

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



NINJA
Foodi
POSSIBLE
COOKER™ PRO

15 recipes plus charts
for unlimited possibilities



Your guide to cooking like a Foodi

Welcome to the Ninja® Foodi® PossibleCooker™ PRO 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](https://www.facebook.com/groups/NinjaFoodiFamily)

    @NinjaKitchen

 [youtube.com/EPNinjaKitchen](https://www.youtube.com/EPNinjaKitchen)

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Cooking functions

Get to know the 8 cooking functions* that replace 14 different cooking tools and appliances.

Slow Cooker



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

Sear/Sauté



High bottom heat that's great for searing meats and browning veggies.

Steam



Bottom heat gently steams delicate foods for tender results.

Keep Warm



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

Sous Vide



Evenly cook steaks, salmon filets, and veggies.

Braise



Cook fork-tender meats filled with flavor.

Bake



Create warm, decadent deep dish desserts right in the cooking pot.

Proof



Prepare breads in a consistently warm and humid environment.

*For further explanation of cooking functions please reference the Instruction Booklet.

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 safe up to 500°F.

Serve straight from the pot

Elegantly designed, the inner pot makes the perfect serving dish.



NINJA

Getting Started



Tips & Tricks

Cooking Tips

When steaming delicate foods like dumplings or tamales, it's best to add ingredients before preheating.

For best Steam and Roast results use the Steam & Roasting Rack

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.

The bake function is best used to cook items with a higher water content, such as casseroles, cobblers, and deep dish desserts. For battered items, it is recommended to use the loaf pan for best results, which is available for purchase on ninjakitchen.com

Product Tips

Always use nonstick utensils in the cooking pot. Never use metal utensils as they may damage pot coating.

The inner pot, lid, and utensil are all dishwasher safe.

The inner pot and glass lid are oven safe up to 500°F.

The inner pot doubles as a serving dish—no need to transfer food.

Additional Accessories



Silicone Mitts



Steam & Roasting Rack



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 ●○○

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

INGREDIENTS

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. Turn dial to 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 Turn dial 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 ●○○

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



INGREDIENTS

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 Turn dial to 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 Turn dial to SLOW COOK, set temperature to HI, and set time to 3 hours.
- 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

SIMPLE FOCACCIA

INTERMEDIATE RECIPE ●●○

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



INGREDIENTS

16 ounces prepared pizza dough, room temperature
 Nonstick cooking spray
 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, then cover with the lid.
- 3 Turn dial to PROOF, set time to 60 minutes, and set temperature to 95°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.

MINISTRONE SOUP

BEGINNER RECIPE ●○○

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



INGREDIENTS

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. Turn dial to 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 Turn dial to 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.





DEVILED EGGS

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 12 SERVINGS



INGREDIENTS

1 cup water
12 large eggs
3 tablespoons mayonnaise
2 tablespoons Dijon mustard
2 tablespoons pickle brine
2 dashes hot sauce
1/2 teaspoon smoked paprika,
plus extra for garnish
3 tablespoons extra virgin olive oil
Kosher salt, as desired
Ground black pepper, as desired

DIRECTIONS

- 1 Place water in the pot, then cover with the lid.
- 2 Turn dial to STEAM, set time to 20 minutes, and press START/STOP to begin preheating.
- 3 When preheating is complete, remove the lid and gently place the eggs in the pot, then cover with the lid.
- 4 While the eggs are cooking, prepare an ice bath by adding water and ice to a large bowl, as needed.
- 5 When cooking is complete, remove the eggs from the pot and transfer to ice bath, ensuring the eggs are fully submerged. Leave the eggs in the ice bath for at least 15 minutes to stop the cooking process.
- 6 While the eggs are cooling, place all remaining ingredients in a large bowl.
- 7 When the eggs are completely cooled, peel them under cold water to remove the shells.
- 8 Cut the peeled eggs in half. Gently scoop the yolks out of the halved eggs and place into a medium bowl with all remaining ingredients.
- 9 Whisk the ingredients together for at least 30 seconds or until fully combined and smooth in consistency.
- 10 Transfer the egg mixture to a resealable plastic bag. Cut off a corner of the plastic bag and pipe approx. 1 1/2 tablespoons of filling into each egg half, overstuffing each.
- 11 Garnish the deviled eggs with additional paprika as desired and serve.

