
4. Vacuum seal the bag.
5. The vacuum-sealed chicken can be frozen or marinated in the refrigerator for 2-4 hours before grilling.







# DILL- SCALLION- MARINATED SALMON

serves 4

## INGREDIENTS

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 tbsp. fresh parsley      | 1 tbsp. fresh chives            |
| 1 ½ tsp. garlic powder     | 1 cup nonfat plain Greek yogurt |
| 1 ½ tsp. onion powder      | ⅓ cup buttermilk                |
| ¼ tsp. ground black pepper | 1 tsp. Dijon mustard            |
| 1 tsp. salt                | 1 tsp. lemon juice              |

## DIRECTIONS

1. In a bowl, mix all the Dill-Scallion Marinade ingredients.
2. Cut a bag from the roll of the resealable bags and seal one end.
3. Place the salmon in a sealable bag and pour the Dill-Scallion Marinade over the salmon.
4. Vacuum seal the bag.
5. The vacuum-sealed salmon can be frozen or marinated for 2–4 hours in the refrigerator before grilling.

## BALSAMIC VINAIGRETTE

makes 8 packs

### INGREDIENTS

2 tbsp. white balsamic vinegar	¼ tsp. granulated garlic
2 tbsp. balsamic vinegar	¼ tsp. granulated onion
½ tsp. salt	1 shallot, minced
¼ tsp. ground black pepper	¾ cup extra virgin olive oil

### DIRECTIONS

1. In a blender, pulse all the ingredients until combined.
2. Cut a bag from the roll of resealable bags. Seal the bag vertically into four equal compartments. Seal one side of the compartments horizontally. Repeat to make eight total compartments.
3. Use a funnel or measuring cup to evenly divide the ingredients between the compartments (about 2 tbsp. per compartment).
4. Seal and store in the freezer or refrigerator for later use.

## RANCH DRESSING

makes 8 packs

### INGREDIENTS

1 tbsp. fresh parsley	1 tbsp. fresh chives
1 ½ tsp. garlic powder	1 cup nonfat plain Greek yogurt
1 ½ tsp. onion powder	⅓ cup buttermilk
¼ tsp. ground black pepper	1 tsp. Dijon mustard
1 tsp. salt	1 tsp. lemon juice

### DIRECTIONS

1. In a food processor, pulse all the ingredients until combined.
2. Cut a bag from the roll of resealable bags. Seal the bag vertically into four equal compartments. Seal one side of the compartments horizontally. Repeat to make eight total compartments.
3. Use a funnel or measuring cup to evenly divide the ingredients between the compartments (about 2 tbsp. per compartment).
4. Seal and store for later use.



## CHICKEN KABOBS

serves 4

### INGREDIENTS

- 2 chicken breasts, cut into 6 chunks
- 2 zucchinis, cut into 6 circles about 1 inch wide
- 2 red onions, quartered
- 8 cherry tomatoes

#### Marinade

- ¼ cup red vinegar
- ½ tsp. onion powder
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. ground black pepper
- 1 tsp. salt
- 1 tbsp. honey
- ½ cup olive oil



### DIRECTIONS

1. Cut a bag from the roll of the resealable bags and seal one end.
2. Make four skewers by alternating the chicken, zucchinis, onions, and tomatoes.
3. In a bowl, mix all the Marinade ingredients. Place the skewers in a sealable bag and pour the Marinade over the skewers.
4. Vacuum seal the bag.
5. The sealed skewers can be frozen or marinated in the refrigerator for 2-4 hours before grilling.

