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

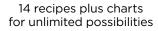




















Your guide to cooking like a Foodi

Welcome to the Ninja® Foodi® PossibleCooker™ recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that unlock delicious possibilities. From slow-cooked classics to oven-to-table showstoppers, anything is possible.

Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi friends on the Official Ninja Foodi Family™ Community. Facebook.com/groups/NinjaFoodiFamily



Table of Contents

2
3
4
5
5
6
9
12
15
26
28

Cooking functions

Get to know the 4 cooking functions that replace 8 different cooking tools and appliances.

Slow Cooker



Set it and forget it while your meal cooks to perfection.

Keep Warm



Triple Fusion Heat keeps food at a ready-to-eat temperature.





High bottom heat perfectly sears meats and browns veggies.

Braise



Cook fork-tender meats filled with flavor.

Endless possibilities, all in one pot.



Sauté to crispy perfection

From caramelized veggies to braised meat, the bottom of your pot sautés like your stovetop.

Set it and forget it

Just toss in all of your ingredients and come back to a beautifully cooked meal.

Bake and brown in the oven

Use a conventional oven to add a crispy finish with an inner pot that's oven perfect serving dish. safe up to 500°F.

from the pot Elegantly designed, the inner pot makes the

Serve straight



Getting Started



Tips & Tricks

Cooking Tips

Use oven mitts, roast lifters, or tongs when removing food, as the inner pot may be hot.

For best results, don't remove the lid while your food is cooking.

Product Tips

Never use metal utensils as they may damage pot coating.

The inner pot is oven safe to 500°F, doubles as a serving pot, and is dishwasher safe. The lid and utensil are also dishwasher safe.

Additional Accessories







Silicone Mitts Ninja® Travel Bag

Scan Here for additional accessories and replacement parts.

*Accessories not included with purchase.

EGG FRITTATA WITH HASH BROWNS AND BACON



BEGINNER RECIPE ●00

PREP: 15 MINUTES | COOK: 52 MINUTES | MAKES: 8 SERVING

INGREDIENTS

eakfast

ň

- 12 strips uncooked bacon, chopped
- 1 large white onion, peeled, chopped
- 2 bell peppers (of preferred color), stemmed, seeded, chopped
- 2 cups frozen hash brown potatoes
- 18 large eggs, whisked
- 1 cup whole milk
- 2 cups shredded cheddar cheese
- Kosher salt, as desired
- Ground black pepper, as desired

DIRECTIONS

- 1 Remove the lid from the pot. Select SEAR/SAUTÉ, set temperature to HI, and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- **2** When preheating is complete, add bacon to the pot and cook uncovered for 12 minutes, stirring frequently.
- **3** Add onion and peppers to the pot and cook uncovered for 5 minutes, stirring twice.
- **4** Add hash brown potatoes to the pot. Stir to combine, then cover with the lid and cook for 5 minutes.
- **5** While ingredients cook, whisk together the eggs, milk, and cheese in a large bowl until combined.
- **6** Add the egg mixture, salt, and pepper to the pot. Stir to combine, then cover with the lid.
- **7** Select to BAKE, set temperature to 300°F, and set time to 30 minutes. Press START/STOP to continue cooking.
- **8** When cooking is complete, use a rubber-tipped spatula to immediately serve the frittata.



TIP Substitute any shredded, grated, or crumbled cheese of your preference for the cheddar cheese in Step 5. Feta makes for a delicious frittata.

CHERRY MAPLE OATMEAL

BEGINNER RECIPE ●00

PREP: 10 MINUTES | COOK: 3 HOURS 10 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS

Breakfast

- 8 cups low-fat milk ¹/₂ cup maple syrup 4 tablespoons unsalted butter
- 1 tablespoon vanilla extract
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- Kosher salt, as desired
- 2 cups uncooked, steel-cut oats
- 2 cups dried or fresh pitted cherries



DIRECTIONS

- 1 Place the milk, maple syrup, butter, vanilla extract, cinnamon, nutmeg, and salt in the pot. Stir to combine, then cover with the lid.
- **2** Select SEAR/SAUTÉ, set temperature to HI, and press START/STOP to begin cooking. Allow ingredients to cook for 10 minutes.
- **3** After 10 minutes, add the oats to the pot. Stir to combine, then cover with the lid.
- **4** Select SLOW COOK, set temperature to HI, set time to 3 hours and press START/STOP to begin cooking.
- **5** When cooking is complete, add cherries to the pot and stir to combine. Serve immediately.

