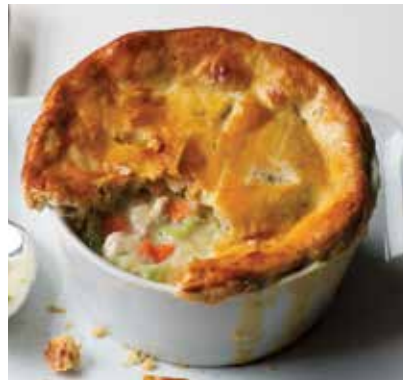


Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



**INTELLI-SENSE™** KITCHEN SYSTEM

# MEALTIME STREAMLINED

35 Quick & Easy Recipes





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CHORIZO  
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# THE KITCHEN, RECENTERED.

The days of guessing in the kitchen are over. Which means so are the days of kitchen chaos. The Ninja® Intelli-Sense™ Kitchen System with Smart Vessel Recognition does the thinking for you. Just snap on your desired vessel and the interface displays pre-set programs and manual speed settings available for your recipes. Now you've got one adaptive tool to make everything from healthy dinners to bake-sale-winning treats at the tap of a touchscreen.

And there's a whole new reason the kitchen is the most popular room in your house.





# SMART VESSEL RECOGNITION WITH SMART PROGRAMS

The Ninja Intelli-Sense™ Kitchen System easily transforms into three high-performance machines. Just snap on one of three interchangeable vessels—you'll get a menu of smart pre-sets and manual controls. Then touch the screen to select a program and go—the smart base automatically calibrates speed and power based on your recipe.



**SINGLE-SERVE CUP**



**PRECISION  
PROCESSOR™**



**TOTAL CRUSHING®  
PITCHER**

# WHO KNEW THIS MUCH FLAVOR COULD FIT IN A CUP?

High-Speed Blending gives you nutrient juices, smoothies, dressings, and sauces that'll make any kitchen jealous. It unlocks the potential of every fruit and veggie it meets,\* giving you tons of flavor and nutritious goodness in every recipe you make.

\*By blending whole fruits and vegetables, including portions that are usually discarded.

## TIPS FOR YOUR SINGLE-SERVE CUP

### LOADING TIPS

Don't overfill the cup. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.



5



Top off with ice or frozen ingredients.

4



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

3



Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

### PREP TIPS

For best results, cut ingredients in 1-inch chunks. Place frozen ingredients in the cup last.

Do not go past the max fill line when loading the cup.

CAUTION: Remove the Pro Extractor Blades Assembly from the Single-Serve Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, only use Spout Lid to cover.

# SO MUCH MORE THAN MEAL PREP.

With Precision Processing, you're not just breaking ingredients down into smaller pieces. You're bringing them together in ways you hadn't thought of before. From classic hummus to chicken pot pie, big mealtime inspiration can come from a relatively small place.

## TIPS FOR YOUR PRECISION PROCESSOR™

### LOADING TIPS

Don't overfill the bowl or ingredients may not break down evenly. If the ingredients exceed the max fill line, take some out.



3



Add liquid on top, as the last ingredient.

2



Place heavier ingredients, like chicken and root vegetables, on top of the greens and lettuces.

1



Place herbs, lettuces, and greens in the bowl first so they are at the bottom.

### PREP TIPS

Cut all ingredients to 1 inch or as designated in each recipe.

Peel bell peppers with a vegetable peeler prior to cutting for best performance.

When loading the bowl, make sure ingredients do not go past the max fill line.

Also comes with a dough blade.



# CRUSHING IT HAS NEVER BEEN EASIER.

Ice, whole fruits, vegetables. Check, check, and check.  
With Total Crushing® Technology, blast through the toughest ingredients  
you can find and end up with smooth, delectable results, every time.

## TIPS FOR YOUR TOTAL CRUSHING® PITCHER

### LOADING TIPS

Load softer, water-dense ingredients on the bottom, and ice or frozen ingredients on top. This creates a vortex in the pitcher that leads to a smoother breakdown of frozen ingredients.

Top off with ice or frozen ingredients.

Next add any dry or sticky ingredients like seeds, powders, and nut butters.

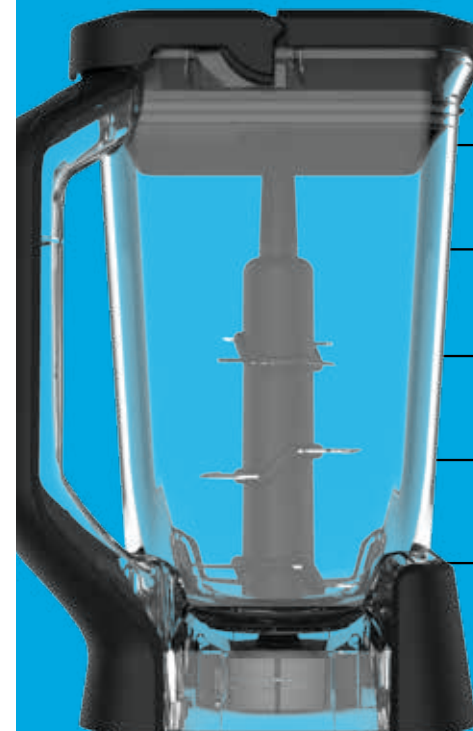
Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.

Next add leafy greens and herbs.

Start by adding fresh fruits and vegetables.

### PREP TIPS

For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the pitcher.