## BEEF SHISH KABOBS

serves 4

### INGREDIENTS

- 1 ½ lb London broil, cut into 2-inch cubes
- 2 red peppers, cut into chunks
- 2 green peppers, cut into chunks
- 8 mushroom caps
- 2 small red onions, cut into chunks

#### Marinade

- 1 tbsp. soy sauce
- 2 cloves garlic, minced
- 1 tbsp. chopped rosemary
- 1 tbsp. Dijon mustard
- 1 tsp. sugar
- 1 tsp. coarsely ground black pepper
- 2 tbsp. red wine
- 2 tbsp. red wine vinegar
- ½ cup olive oil

### DIRECTIONS

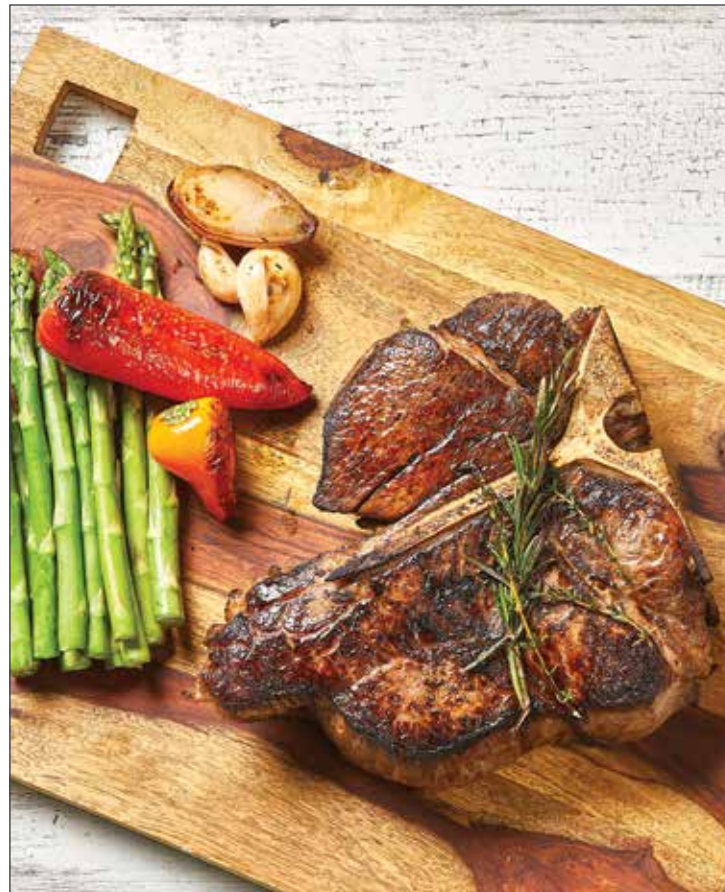
1. Cut a bag from the roll of the resealable bags and seal one end.
2. Make four skewers by alternating the beef, peppers, mushroom caps, and onions.
3. In a bowl, mix all the Marinade ingredients. Place the skewers in a sealable bag and pour the Marinade over the skewers.
4. Vacuum seal the bag.
5. The sealed skewers can be frozen or marinated in the refrigerator for 2-4 hours before grilling.

## SOUS VIDE- READY T-BONE STEAK

serves 2

### INGREDIENTS

- 1 1 ½-lb T-bone steak
- 1 tsp. pink sea salt
- ½ tsp. coarsely ground black pepper
- 1 sprig rosemary
- 2 cloves garlic
- 2 tbsp. olive oil



### DIRECTIONS

1. Cut a bag from the roll of resealable bags and seal one end.
2. Rub the steak with the salt and black pepper. Place the steak in the bag and add the rosemary, garlic, and olive oil.
3. Vacuum seal the bag.
4. The vacuum-sealed steak can be frozen, stored in the refrigerator for 2-4 hours, or cooked sous vide style immediately.

## GRILLED LAMB CHOPS

serves 2

### INGREDIENTS

- 1 rack of lamb, cut into chops

#### Marinade

- 2 sprigs rosemary, chopped
- 2 cloves garlic, minced
- 1 tbsp. soy sauce
- 2 tbsp. white balsamic vinegar
- ¼ cup extra virgin olive oil
- ½ tsp. coarsely ground black pepper



### DIRECTIONS

1. Cut a bag from the roll of the resealable bags and seal one end.
2. In a bowl, mix all the Marinade ingredients. Place the lamb chops in a sealable bag and pour the Marinade over the lamb chops.
3. Vacuum seal the bag.
4. The vacuum-sealed lamb chops can be frozen or marinated in the refrigerator for 2-4 hours before grilling.