TIP Swap 2 cups dried cherries for 2 cups of dried or frozen fruit, such as blueberries, strawberries,

or raspberries

BEEF TACO DIP



PREP: 10 MINUTES | COOK: 3 HOURS 15 MINUTES | MAKES: 10 SERVINGS

INGREDIENTS

- 2 pounds ground beef (80% lean)
- 1 white onion, diced
- 1 jalepeño, seeded and diced
- 1 packet (1 ounce) taco seasoning
- 1 can (15 $^{1}/_{2}$ ounces) pinto beans, strained and rinsed
- 1 can ($15^{1}/_{2}$ ounces) tomato and green chilis
- 1 jar (151/2 ounces) tomato salsa
- 1 cup frozen corn
- $1\frac{1}{2}$ cups beef stock
- 2 tablespoons corn starch
- 1 bag (1 pound) shredded Mexican blend cheese, divided
- 1 bag (12-16 ounces) tortilla chips, for serving

TOPPINGS (optional)

- 1/4 cup black olives, sliced
 1/4 cup chopped scallions
- 1 large Roma tomato, diced
- ¹/₄ cup pickled jalepeños



- 1 Select SEAR/SAUTÉ, set temperature to HI, and select START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- **2** When preheating is complete, add the beef to the pot and cook uncovered for 5 minutes, using a spatula or silicone-tipped tongs to break up the beef.
- **3** Add the onion, jalepeño, and taco seasoning to the pot. Cook uncovered for 10 minutes, stirring occasionally.
- **4** After 10 minutes, add all remaining ingredients except cheese and chips to the pot. Stir to combine, then cover with the lid.
- **5** Select SLOW COOK, set temperature to HI, set time to 3 hours, and press START/STOP to begin cooking.
- **6** When cooking is complete, carefully remove the lid. Add half of the shredded cheese to the pot and stir to combine. Evenly top the dip with the remaining cheese. Place the lid on the pot for 3 to 5 minutes or until the cheese is fully melted from the residual heat.
- **7** Carefully remove the lid and immediately serve with tortilla chips and toppings as desired.

TIP Swap ground beef for ground chicken or turkey.



SIMPLE FOCACCIA

INTERMEDIATE RECIPE ••O

PREP: 10 MINUTES | PROOF: 1 HOUR | COOK: 18 MINUTES | MAKES: 4-6 SERVINGS

INGREDIENTS

16 ounces prepared pizza dough, chilled
Nonstick cooking spray
1 tablespoon water
2 tablespoons extra virgin olive oil, plus more for serving
2 sprigs fresh rosemary, chopped

Sea salt, as desired

Fresh black pepper, as desired

DIRECTIONS

- 1 Roll the pizza dough into a ball, then flatten the ball into a 4-inch disc. Lightly spray the top of the dough and the inside of the pot with cooking spray.
- **2** Place the dough in the pot. Using fingers, gently splash top of tough and inner sides of the pot with water, then cover with the lid.
- **3** Select PROOF, set time to 60 minutes, and set temperature to 105°F. Press START/STOP to begin proofing.
- **4** While the dough is proofing, preheat conventional oven to 425°F.
- **5** When proofing is complete, remove the lid. Use fingers to spread dough evenly across surface area of pot. Gently press fingers into dough multiple times to create dimples in the dough.
- **6** Sprinkle the oil, rosemary, salt, and pepper evenly over the dough.
- **7** Place the entire pot (without the lid) in the conventional oven and bake for 18 minutes, until focaccia is lightly golden.
- **8** When cooking is complete, remove the pot from the oven. Serve hot or cooled to room temperature with additional olive oil as desired.