When loading the pitcher, make sure ingredients do not go past the max fill line.



# ORANGE BLUSH

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1/2 cup watermelon chunks

3/4 cup orange juice

1 cup frozen strawberries

1/2 cup ice

## DIRECTIONS

- 1** Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2** Select SMOOTHIE.
- 3** Remove blades from cup after blending.

## PREP SUGGESTION

Freeze fresh strawberries when they are perfectly ripe to enjoy a taste of summer long after the picking season ends.





# MANGO PROTEIN SHAKE

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

- 1 1/4 cups 1% milk
- 2 scoops vanilla protein powder
- 2 cups frozen mango chunks

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.





# LEAN GREEN

**PREP:** 10 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

- 1/2 small ripe banana
- 1/2 cup pineapple chunks
- 1/2 cup mango chunks
- 1/4 cup kale leaves
- 1/4 cup baby spinach
- 1/2 cup coconut water
- 1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.





# MORNING BERRY

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1 medium ripe banana, cut in half

1 1/2 cups almond milk

3 tablespoons honey

2 tablespoons flaxseed

1 1/2 cups frozen mixed berries

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.





## GRAPE TARRAGON REFRESHER

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 SERVING

### DIRECTIONS

- 1** Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2** Select REFRESHER.
- 3** Remove blades from cup after blending.

### INGREDIENTS

- 1/3 cup seedless green grapes
- 4 fresh tarragon leaves
- 1 cup maple water
- 1/4 cup ice



## PINEAPPLE MINT COCONUT REFRESHER

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

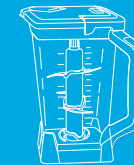
**MAKES:** 1 SERVING

### INGREDIENTS

- 1/4 cup pineapple chunks
- 3 fresh mint leaves
- 1 cup coconut water
- 1/4 cup ice

### DIRECTIONS

- 1** Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2** Select REFRESHER.
- 3** Remove blades from cup after blending.



# FRESH CITRUS MARGARITA

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

1 lime, peeled, cut in half, seeds removed

1 lemon, peeled, cut in quarters, seeds removed

1/3 cup orange juice

1/4 cup triple sec

2/3 cup tequila

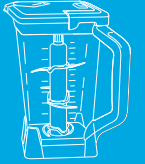
4 cups ice

## DIRECTIONS

**1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.

**2** Select FROZEN DRINK.





# TROPICAL COOLER

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING PITCHER

**MAKES:** 8 SERVINGS

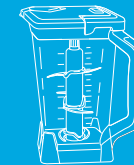
## INGREDIENTS

1 cup pineapple chunks  
 1/2 jalapeño pepper, seeds removed  
 1/2-inch piece fresh ginger, peeled  
 1/3 English cucumber, peeled, cut in quarters  
 Juice of 1 1/2 limes  
 1 1/2 cups coconut water  
 1/2 cup silver tequila  
 3 tablespoons agave nectar  
 1/4 teaspoon ground coriander  
 3 1/2 cups frozen mango chunks  
 1 1/2 cups ice  
 Cucumber slices, for garnish

## DIRECTIONS

- 1 Place all ingredients, except cucumber slices, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select FROZEN DRINK.
- 3 Pour into glasses and garnish each with cucumber slices.





# PEAR GINGER SAKE MARTINI

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 frozen pear, peeled, cored
- 1/2 teaspoon grated fresh ginger
- 2 cups pear juice
- 1/2 cup sake
- 1 tablespoon agave nectar
- 1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select FROZEN DRINK.
- 3 Pour into chilled martini glasses.





## SALSA VERDE

**PREP:** 15 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 4 CUPS

### INGREDIENTS

- 10 tomatillos, cut in quarters
- 1 cup red onion, chopped
- 1 cup fresh cilantro leaves
- 2 tablespoons lime juice
- 4 jalapeño peppers, cut in quarters, seeds removed
- 1/4 teaspoon ground cumin
- Salt and pepper, to taste

### DIRECTIONS

- 1** Place all ingredients into the 64-ounce Precision Processor in the order listed.
- 2** Select CHOP.

### SERVING SUGGESTION

Great with tortilla chips and enchiladas, or even as a rice topper.



## CHORIZO TACO DIP

**PREP:** 20 MINUTES **COOK:** 35 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 10-12 SERVINGS

### INGREDIENTS

- 1 package (16 ounces) chorizo sausage, chopped
- 1/2 medium onion, peeled
- 1 green bell pepper, chopped
- 1 tablespoon vegetable oil
- 1 package (8 ounces) low-fat cream cheese
- 1/2 cup low-fat ranch dressing
- 1 cup salsa
- 1 cup shredded Colby-Jack cheese
- 1 package (1.25 ounces) low-sodium taco seasoning
- 1 cup sliced black olives

### DIRECTIONS

- 1** Preheat oven to 350°F.
- 2** Place the chorizo, onion, and green bell pepper into the 64-ounce Precision Processor. PULSE until evenly chopped.
- 3** Heat oil in a saucepan and sauté mixture on medium-high heat until vegetables are tender, stirring occasionally, about 10 minutes. Transfer to a mixing bowl.
- 4** Place the cream cheese, ranch dressing, salsa, Colby-Jack cheese, and taco seasoning into the 64-ounce Food Precision Processor. Select DIPS.
- 5** Add the cream cheese mixture and black olives to the chorizo mixture, stirring to combine.
- 6** Transfer mixture to a 9x9-inch baking dish. Bake for 25 minutes, or until heated through.