# ONE-POT CHICKEN THIGHS & RED CURRY

serves 4

## DIRECTIONS

1. Cut a bag from the roll of resealable bags and seal one end.
2. Season the chicken with the salt and black pepper.
3. Preheat the oven to 375° F/191° C.
4. Place a large sauté pan on the stove top. Add the olive oil. Heat the oil over high heat. When the oil is hot, brown the chicken and potatoes.
5. Make a space in the pan. Add the shallot and peppers and cook for 2-3 minutes.
6. Add the wine, red curry paste, stock, and coconut milk and bring to a boil.
7. Transfer the pan to the oven and cook until an instant-read thermometer inserted into the thickest part of the chicken reads 165° F/74° C (about 15 minutes).
8. Cool and place into the bag, then vacuum seal the other end.
9. Store in the freezer or refrigerator for 2-4 hours. To reheat, either add to a pot of boiling water or microwave until warm.

## INGREDIENTS

4 chicken thighs	1 shallot, minced
½ tsp. salt	8 mini sweet peppers
½ tsp. ground black pepper	¼ cup white wine
2 tbsp. olive oil	1 tbsp. red curry paste
½ lb baby potatoes	¾ cup chicken stock
	1 cup coconut milk





# CHICKEN BURRITO BOWL

serves 6

## INGREDIENTS

2 chicken breasts, diced  
2 tbsp. olive oil  
½ onion  
2 cloves garlic, minced  
1 yellow pepper, diced small  
2 tbsp. chili powder  
1 cup rice  
1 ½ cups chicken stock or broth  
1 15-oz can black beans, drained & rinsed  
1 15.25-oz can whole-kernel corn, drained  
1 cup tomato salsa  
2 tbsp. chopped fresh cilantro

**Chipotle Sour Cream**  
1 cup sour cream  
2 tbsp. chipotle paste  
juice of 1 lime  
¼ tsp. salt, or more, to taste

**Toppings**  
2 cups shredded lettuce  
1 cup salsa  
1 cup guacamole  
4 scallions, chopped

## DIRECTIONS

1. Cut a bag from the roll of the resealable bags and seal one end.
2. Place a stock pot on the stove top. Add the olive oil. Heat the oil over high heat. When the oil is hot, sauté the chicken for 4 minutes.
3. Add the onion, garlic, pepper, and chili powder and cook for 2 minutes.
4. Add the rice and stir. Add the chicken stock, beans, and corn. Cover the stock pot and simmer for 20 minutes.
5. When done, turn off the heat and fold in the salsa and cilantro.
6. Let cool and then vacuum seal the other end of the bag. Store in the refrigerator for 2-4 hours or freeze for later use.
7. To make the Chipotle Sour Cream, in a bowl, whisk together the Chipotle Sour Cream ingredients.
8. To reheat the chicken, microwave or boil in water until warm.
9. Serve topped with the lettuce, salsa, guacamole, scallions, and Chipotle Sour Cream.

# BEEF CHILI

serves 4-6

## INGREDIENTS

2 lb ground chuck  
2 tbsp. olive oil  
1 small onion, diced  
½ yellow pepper, diced  
3 tbsp. chili powder  
½ tsp. cumin  
½ tsp. coriander  
1 tsp. paprika  
¼ tsp. hot paprika  
2 cup red kidney beans  
1 28-oz can tomato puree  
1 tbsp. sugar  
1 tsp. salt  
½ tsp. ground black pepper  
2 tbsp. chopped cilantro



## DIRECTIONS

1. Cut a bag from the roll of the resealable bags and seal one end.
2. Place a large pot on the stove top. Add the olive oil. Heat the oil over high heat. When the oil is hot, brown the chuck.
3. Add the onion and pepper and cook until tender.
4. Add the chili powder, cumin, coriander, paprika, and hot paprika and cook for 1 minute.
5. Add the beans, tomato puree, sugar, salt, and black pepper and simmer for 45 minutes.
6. Add the cilantro and stir.
7. Let cool and then vacuum seal the other end of the bag. Store in the refrigerator for 2-4 hours or freeze for later use.
8. To reheat, microwave or boil in water until warm.