TIP For more variety, top the focaccia dough in step 6 with sliced onions, chopped sun-dried tomatoes, and/or green olives.

MINESTRONE SOUP

BEGINNER RECIPE ● 0 0

PREP: 15 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 12 SERVINGS

INGREDIENTS

Soups & Stews

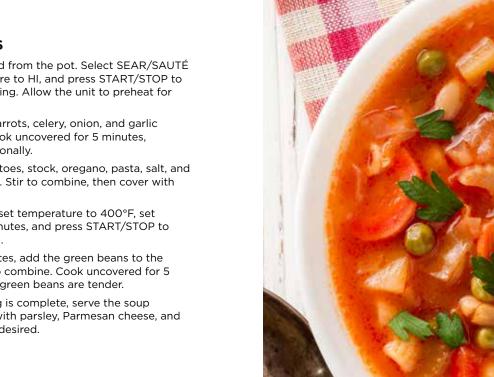
12

1 tablespoon canola oil 3 carrots, peeled, thinly sliced 3 celery ribs, thinly sliced 1 white onion, chopped 4 cloves garlic, peeled, minced 1 can (28 ounces) diced tomatoes 12 cups vegetable stock 1 tablespoon dry oregano 1 box (16 ounces) dry elbow pasta Kosher salt, as desired Ground black pepper, as desired 1 bag (12 ounces) green beans, chopped 1/4 cup parsley, chopped 1 cup grated Parmesan cheese Red chili flakes, as desired

DIRECTIONS

- 1 Remove the lid from the pot. Select SEAR/SAUTÉ set temperature to HI, and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- 2 Add the oil, carrots, celery, onion, and garlic to the pot. Cook uncovered for 5 minutes, stirring occasionally.
- **3** Add the tomatoes, stock, oregano, pasta, salt, and pepper to pot. Stir to combine, then cover with the lid.
- **4** Select BAKE, set temperature to 400°F, set time to 30 minutes, and press START/STOP to begin cooking.
- **5** After 25 minutes, add the green beans to the pot and stir to combine. Cook uncovered for 5 minutes, until green beans are tender.
- 6 When cooking is complete, serve the soup immediately with parsley, Parmesan cheese, and chili flakes as desired.

TIP Once cooking is complete, the pasta will continue to absorb the vegetable stock. Add up to 2 cups additional stock after cooking to maintain a soupy consistency.



 (\otimes)





BEGINNER RECIPE ● 0 0

PREP: 15 MINUTES | COOK: 6 HOURS | MAKES: 12 SERVINGS

INGREDIENTS

1 white onion, chopped (approx. 1 cup) 2 carrots, peeled, chopped (approx. 1 cup) 3 celery stalks, chopped (approx. 1 cup) 3 cloves garlic, peeled, chopped $1 \operatorname{can} (15^{1}/_{2} \operatorname{ounces})$ garbanzo beans, strained and rinsed

 $1 \operatorname{can} (15^{1/2} \operatorname{ounces})$ black beans, strained and rinsed

 $1 \operatorname{can} (15^{1}/_{2} \operatorname{ounces})$ kidney beans, strained and rinsed

2 tablespoons adobo chili paste

1 can (28 ounces) tomato puree

1 can (28 ounces) diced tomatoes 4 cups water

Kosher salt, as desired Ground black pepper, as desired

TOPPINGS (optional)

Sour cream Shredded cheddar cheese Fresh chopped cilantro

TIP Swap out any of the canned beans in Step 1 for other varieties, like cannellini, Great Northern, red, or pinto.

DIRECTIONS

1 Place all ingredients in the pot. Stir to combine, then cover with the lid.

- 2 Select SLOW COOK, set temperature to HI, set time to 6 hours, and press START/STOP to begin cooking.
- **3** When cooking is complete, remove the lid and stir to combine the ingredients. Serve the chili immediately with toppings as desired.