# MUHAMMARA DIP

**PREP:** 10 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 4 CUPS

## INGREDIENTS

- 1/2 cup pita bread, torn in 1-inch pieces
- 1 jar (14 ounces) roasted red peppers, liquid reserved
- 2 cups walnuts, toasted
- 1/4 cup lemon juice
- 1/4 cup tomato paste
- 2 tablespoons Aleppo pepper
- 2 tablespoons sumac
- 2 tablespoons harissa paste
- 1 tablespoon pomegranate molasses
- 2 teaspoons ground cumin
- 1/4 cup olive oil
- Kosher salt and pepper, to taste

## DIRECTIONS

- 1** Soak pita in 1 cup liquid from roasted red peppers until soft, about 2 to 3 minutes. Remove softened pita, set aside, and discard excess liquid.
- 2** Place all ingredients, including softened pita, into 64-ounce Precision Processor in the order listed.
- 3** Select PUREE.





# CLASSIC HUMMUS

**PREP:** 10 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 2 1/2 CUPS

## INGREDIENTS

2 cans (14 ounces each) garbanzo beans,  
drained, liquid reserved

3/4 cup garbanzo bean liquid

1/4 cup fresh lemon juice

1/4 cup olive oil

2 cloves garlic, peeled

2 tablespoons tahini

1 teaspoon salt

## DIRECTIONS

**1** Place all ingredients into the 64-ounce Precision Processor in the order listed.

**2** Select PUREE.

## SERVING SUGGESTION

This recipe makes a big batch, which you can use a base for a few lunches. Top it with avocado, sliced veggies, herbs, and spices of your choice.



# AVOCADO CAESAR DRESSING

**PREP:** 10 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

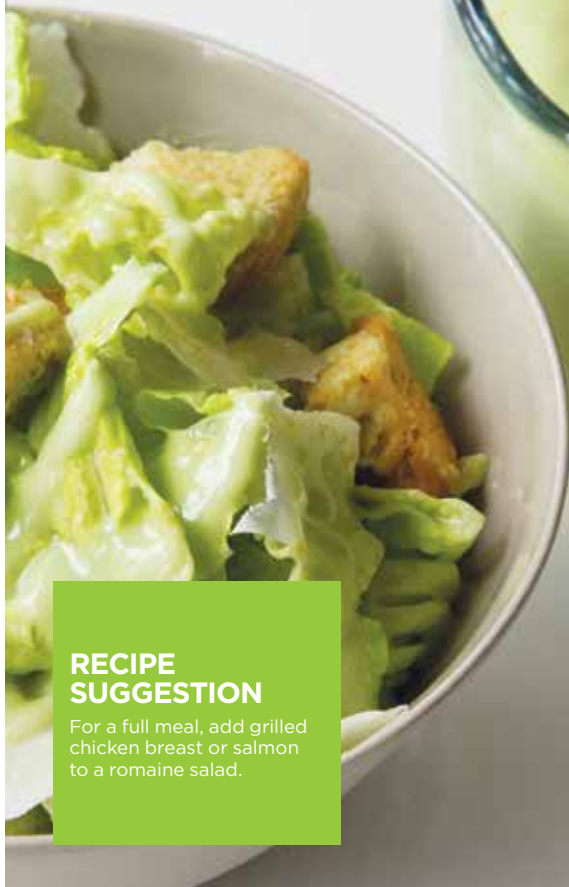
**MAKES:** 2 CUPS

## INGREDIENTS

- 1 ripe avocado, peeled, cut in half, pit removed
- 3 cloves garlic, peeled
- 1/2 cup shredded Parmesan cheese
- 1/2 can (1 ounce) oil-cured anchovies
- 1/2 teaspoons ground black pepper
- 2 tablespoons fresh lemon juice
- 2 tablespoons apple cider vinegar
- 1 cup cold water

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select DRESSING.
- 3 Remove blades from cup after blending.



### RECIPE SUGGESTION

For a full meal, add grilled chicken breast or salmon to a romaine salad.



# PINEAPPLE CILANTRO DIPPING SAUCE

**PREP:** 10 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 2 1/2 CUPS

## INGREDIENTS

3 cups pineapple chunks

1 1/2 small serrano chiles, seeds removed

1 small white onion, peeled, cut in quarters

1/2 cup fresh cilantro leaves

1/4 cup lime juice

3 tablespoons coconut oil

Salt and pepper, to taste

## DIRECTIONS

**1** Place all ingredients into the 64-ounce Precision Processor in the order listed.

**2** Select DIPS.





# TANDOORI MARINADE

**PREP:** 10 MINUTES **COOK:** 15 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 2 CUPS

## INGREDIENTS

- 1 package (2 ounces) dried ancho chile peppers
- 1/4-inch piece fresh ginger, peeled
- 2 cloves garlic, peeled
- 1/2 cup fresh cilantro leaves
- 2 tablespoons ground garam masala seasoning
- 1/8 teaspoon ground nutmeg
- 1 tablespoon fresh lemon juice
- 1 cup nonfat Greek yogurt
- 1/2 cup cold water

## DIRECTIONS

- 1 Place the dried ancho chile peppers into a small saucepan and pour just enough water to cover them. Bring to a boil, then reduce to a simmer and cook for 10 minutes. Strain peppers and let cool.
- 2 Remove the stems and seeds from the cooled peppers.
- 3 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed. Select DRESSING.
- 4 Remove blades from cup after blending.