TIP Substitute white wine or apple cider vinegar for the pickle brine in Step 5

BUTTERNUT SQUASH & BACON RISOTTO

BEGINNER RECIPE ●○○

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
¼ teaspoon dry ground sage
½ cup shredded Parmesan cheese

DIRECTIONS

- 1 Turn dial to 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 ●●○

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 (13 1/2 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 Turn dial to 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 Turn dial to 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.

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

BUFFALO CHICKEN MAC & CHEESE CASSEROLE

INTERMEDIATE RECIPE ●●○

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 Turn dial to 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.

BBQ PULLED PORK SANDWICHES

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 Turn dial to 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.

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.

BRAISED BEEF SHORT RIBS

INTERMEDIATE RECIPE ●●○

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. Turn dial to 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 Turn dial to 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.

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
- 1 package (8 ounces) cremini mushrooms, stemmed and sliced
- 1 rotisserie chicken (3 pounds), meat picked
- 1½ cups whole milk
- 2 cans (10½ ounces) cream of chicken soup
- 1 bag (16 ounces) frozen mixed vegetables
- 1 teaspoon poultry seasoning
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 box (14 ounces) prepared pie crust

DIRECTIONS

- 1 Remove the lid from the pot. Turn dial to 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 Turn dial to BAKE, set temperature to 350°F, set time to 15 minutes, and select START/STOP to continue cooking.
- 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.

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

EASY SPAGHETTI & MEATBALLS

BEGINNER RECIPE ●○○

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 Turn dial to 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 3¾ 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.

SUNDAY POT ROAST

BEGINNER RECIPE ●○○

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
3 large carrots, peeled, cut in 1-inch pieces
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 Turn dial to 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.



SUMMER BERRY CRISP

INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **COOK:** 1 HOUR | **MAKES:** 6-8 SERVINGS



INGREDIENTS

2 cups fresh raspberries
3 cups fresh strawberries, halved
2 cups fresh blueberries
3 tablespoons lemon juice
¾ cup granulated sugar
2 ½ tablespoons corn starch

CRUMBLE

1 cup all-purpose flour
¾ cup rolled oats
1 cup dark brown sugar
¼ teaspoon kosher salt
1 ½ teaspoons ground cinnamon
1 teaspoon baking powder
1 ½ sticks (¾ cup) unsalted butter, melted
¾ cup chopped pecans

TOPPINGS (optional)

Vanilla ice cream
Whipped cream

DIRECTIONS

- 1 Preheat conventional oven to 350°F.
- 2 Place all filling ingredients in the pot. Stir to combine, then cover with the lid.
- 3 Turn dial to BAKE, set temperature to 300°F, and set time to 30 minutes. Press START/STOP to begin cooking. Stir contents of pot at least 3 times during cooking. Remove lid after 15 minutes.
- 4 While the filling is cooking, whisk together the flour, oats, sugar, salt, cinnamon, and baking powder in a large bowl. Add melted butter and pecans, then mix until the ingredients are combined and crumbly.
- 5 When cooking is complete, evenly distribute the crumble topping over the berry mixture.
- 6 Place the entire pot (without the lid) into the conventional oven and bake for 30 minutes, until crumble topping is crisp and golden brown.
- 7 When cooking is complete, allow the berry crisp to cool for 5 minutes. Serve with ice cream and whipped cream, as desired.

TIP If using frozen berries, increase cook time in step 3 by 5 mins.