BEEF BIRRIA TACOS

BEGINNER RECIPE ● O O

PREP: 10 MINUTES | COOK: 4 HOURS | MAKES: 12 SERVINGS

INGREDIENTS

3 pounds beef chuck roast, cut into 3-inch pieces 1 white onion. thinly sliced 1 can (28 ounces) crushed tomatoes $\frac{1}{4}$ cup apple cider vinegar $\frac{1}{4}$ cup beef stock 5 cloves garlic, peeled, thinly sliced 2 tablespoons fresh ginger, minced 2 teaspoons dry oregano 2 teaspoons sesame seeds 1 teaspoon ground cumin 1 cinnamon stick 1 tablespoon chili powder Kosher salt, as desired Ground black pepper, as desired 12 taco-size corn or flour tortillas

TOPPINGS (optional)

Chopped white onion Chopped fresh cilantro Shredded cheddar cheese Spicy crema



- 1 Place all ingredients except tortillas in the pot, then cover with the lid.
- 2 Select SLOW COOK, set temperature to HI, set time to 4 hours, and press START/STOP to begin cooking.
- **3** When cooking is complete, use silicone-tipped tongs to shred the beef in the pot. To serve, assemble tacos with the shredded beef and toppings as desired.

TIP Convert this to an easy Carnitas recipe by substituting pork shoulder for the beef in Step 1.

BUTTERNUT SQUASH & BACON RISOTTO

UTEN-FREE PUT-FREE

BEGINNER RECIPE ●00

PREP: 10 MINUTES | COOK: 50 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS

- 8 ounces uncooked bacon, chopped
- 1 small white onion, chopped
- 8 cups chicken stock
- 2 cups arborio rice
- 8 ounces frozen butternut squash
- ¹/₄ teaspoon dry ground sage
- 1/2 cup shredded Parmesan cheese

DIRECTIONS

- 1 Select SEAR/SAUTÉ, set temperature to HI, and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- **2** When preheating is complete, add the bacon to the pot and cook uncovered for 10 minutes, stirring occasionally.
- **3** Add the onion to the pot and cook uncovered for 5 minutes, stirring occasionally.
- **4** Add the stock, rice, squash, and sage to the pot. Stir the ingredients until well combined, then cover with the lid.
- **5** Cook the rice mixture for 35 minutes, stirring occasionally.
- **6** When cooking is complete, press START/STOP to end cooking. Remove the lid, then add the Parmesan cheese and mix to combine. Allow the risotto to sit, uncovered, for 5 minutes. Serve hot.

TIP To make this dish vegetarian, omit bacon and substitute vegetable stock for chicken stock in Step 4.



COCONUT BRAISED CHICKEN THIGHS



INTERMEDIATE RECIPE ••O

PREP: 10 MINUTES | COOK: 2 HOURS 15 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS

8 bone-in, skin-on chicken thighs

(approx. 6 ounces each)

Kosher salt, as desired

- Ground black pepper, as desired
- 1 tablespoon canola oil
- 4 cloves garlic, peeled, minced
- 1 tablespoon ginger, peeled, minced
- 1 large white onion, diced
- 2 cans (131/2 ounces each) coconut milk
- 2 cups chicken stock

2 sweet potatoes, cut in 1-inch pieces 1 bag (6 ounces) baby spinach Cooked rice, as desired

DIRECTIONS

- 1 Select SEAR/SAUTÉ, set temperature to HI, and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- **2** While unit is preheating, season the chicken with salt and pepper on both sides.
- **3** When preheating is complete, place the oil in the pot. Place the chicken in the pot, skin-side down, and cook for 10 minutes.
- **4** After 10 minutes, use tongs to remove the chicken from the pot and set aside.
- **5** Add the garlic, ginger, and onion to the pot. Cook for 5 minutes, stirring frequently.
- **6** Add the coconut milk, chicken stock, potatoes, salt, and pepper to the pot. Stir to combine.
- 7 Place the chicken, skin-side up, back into the pot. Nestle chicken pieces into the potatoes and sauce, then cover with the lid.
- **8** Select BRAISE, set time to 2 hours, and press START/STOP to resume cooking.
- **9** When cooking is complete, remove the lid and allow the chicken to cool for 5 minutes before serving.
- 10 Serve the chicken hot with rice as desired.