**DO NOT BLEND HOT INGREDIENTS.**

## SERVING SUGGESTION

This delicious tandoori marinade, perfect for lamb, is also a great complement to grilled meats and seafood.



# SUN-DRIED TOMATO SAUCE

**PREP:** 10 MINUTES **COOK:** 25 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 3 1/2 CUPS

## INGREDIENTS

- 1 medium onion, peeled, cut in quarters
- 4 cloves garlic, peeled
- 1 tablespoon canola oil
- 1 can (28 ounces) whole peeled tomatoes
- 1 jar (6 ounces) sun-dried tomatoes packed in olive oil
- 1/2 cup dry red wine
- 1/2 teaspoon crushed red pepper
- Salt and pepper, to taste
- 1/4 cup fresh basil, chopped, for garnish

## DIRECTIONS

- 1 Place onion and garlic into the 64-ounce Precision Processor. PULSE until roughly chopped.
- 2 Heat the oil in a medium saucepan over medium heat. Add the onions and garlic. Sauté for 5 minutes, or until softened.
- 3 Place the tomatoes, sun-dried tomatoes, red wine, and crushed red pepper into the 64-ounce Precision Processor. Select PUREE and blend until desired consistency is reached.
- 4 Add tomato sauce to the saucepan with garlic and onions. Add salt and pepper to taste. Simmer 20 minutes.
- 5 Garnish with fresh basil before serving.

## RECIPE SUGGESTION

For a chunkier sauce, use the DIPS program instead of PUREE.



## SESAME GINGER DRESSING

**PREP:** 10 MINUTES

**CONTAINER:** 24-OUNCE SINGLE-SERVE CUP

**MAKES:** 1 1/2 CUPS

### INGREDIENTS

- 1 small shallot, peeled, cut in half
- 1-inch piece fresh ginger, peeled
- 1/4 cup soy sauce
- 1/4 cup rice wine vinegar
- 1 tablespoon toasted sesame oil
- 1 cup grapeseed oil or other neutral vegetable oil

### DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select DRESSING.
- 3 Remove blades from cup after blending.

## GARBANZO & GREENS SALAD

**PREP:** 15 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 2 SERVINGS

### INGREDIENTS

- 1/3 cup radicchio, cut in 1 1/4-inch pieces
- 1/2 cup fresh parsley leaves
- 1/2 cup watercress
- 1/2 cup Bibb lettuce, cut in 1 1/4-inch pieces
- 1/4 red bell pepper, cut in 1 1/4-inch pieces
- 1/4 cup (2 ounces) feta cheese
- 10 grape tomatoes
- 1/4 cup canned garbanzo beans, drained, blotted dry
- Salt and pepper, to taste
- 1/4 cup salad dressing, for serving

### DIRECTIONS

- 1 Place all ingredients, except dressing, into the 64-ounce Precision Processor in the order listed.
- 2 Select CHOP.
- 3 Toss with salad dressing and serve.





# CAULIFLOWER COUSCOUS

**PREP:** 15 MINUTES **COOK:** 5-7 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 4 SERVINGS

## INGREDIENTS

3 cups cauliflower florets

1 clove garlic, peeled

1 tablespoon fresh rosemary

1/4 cup plus 2 tablespoons extra virgin olive oil, divided

2 teaspoons lemon juice

1/2 teaspoon salt

1/2 teaspoon ground black pepper

1/2 cup slivered almonds

1/4 cup green onion, sliced

## DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Place the cauliflower florets, garlic, and rosemary into the 64-ounce Precision Processor. Select CHOP.
- 3 Toss chopped cauliflower mixture with 2 tablespoons olive oil. Spread evenly on a nonstick baking sheet. Roast for 5 to 7 minutes, then allow to cool slightly.
- 4 Transfer cauliflower to a mixing bowl. Add remaining ingredients and toss to combine.







# BUTTERNUT SQUASH SOUP

**PREP:** 20 MINUTES **COOK:** 35-40 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 8 SERVINGS

## INGREDIENTS

- 3 tablespoons olive oil
- 1 large yellow onion, peeled, chopped
- 1 cup raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 2 pounds butternut squash, peeled, cubed
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- 4 cups vegetable stock
- Kosher salt and black pepper, to taste

## DIRECTIONS

- 1 Heat oil in a large saucepan over medium heat. Add the onion, cooking until beginning to soften, about 5 minutes. Add cashews and cook, stirring, for about 5 minutes.
- 2 Add the apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add the stock and stir to combine. Bring soup to a boil, then reduce heat to medium-low. Simmer until the squash is easily pierced with a knife, about 20 to 25 minutes. Remove and discard bay leaf.
- 3 Allow soup to cool to room temperature.
- 4 Working in two batches, ladle half the cooled soup into the 64-ounce Precision Processor. Select PUREE. Repeat with second batch of soup.
- 5 Return soup to saucepan and simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**





# BROCCOLI CHEDDAR SOUP

**PREP:** 15 MINUTES **COOK:** 35-40 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 6 SERVINGS

## INGREDIENTS

- 3 tablespoons butter
- 1/2 small yellow onion, peeled, chopped
- 1 medium carrot, peeled, chopped
- 2 tablespoons flour
- 3 cups chicken broth
- 3 cups broccoli florets
- 1 cup whole milk
- 3/4 cup shredded cheddar cheese
- Salt and pepper, to taste