CARAMEL RAISIN BREAD PUDDING

BEGINNER RECIPE ●○○

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
½ cup light brown sugar
¼ cup maple syrup
¼ cup prepared caramel sauce, plus extra for topping
1 ½ sticks (¾ cup) unsalted butter, melted
1 ½ cups whole milk
1 ½ 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 Turn dial to 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.



TIP Bread pudding is best when the bread is toasted or stale. For best results, cut the brioche into pieces the day before you plan to make bread pudding, then let it sit uncovered on the counter until it's time to make this recipe.

STEAM CHART

VEGETABLE	SIZE/PREPARATION	WATER	SEASONING IDEAS	STEAMING TIME
Artichokes	whole	4 cups	olive oil, lemon zest	25-40 minutes
Asparagus	whole spears	1 cup	olive oil	7-13 minutes
Beans, green	whole	1 cup	garlic, minced	6-10 minutes
Beans, wax	whole	1 cup	Italian seasoning	6-10 minutes
Beets	whole, unpeeled	4 cups	garlic, minced	35-50 minutes
Beet greens	coarsely chopped	1 cup	thyme	7-9 minutes
Broccoli	trimmed stalks	1 cup	olive oil	1-5 minutes
Broccoli	florets	1 cup	olive oil	5-7 minutes
Brussels sprouts	whole, trimmed	1 cup	thyme	8-15 minutes
Cabbage	cut in wedges	1 cup	lemon juice	6-10 minutes
Carrots	¼ inch slices	1 cup	maple syrup	7-10 minutes
Carrots, baby	whole	1 cup	honey and ginger	7-10 minutes
Cauliflower	florets	1 cup	lemon juice	5-10 minutes
Corn on the cob	whole, husks removed	2 cups	garlic butter	15-20 minutes
Kale	trimmed	1 cup	olive oil and garlic	5-8 minutes
Okra	whole, trimmed	1 cup	sautéed scallions	6-8 minutes
Onions, pearl	whole	1 cup	lemon juice	8-12 minutes
Parsnips	peeled, ½ inch slices	1 cup	Italian seasoning	7-10 minutes
Peas, green	fresh or frozen shelled	1 cup	mint and lemon juice	2-4 minutes
Peas, sugar snap	whole pods, trimmed	1 cup	mint and lemon juice	5-6 minutes
Potatoes, all	½ inch slices	1 cup	parsley dill	8-12 minutes
Potatoes, new	whole	4 cups	parsley or rosemary	15-20 minutes
Potatoes, sweet	½ inch chunks	1 cup	honey	8-12 minutes
Spinach	whole leaves	1 cup	olive oil and garlic	3-5 minutes
Squash, butternut	peeled, ½ inch cubes	1 cup	maple syrup	7-10 minutes
Turnips	½ inch slices	1 cup	Italian seasoning	8-12 minutes
Turnip greens	coarsely chopped	1 cup	olive oil and garlic	4-8 minutes
Swiss Chard	coarsely chopped	1 cup	olive oil and garlic	3-5 minutes
Zucchini	1 inch slices	1 cup	olive oil and Italian seasoning	5-8 minutes

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	3½-4½ hours
Short ribs	7-9 hours	3½-4½ hours
Frozen meatballs (precooked)	6-8 hours	3-4 hours
PORK		
Baby back or country ribs	7-9 hours	3½-4½ hours
Pork tenderloin	6-7 hours	3-4 hours
Pork loin or rib roast	7-9 hours	3½-4½ hours
Pork butt or shoulder	10-12 hours	5-6 hours
Ham, bone in (uncooked)	7-9 hours	3½-4½ hours
Ham (fully cooked)	5-7 hours	2½-3½ hours
POULTRY		
Boneless, skinless breast	6-7 hours	3-4 hours
Boneless, skinless thighs	6-7 ½ hours	3-4½ hours
Bone-in breast	6-7 ½ hours	3-4½ hours
Bone-in thighs	7-9 hours	3½-4½ hours
Whole chicken	7-9 hours	3½-4½ hours
Chicken wings	6-7 hours	3-4 hours
Turkey breast or thighs	7-9 hours	3½-4½ hours
FISH		
1-inch fillets	N/A	30-45 minutes
OTHER		
Stew meat (beef, lamb, veal, rabbit)	7-9 hours	3-4 hours

SOUS VIDE CHART

Please note the time ranges in this chart include the minimum cook time and the maximum cook time, after which food will start to degrade.