BUFFALO CHICKEN MAC & CHEESE CASSEROLE

INTERMEDIATE RECIPE ••O

PREP: 15 MINUTES | COOK: 27 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS

2 cups water

- 1 box (6 ounces) macaroni & cheese,
- cheese packet set aside 8 ounces cooked shredded chicken
- 4 tablespoons Buffalo sauce
- 2 tablespoons unsalted butter
- $1/_2$ cup whole milk
- 1 cup frozen mixed vegetables
- $^{2}/_{3}$ cup bread crumbs
- $1/_3$ cup blue cheese dressing
- ¹/₄ cup shredded cheddar cheese

DIRECTIONS

- 1 Place water and macaroni in the pot (set aside the cheese packet). Stir to combine, then cover with the lid.
- **2** Select BAKE, set temperature to 400°F, and set time to 17 minutes. Press START/STOP to begin cooking. Stir the pasta at least twice during cooking process.
- **3** While the pasta is cooking, set conventional oven to BROIL.
- **4** When cooking is complete, add the reserved cheese packet, chicken, Buffalo sauce, butter, milk, and vegetables to the pasta in the pot. Stir until the butter is melted and ingredients are evenly combined.
- 5 In a medium bowl, add the bread crumbs, blue cheese dressing, and cheddar cheese. Mix to combine, then evenly cover the pasta with the bread crumb mixture.
- **6** Place pot directly in the preheated oven and broil for up to 10 minutes or until the top of the pasta is golden brown. Serve family-style directly from the pot.

TIP To make this a more traditional Mac and Cheese, omit the chicken and Buffalo sauce from Step 4 and the blue cheese dressing from Step 5.

TIP For added flavor, add 1 tablespoon curry powder and 1 tablespoon chili paste in step 7.

Entrées

BBQ PULLED PORK SANDWICHES

NUT-FREA

BEGINNER RECIPE ● ○ ○

PREP: 5 MINUTES | COOK: 8 HOURS (DEPENDING ON SIZE OF PORK) | MAKES: 20 SERVINGS

INGREDIENTS

8 pounds boneless pork shoulder, cut into 4-inch chunks 2 bottles (18 ounces each) prepared BBQ sauce 1 cup apple cider vinegar, divided 2 bags (16 ounces each) prepared coleslaw mix 1 cup mayonnaise 1/4 cup granulated sugar Kosher salt, as desired Ground black pepper, as desired 20 hamburger buns

TOPPINGS (optional)

Sliced bread and butter pickles

DIRECTIONS

1 Place the pork, BBQ sauce, and 3/4 cup apple cider vinegar in the pot. Gently stir to combine, then cover with the lid.

- **2** Select SLOW COOK, set temperature to HI, and set time to 8 hours. Press START/STOP to begin cooking. For best results, stir the pork mixture halfway through cooking.
- **3** While the pork is cooking, prepare the coleslaw. In a medium bowl, add the prepared coleslaw mix, 1/4 cup apple cider vinegar, mayonnaise, sugar, salt, and pepper. Mix until well combined, then set aside.
- **4** When the pork is finished cooking, it will be fork tender. Note that larger cuts of pork may require up to an additional hour of cooking.
- **5** When cooking is complete, remove the pork from cooking liquid and place in a large bowl. Use silicone-tipped tongs to shred the pork, then add approximately half the cooking liquid from the pot to the pork. Mix until the pork is evenly coated and the desired texture is achieved.
- **6** Evenly top the bottom halves of the buns with pork, coleslaw, and pickles if desired. Close the sandwiches and serve hot.