## DIRECTIONS

- 1** Melt butter in a heavy-bottom saucepan on medium heat. Add onion and carrot to saucepan and cook until tender, about 5 minutes.
- 2** Whisk in flour and cook for 5 minutes, stirring constantly. Add broth and continue stirring as mixture thickens. Add broccoli and simmer on medium heat until tender, 20 to 25 minutes, stirring occasionally. Cool to room temperature.
- 3** Place cooled soup into the 64-ounce Precision Processor. Select PUREE.
- 4** Return soup back to saucepan. Add milk, cheese, salt, and pepper. Simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**





# PEP IN YOUR STEP SOUP

**PREP:** 15 MINUTES **COOK:** 10 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 3 SERVINGS

## INGREDIENTS

3 red bell peppers, roasted, peeled, cooled

1/4 cup sundried tomatoes

2 cloves garlic, peeled

1/4 cup white wine

1/4 bunch Italian parsley, trimmed

1 cup low-sodium vegetable broth

Salt and pepper, to taste

Balsamic vinegar, for garnish

## DIRECTIONS

**1** Place all ingredients, except balsamic vinegar, into the 64-ounce Precision Processor in the order listed.

**2** Select PUREE.

**3** Transfer soup to a medium saucepan and simmer until heated through, about 10 minutes. Serve hot in bowls garnished with a splash of balsamic vinegar.

**DO NOT BLEND HOT INGREDIENTS.**





# MEDITERRANEAN CHICKEN SALAD

**PREP:** 10 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 2 SERVINGS

## INGREDIENTS

2 cups romaine lettuce, torn in large pieces

1 cup cooked chicken breast, cooled

1 cup cherry tomatoes

1/2 cup Kalamata olives

1/2 cup feta cheese

Salad dressing, for serving

## DIRECTIONS

- 1** Place all ingredients, except dressing, into the 64-ounce Precision Processor in the order listed.
- 2** Select CHOP.
- 3** Toss with your favorite salad dressing and serve.