Cook time is dependent on the weight as well as the thickness of food, so thicker cuts of meat will require longer cook times. If your ingredients are thicker than 2½ inches, add more time.

INGREDIENT	AMOUNT	TEMP	COOK TIME
BEEF			
Boneless ribeye	2 steaks, 14 oz each, 1-2 inches thick	125°F Rare	1-5 hrs
Boneless ribeye	3 steaks, 14 oz each, 1-2 inches thick	130°F Medium Rare	1-5 hrs
Porterhouse	2 steaks, 14 oz each, 1-2 inches thick	135°F Medium	1-5 hrs
Filet mignon	4 steaks, 8 oz each, 1-2 inches thick	145°F Medium Well	1-5 hrs
		155°F Well Done	1-5 hrs
Flank	3 steaks, 12 oz each, 1-2 inches thick	125°F Rare	2-5 hrs
		130°F Medium Rare	2-5 hrs
		135°F Medium	2-5 hrs
Flat iron	2 steaks, 10 oz each, 1-2 inches thick	145°F Medium Well	2-5 hrs
		155°F Well Done	2-5 hrs
Beef brisket	3 lbs, 3-4 inches thick	145°F	24-48 hrs
PORK			
Boneless pork chops	5 chops, 6-8 oz each, 2½ inches thick	145°F	1-4 hrs
Bone-In pork chops	2 chops, 10-12 oz each, 2½ inches thick	145°F	1-4 hrs
Tenderloin	1 tenderloin, 1-½ lbs, 2½ inches thick	145°F	1-4 hrs
Sausages	6 sausages, 2-3 oz each	165°F	2-5 hrs
Boneless pork shoulder	3 lbs, 3-4 inches thick	165°F	12-24 hrs

INGREDIENT	AMOUNT	TEMP	COOK TIME
CHICKEN			
Chicken Breast	6 breasts, 6-8 oz each, 1-2 inches thick	165°F	1-3 hrs
Boneless Chicken Thighs	6 thighs, 4-6 oz each, 1-2 inches thick	165°F	1-3 hrs
Bone-In Chicken Thighs	4 thighs, 4-6 oz each, 1-2 inches thick	165°F	1½-4 hrs
Chicken Leg Quarters	2 quarters, 12-14 oz each, 1-2 inches thick	165°F	1½-4 hrs
Chicken Wings & Drumettes	2 lbs	165°F	1-3 hrs
Half Chicken	2½-3 lbs	165°F	2-3 hrs
SEAFOOD			
Whitefish (Cod, Haddock, Whiting, Pollock)	2 portions, 6-10 oz each, 1-2 inches thick	130°F	1 hr-1½ hrs
Salmon	4 portions, 6-10 oz each, 1-2 inches thick	130°F	1 hr-1½ hrs
Shrimp	2 lbs	130°F	30 mins-2 hrs
VEGETABLES			
Asparagus	1-2 lbs	180°F	30 mins
Broccoli	1-1½ lbs	180°F	30 mins
Brussels Sprouts	1-2 lbs	180°F	45 mins
Carrots	1-1½ lbs	180°F	45 mins
Cauliflower	1-1½ lbs	180°F	30 mins
Green Beans	1-1½ lbs	180°F	30 mins
Squash	1-1½ lbs	185°F	1 hr
Sweet Potatoes	1-1½ lbs	185°F	1 hr
Potatoes	1-2 lbs	190°F	1 hr

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