BRAISED BEEF SHORT RIBS

INTERMEDIATE RECIPE ••O

PREP: 15 MINUTES | COOK: 4 HOURS 15 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS

4 pounds bone-in beef short ribs (approx. 6 pieces)

Kosher salt, as desired

Ground black pepper, as desired

1/4 cup all-purpose flour

1 tablespoon canola oil

1 cup red wine

2 tablespoons tomato paste

3 cups beef stock

1 white onion, peeled, chopped

5 carrots, peeled, thinly sliced

4 cloves garlic, peeled, minced

1 package (10 ounces)

cremini mushrooms, stemmed, quartered

2 Idaho potatoes, cut in 1-inch pieces

2 sprigs rosemary, stemmed, leaves minced

DIRECTIONS

1 Season the beef on all sides with salt and pepper, then coat with flour.

- 2 Remove the lid from the pot. Select SEAR/SAUTÉ, set temperature to HI, and press START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- **3** When preheating is complete, add the canola oil and seasoned beef to the pot. Cook uncovered until the beef is browned on all sides, about 15 minutes.
- **4** After 15 minutes, use tongs to remove short ribs from the pot and set aside. Add wine, tomato paste, and stock to the pot. Stir to combine.
- **5** Add the onion, carrots, garlic, mushrooms, potatoes, and rosemary to the pot and stir to combine. Place the beef back into the pot, nestling each piece into the vegetable mixture, then cover with the lid.
- **6** Select BRAISE, set temperature to HI, and set time to 4 hours, and press START/STOP to begin cooking.
- **7** When cooking is complete, carefully remove the lid and allow dish to cool slightly on the counter for 5 minutes before serving.

TIP Substitute any root vegetable, like rutabaga or parsnips, for the potatoes in Step 5.

TIP The pulled pork cook time depends entirely on size and thickness. The larger and thicker the cut(s) of pork, the longer the cook time. Cutting the pork into smaller, stew-sized pieces will reduce cook time.

20

Entrées



CHICKEN POT PIE

ADVANCED RECIPE

PREP: 10 MINUTES | COOK: 1 HOUR 5 MINUTES | MAKES: 8 SERVINGS

INGREDIENTS

- 1 tablespoon canola oil
- 1 large white onion, chopped
- 3 celery stalks, chopped

- 2 cans $(10^{1/2} \text{ ounces})$ cream of chicken soup
- 1 bag (16 ounces) frozen mixed vegetables
- 1 teaspoon poultry seasoning
- Ground black pepper, as desired

- stemmed and sliced
- 1 rotisserie chicken (3 pounds), meat picked
- $1^{1}/_{2}$ cups whole milk

- Kosher salt, as desired

- 1 package (8 ounces) cremini mushrooms.

- 1 box (14 ounces) prepared pie crust

TIP It's easiest to assemble the crust after the filling has cooled for a few minutes.

DIRECTIONS

- 1 Remove the lid from the pot. Select SEAR/SAUTÉ. set temperature to HI, and select START/STOP to begin preheating. Allow the unit to preheat for 5 minutes.
- 2 When preheating is complete, place oil, onion. celery, and mushrooms in the pot and cook uncovered for 10 minutes, stirring occasionally.
- **3** Place all remaining ingredients except for pie crust in the pot. Stir to combine, then cover with the lid.
- 4 Select BAKE, set temperature to 350°F, set time to 15 minutes, and select START/STOP to continue cookina.
- **5** While the filling is cooking, preheat conventional oven to 375°F.
- 6 When cooking is complete, stir filling to ensure ingredients are not stuck to the bottom of the pot, then remove the pot from heat.
- 7 Cut pie crusts into the shape of the pot. Reserve any extra pie crust trim. Place the pie crusts over the top of chicken pot pie filling. Crimp the edges of the crust along the sides of the pot.
- 8 Use the excess pie crust to patch any holes in the crust as necessary, then use a knife to cut 4 slits in the top of the pie crust.
- **9** Place the entire pot (without the lid) into the conventional oven and bake for 40 minutes, until pie crust has completely cooked.
- **10** When cooking is complete, serve the pot pie immediately.