**DO NOT BLEND HOT INGREDIENTS.**





# BLACK BEAN SOUP

**PREP:** 25 MINUTES **COOK:** 25-30 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 6 SERVINGS

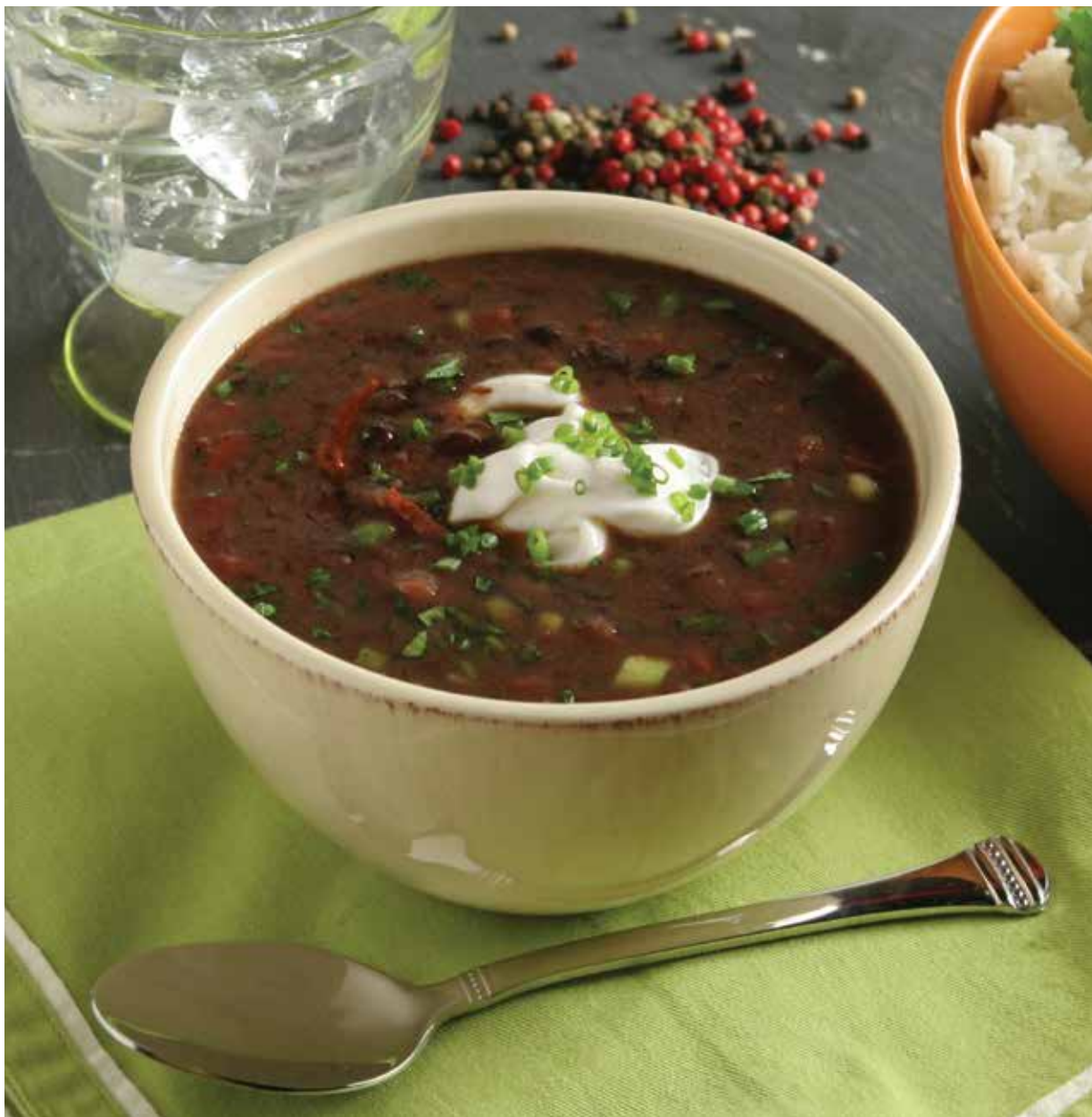
## INGREDIENTS

- 1 teaspoon olive oil
- 1/2 onion, peeled, chopped
- 1 carrot, peeled, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, peeled, chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 3 cups cooked black beans, drained
- 2 chipotle peppers
- 2 cups low-sodium chicken broth, plus more as desired
- Salt and pepper, to taste
- Sour cream, for garnish
- Scallions, minced, for garnish

## DIRECTIONS

- 1 Heat oil in a 3-quart saucepan over medium-high heat. Add onion, carrot, celery, garlic, cumin, and oregano to the saucepan. Sauté until vegetables are softened. Add remaining ingredients, except sour cream and scallions, to the saucepan. Simmer for 15 minutes. Let cool to room temperature.
- 2 Place 2 cups of the cooled soup into the 64-ounce Precision Processor.
- 3 Select PUREE.
- 4 Return pureed soup to saucepan with remaining unprocessed soup and simmer until heated through.
- 5 Garnish each serving with sour cream and scallions.

**DO NOT BLEND HOT INGREDIENTS.**





# MARGHERITA PIZZA

**PREP:** 20 MINUTES **RISE:** 1 HOUR **COOK:** 15-20 MINUTES  
**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™  
**MAKES:** 2 (12-INCH) PIZZAS

## INGREDIENTS

### DOUGH

1 packet (2 ¼ teaspoons) active dry yeast  
 1 ½ teaspoons sugar  
 1 ¼ cup warm water  
 4 cups all-purpose flour  
 1 teaspoon salt  
 ½ cup extra virgin olive oil

### TOPPINGS

½ cup pizza sauce  
 2 cups fresh mozzarella, cut in ½-inch chunks  
 2 Roma tomatoes, thinly sliced  
 Salt and pepper, to taste  
 ½ cup fresh basil leaves, for garnish

## DIRECTIONS

- 1 To make the dough, combine the yeast, sugar, and warm water in a small bowl and set aside until foamy, about 5 minutes.
- 2 Position the Dough Blade in the 64-ounce Precision Processor, then add the flour, salt, olive oil, and yeast mixture.
- 3 Select DOUGH for 30 seconds, or until a dough ball forms.
- 4 Place dough ball in a lightly oiled bowl and cover loosely with plastic wrap. Let rise in a warm place for 1 hour, or until dough ball doubles in size.
- 5 Once dough has risen, preheat oven to 400°F.
- 6 Cut dough ball in half. Roll out one half into a 10-inch disc and place on a lightly oiled pan. Repeat with other half.
- 7 Top each rolled-out dough with ¼ cup pizza sauce, spreading it out in a thin and even layer. Sprinkle each with mozzarella and then top with tomatoes. Sprinkle with salt and pepper to taste.
- 8 Bake 15 to 20 minutes, or until crust is golden brown and cooked through. Garnish with fresh basil.





# TACO NIGHT

**PREP:** 15 MINUTES **COOK:** 6-8 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 8 TACOS

## INGREDIENTS

1/2 medium yellow onion, peeled, cut in quarters

1 pound uncooked boneless turkey breast, cut in 2-inch cubes

1 tablespoon canola oil

1 package (1 ounce) low-sodium taco seasoning mix

## FOR SERVING

8 hard taco shells

1/2 cup low-fat cheddar cheese, shredded

1 cup shredded lettuce

1/4 cup jalapeño peppers, sliced

1/3 cup cilantro, chopped

1/2 cup salsa

## DIRECTIONS

- 1 Place the onion and turkey into the 64-ounce Precision Processor. Select CHOP until finely ground.
- 2 Heat oil in a medium skillet over medium heat. Sauté turkey mixture for 6 to 8 minutes, or until cooked through. Add taco seasoning mix and stir to combine.
- 3 Assemble each taco with cooked turkey, cheese, lettuce, jalapeño peppers, cilantro, and salsa.

## RECIPE SUGGESTION

Change it up by using boneless chicken breast, salmon, or shrimp.



# SALMON BURGERS

**PREP:** 10 MINUTES **COOK:** 6 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 4 SERVINGS

## INGREDIENTS

2 scallions, ends trimmed, cut in 2-inch pieces

1 pound uncooked boneless, skinless salmon, cut in 2-inch chunks

1 tablespoon lemon juice

1 large egg

$\frac{3}{4}$  teaspoon crab seasoning

2 teaspoons Dijon mustard

$\frac{1}{4}$  cup panko bread crumbs

1 tablespoon salt

$\frac{1}{2}$  teaspoon ground black pepper

## DIRECTIONS

- 1 Place all ingredients into the 64-ounce Precision Processor in the order listed.
- 2 Select CHOP until mixture is ground. Form mixture into 4 burgers.
- 3 Spray a nonstick skillet or grill pan with vegetable cooking spray and place over medium-high heat. Add burgers and cook until golden brown and cooked through, about 3 minutes per side.