# BEEF STEW

serves 4-6

## INGREDIENTS

2 lb beef chuck, cubed	4 carrots, peeled & cut into large chunks
¼ cup flour	2 cloves garlic, minced
1 ½ tsp. salt, plus more to taste, divided	2 tbsp. tomato paste
1 tsp. ground black pepper, plus more to taste, divided	12 oz beer
2 tbsp. olive oil	3 cups beef stock
1 cup pearl onions, peeled	1 lb baby potatoes
	1 bay leaf
	1 sprig thyme
	1 sprig rosemary

## DIRECTIONS

1. Cut a bag from the roll of resealable bags and seal one end.
2. In a bowl, combine the flour, salt, and black pepper. Toss the beef in the seasoned flour and shake off any excess flour.
3. Place a stock pot on the stove top. Add the olive oil. Heat the oil over high heat. When the oil is hot, brown the beef. Remove and reserve the beef.
4. Add the onions, carrots, and garlic and cook for 2 minutes.
5. Add the tomato paste and cook for 1 minute.
6. Add the beef and beer and cook until reduced by half.
7. Add the rest of the ingredients, stir, and cover the pot. Simmer until the meat is tender (1 ½-2 hours).
8. Season with salt and black pepper, to taste.
9. Let cool and place into the bag. Vacuum seal the other end of the bag. Store in the refrigerator for 2-4 hours or freeze for later use.
10. To reheat, microwave or boil in water until warm.







# STRAWBERRY WATERMELON FROZEN POPS

makes 8

## INGREDIENTS

2 cups watermelon  
3 cups strawberries

## DIRECTIONS

1. In a blender, mix the watermelon and strawberries.
2. Cut a bag from the roll of resealable bags. Seal the bag vertically into four equal compartments. Seal one side of the compartments horizontally. Repeat to make eight total compartments.
3. Use a funnel or measuring cup to evenly divide the ingredients between the compartments.
4. Seal and freeze.



# ORANGE CREAM FROZEN POPS

makes 8

## INGREDIENTS

1 ½ cups vanilla yogurt  
1 ½ cups orange juice

## DIRECTIONS

1. In a bowl, mix the ingredients.
2. Cut a bag from the roll of resealable bags. Seal the bag vertically into four equal compartments. Seal one side of the compartments horizontally. Repeat to make eight total compartments.
3. Use a funnel or measuring cup to evenly divide the ingredients between the compartments.
4. Seal and freeze.

# BLUEBERRY KIWI FROZEN POPS

makes 8

## INGREDIENTS

2 cups blueberries  
6 kiwis, peeled  
½ cup water or juice

## DIRECTIONS

1. In a blender, mix the blueberries, kiwis, and water or juice.
2. Cut a bag from the roll of resealable bags. Seal the bag vertically into four equal compartments. Seal one side of the compartments horizontally. Repeat to make eight total compartments.
3. Use a funnel or measuring cup to evenly divide the ingredients between the compartments.
4. Seal and freeze.

# MANGO FROZEN POPS

makes 8

## INGREDIENTS

2 cups fresh or frozen  
mango chunks  
1 cup mango juice

## DIRECTIONS

1. In a blender, mix the mango chunks and mango juice.
2. Cut a bag from the roll of resealable bags. Seal the bag vertically into four equal compartments. Seal one side of the compartments horizontally. Repeat to make eight total compartments.
3. Use a funnel or measuring cup to evenly divide the ingredients between the compartments.
4. Seal and freeze.

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