EASY SPAGHETTI & MEATBALLS

BEGINNER RECIPE ●00

PREP: 5 MINUTES | COOK: 45 MINUTES | MAKES: 12-15 SERVINGS

INGREDIENTS

6 cups water

2 boxes (16 ounces each) spaghetti. broken in half

2 jars (24 ounces each) red pasta sauce 2 packages (24 ounces each) frozen meatballs Grated Parmesan cheese, as desired

DIRECTIONS

- 1 Pour water into the pot. Add spaghetti, sauce. and meatballs. Stir to combine, then cover with the lid.
- 2 Select BAKE, set temperature to 350°F, and set time to 45 minutes. Press START/STOP to begin cooking.
- **3** While cooking, stir ingredients frequently (at least three times) to prevent sticking.
- **4** When cooking is complete, serve immediately and top with grated Parmesan as desired.



TIP If using a thin sauce, reduce water to 3³/₄ cups. For whole-grain and thicker pastas, increase cooking time by 2-5 minutes.

TIP To ensure spaghetti cooks correctly and to prevent scorching on the bottom of the pot, stir ingredients at least 3 times during step 3.

Entrées



SUNDAY POT ROAST

BEGINNER RECIPE ● O O

PREP: 10 MINUTES | COOK: 5 HOURS 30 MINUTES | MAKES: 8 SERVINGS

INGREDIENTS

2 beef eye rounds ($2^{1/2}$ pounds each)

- $^{1}/_{4}$ cup all-purpose flour
- 5 large carrots, peeled, cut in 1-inch pieces
- $\frac{3}{4}$ pound baby gold potatoes
- 4 celery stalks, trimmed, cut in 1-inch pieces
- 1 white onion, peeled, cut in 1-inch pieces
- 3 cups beef stock
- ¹/₄ cup soy sauce
- 1 cup red wine
- 1 can ($14^{1/2}$ ounces) fire roasted, diced tomatoes 3 sprigs fresh thyme
- 2 sprigs fresh rosemary

DIRECTIONS

- 1 Place the beef on a plate or cutting board and coat with flour on all sides. Place the beef and all remaining ingredients in the pot, then cover with the lid.
- **2** Select SLOW COOK, set temperature to HI, set time to 5 hours and 30 minutes, and press START/ STOP to begin cooking.
- **3** When cooking is complete, allow the beef to rest in the pot for 15 minutes to allow some of the cooking liquids to be absorbed into the beef.
- **4** Remove the beef from the pot, slice, and serve with cooking liquids and vegetables.





TIP For additional flavor, brown the beef on all sides using SEAR/SAUTÉ before Step 2.

CHEESECAKE WITH COOKIE CRUMBLE

KOGETARIAN WUT-FREE

INTERMEDIATE RECIPE ••O

PREP: 15 MINUTES | COOK: 35 MINUTES | MAKES: 8 SERVINGS

INGREDIENTS

4 packages (8 ounces each) cream cheese, room temperature

- 1 cup granulated sugar
- 1/4 cup all-purpose flour
- 2 teaspoons vanilla extract
- 1 cup sour cream
- ¹/₄ cup orange juice
- 4 large eggs, room temperature
- 1 pound chocolate chip cookies
- 5 tablespoons butter, melted
- 1 tablespoon honey

TOPPINGS (optional)

Maraschino cherries

DIRECTIONS

- 1 Place cream cheese, sugar, flour, vanilla, sour cream, and orange juice in a food processor and blend until smooth. Once smooth, add eggs and blend to combine.
- **2** Pour the cream cheese mixture into the pot and spread into an even layer, then cover with the lid.
- **3** Select BAKE, set temperature to 350°F, and set time to 20 minutes. Press START/STOP to begin cooking.
- **4** While cheesecake is cooking, place cookies, melted butter, and honey in a food processor. Blend until combined and the mixture resembles wet sand. Set aside.
- **5** When cooking is complete, leave on the lid and allow the cheesecake to rest in the unit for 15 minutes.
- **6** Add the cookie mixture to the top of the cheesecake. Refrigerate the cheesecake in the pot for at least one hour before serving. Once cooled, serve the cheesecake and top with cherries as desired.