### RECIPE SUGGESTION

This recipe works just as well with tuna.





# CHICKEN POT PIE

**PREP:** 10 MINUTES **COOK:** 55-65 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 6 SERVINGS

## INGREDIENTS

### CRUST

Pie dough (recipe page 73)

### FILLING

4 medium carrots, peeled, cut in thirds

3 stalks celery, cut in thirds

1 1/2 small onions, peeled, cut in quarters

1 pound uncooked boneless, skinless chicken breasts

2 tablespoons olive oil

1 stick (1/2 cup) butter

1/2 cup flour

4 cups chicken broth

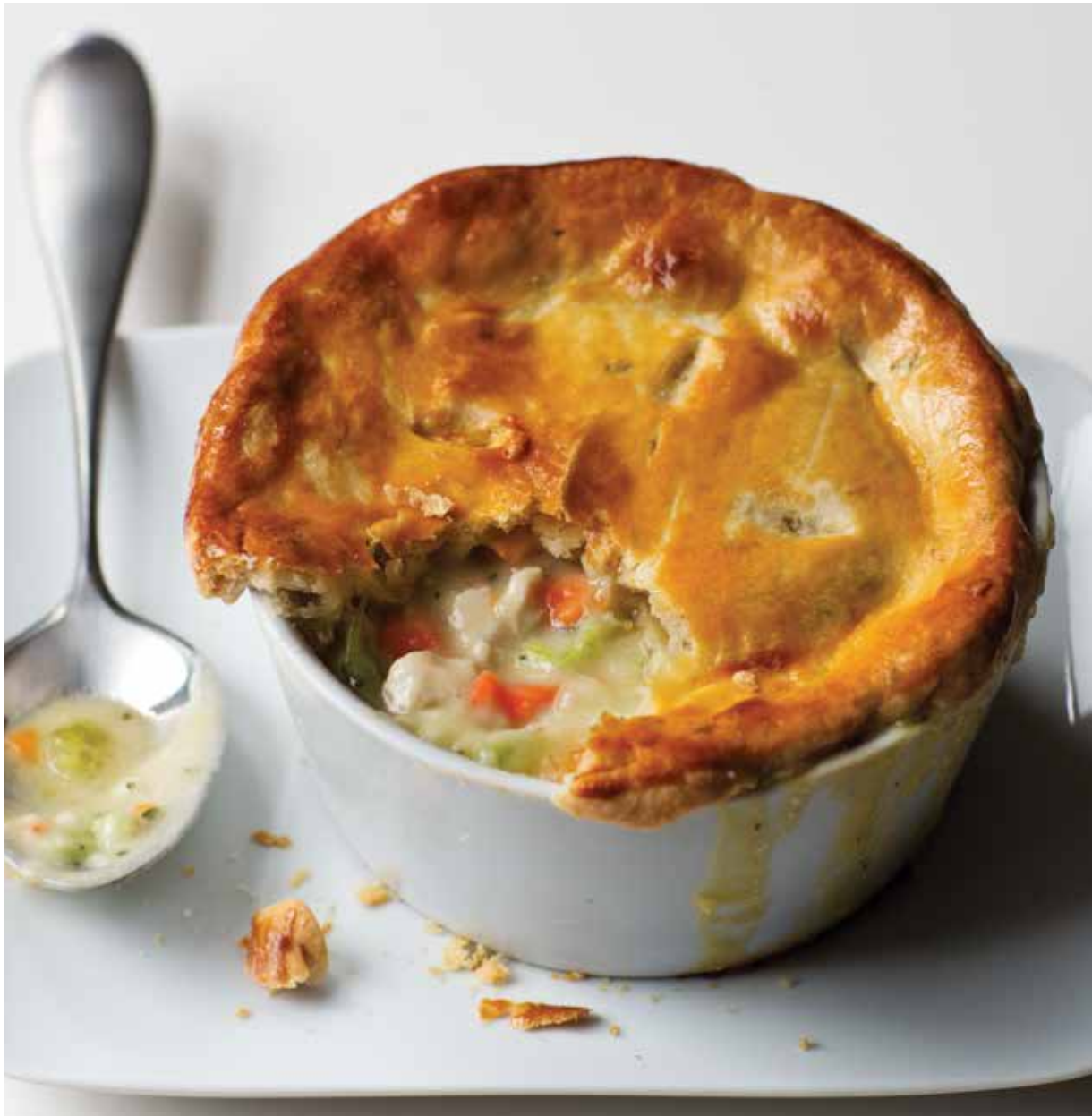
1 tablespoon fresh thyme leaves

Salt and pepper, to taste

2 tablespoons milk

## DIRECTIONS

- 1 To prepare the crust, follow Pie Dough recipe on page 73.
- 2 Preheat oven to 375°F. Place carrots, celery, and onions into the 64-ounce Precision Processor.
- 3 Select CHOP. Transfer chopped vegetables to a bowl and set aside.
- 4 Place chicken into the 64-ounce Precision Processor. Select CHOP.
- 5 Add olive oil to a large skillet over medium heat. Add chopped vegetables and cook for 2 to 3 minutes. Add chopped chicken and continue cooking until vegetables are softened and chicken is cooked through, about 5 to 8 minutes.
- 6 Melt butter in a saucepan over medium heat. Add flour to saucepan, stirring constantly, for 3 minutes. Add broth, stirring constantly with a whisk, until mixture thickens to form a sauce. Add thyme and season with salt and pepper.
- 7 Combine the vegetables and chicken with the sauce, then pour mixture into a casserole dish. Remove one pie dough disc from refrigerator and roll out to 2 inches larger than the casserole dish. Place dough on top of filling and crimp edges. Cut vent holes in dough and brush with milk. Cook for 45 to 50 minutes or until crust is lightly browned.





# LEMON BARS

**PREP:** 25 MINUTES **COOK:** 35–40 MINUTES

**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™

**MAKES:** 10–12 SERVINGS

## INGREDIENTS

2 sticks (1 cup) unsalted butter, softened

2 cups sugar, divided

2 1/3 cups all-purpose flour, divided

4 large eggs

2/3 cup lemon juice

Confectioners' sugar, for serving

## DIRECTIONS

**1** Preheat oven to 350°F.

**2** Position the Dough Blade in the 64-ounce Precision Processor, then add butter, 1/2 cup sugar, and 2 cups flour. Select DOUGH and blend until smooth.

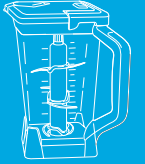
**3** Press crust into the bottom of an ungreased 9x13-inch baking dish. Bake 15 minutes, or until firm and golden in color. Let cool for 10 minutes.

**4** Place eggs, 1 1/2 cups sugar, 1/3 cup flour, and lemon juice into the 64-ounce Precision Processor. Select DOUGH and blend until smooth and sugar is dissolved. Pour mixture over the baked crust.

**5** Bake 20 to 25 minutes. Bars will firm as they cool.

**6** Cool completely, then dust with confectioners' sugar.





# VANILLA PEPPERMINT ICE CREAM

**PREP:** 10 MINUTES **FREEZE:** 15 MINUTES-3 HOURS

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 6 SERVINGS

## INGREDIENTS

2 cups heavy cream

1 cup evaporated milk

10 round peppermint candies

1/4 cup powdered sugar

1/2 teaspoon peppermint extract

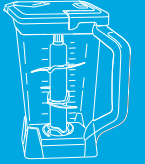
1 cup whole milk

## DIRECTIONS

- 1** Stir together the heavy cream and evaporated milk. Pour into ice cube trays and freeze for 8 hours or overnight.
- 2** Place peppermint candies, powdered sugar, peppermint extract, milk, and frozen cream cubes into the 72-ounce Total Crushing Pitcher.
- 3** Select ICE CREAM.
- 4** Remove mixture from the Total Crushing Pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and place in the freezer for 2 to 3 hours, or until hardened.

## SERVING SUGGESTION

Garnish with additional chopped candies.



# COCONUT PINEAPPLE SORBET

**PREP:** 10 MINUTES **FREEZE:** 15 MINUTES-3 HOURS

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

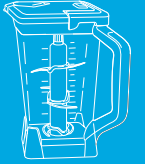
## INGREDIENTS

- 2 cups frozen pineapple chunks
- 1 small frozen ripe banana, cut in quarters
- 2 tablespoons fresh lime juice
- 1 cup light coconut milk
- 2 tablespoons agave nectar
- 1 teaspoon grated fresh ginger

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM.
- 3 Remove mixture from the Total Crushing Pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and place in the freezer for 2 to 3 hours, or until hardened.





# STRAWBERRY SNOW

**PREP:** 2 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

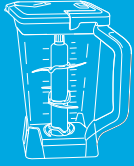
## INGREDIENTS

4 cups frozen strawberries

## DIRECTIONS

- 1** Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2** Select SNOW CONE.





## COFFEE SNOW CONE

**PREP:** 5 MINUTES **FREEZE:** 8 HOURS  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER  
**MAKES:** 5 SERVINGS

### INGREDIENTS

2 cups coffee, chilled  
 1/4 cup sugar  
 1 cup ice cubes

### DIRECTIONS

- 1 Stir together coffee and sugar. Pour into ice cube trays and freeze for 8 hours or overnight.
- 2 Place the ice cubes and 5 cups frozen coffee cubes into the 72-ounce Total Crushing Pitcher.
- 3 Select SNOW CONE.

**DO NOT BLEND HOT INGREDIENTS.**

## PIE DOUGH

**PREP:** 20 MINUTES  
**CONTAINER:** 64-OUNCE PRECISION PROCESSOR™  
**MAKES:** 2 PIE CRUSTS

### INGREDIENTS

2 1/2 cups all-purpose flour  
 1 teaspoon salt  
 6 tablespoons unsalted butter, cold, cut in cubes  
 5 tablespoons vegetable shortening baking stick, cold, cut in cubes  
 1/2 cup ice-cold water

### DIRECTIONS

- 1 Position the Dough Blade in the 64-ounce Precision Processor, then add flour, salt, butter, and shortening.
- 2 PULSE until combined.
- 3 Add ice-cold water. Select DOUGH until a dough ball is formed.
- 4 Transfer dough to a lightly floured work surface and knead.
- 5 Divide dough into two pieces. Form each piece into a 1-inch-thick flattened disc. Wrap each disc in plastic wrap and refrigerate until needed.



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