CARAMEL RAISIN BREAD PUDDING

BEGINNER RECIPE ●00

PREP: 15 MINUTES | COOK: 1 HOUR 15 MINUTES | MAKES: 12 SERVINGS

INGREDIENTS

2 loaves (16 ounces) cinnamon brioche bread, cut in 1-inch pieces

1 cup dark or golden raisins

4 large eggs

- $1/_2$ cup light brown sugar
- ¹/₄ cup maple syrup
- ¹/₄ cup prepared caramel sauce,

plus extra for topping

- $1^{1/2}$ sticks (3/4 cup) unsalted butter, melted
- $1^{1}/_{2}$ cups whole milk
- $1^{1}/_{2}$ cups heavy cream
- 1 teaspoon vanilla extract



DIRECTIONS

1 Place the bread in the pot. Sprinkle raisins on top of the bread.

- **2** In a large bowl, make a custard by whisking together all remaining ingredients until fully combined.
- **3** Pour the custard over the bread, using a spatula to ensure it is evenly distributed. Cover with the lid and allow to sit for 10 minutes, until the bread absorbs all the custard.
- **4** Select BAKE, set temperature to 350°F, set time to 40 minutes, and press START/STOP to begin cooking.
- **5** When cooking is complete, allow the bread pudding to cool in the pot for 30 minutes.
- **6** Top the bread pudding with extra caramel sauce as desired and serve.

SLOW COOK CHART

TYPE OF MEAT	COOK TIME LOW	COOK TIME HIGH
BEEF		
Top or bottom round	8-10 hours	4–5 hours
Eye of the round	6-8 hours	3-4 hours
Chuck	8-10 hours	4-5 hours
Pot roast or brisket	7-9 hours	3 ¹ /2-4 ¹ /2 hours
Short ribs	7-9 hours	3 ¹ /2-4 ¹ /2 hours
Frozen meatballs (precooked)	6-8 hours	3-4 hours
PORK		
Baby back or country ribs	7-9 hours	3 ¹ /2-4 ¹ /2 hours
Pork tenderloin	6-7 hours	3-4 hours
Pork loin or rib roast	7-9 hours	3 ¹ /2-4 ¹ /2 hours
Pork butt or shoulder	10-12 hours	5-6 hours
Ham, bone in (uncooked)	7-9 hours	3 ¹ /2-4 ¹ /2 hours
Ham (fully cooked)	5-7 hours	2 ¹ /2-3 ¹ /2 hours
POULTRY		
Boneless, skinless breast	6-7 hours	3-4 hours
Boneless, skinless thighs	6-7 ¹ /2 hours	3-4 ¹ / ₂ hours
Bone-in breast	6-7 ¹ /2 hours	3-4 ¹ / ₂ hours
Bone-in thighs	7-9 hours	3 ¹ /2-4 ¹ /2 hours
Whole chicken	7-9 hours	3 ¹ /2-4 ¹ /2 hours
Chicken wings	6-7 hours	3-4 hours
Turkey breast or thighs	7-9 hours	3 ¹ /2-4 ¹ /2 hours
FISH		
1-inch fillets	N/A	30-45 minutes
OTHER		
Stew meat (beef, lamb, veal, rabbit)	7-9 hours	3-4 hours

Notes	Notes



Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi friends on the Official Ninja Foodi Family™ Community. Facebook.com/groups/NinjaFoodiFamily



MC1000_IG_QSG_MP_Mv8

FOODI and NINA are registered trademarksof SharkNinja Operating LLC. NINJA FOODI FAMILY and POSSIBLECOOKER are trademarks of SharkNinja Operating LLC. © 2022 SharkNinja Operating LLC. ninjakitchen.com/recipes