

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



# NINJA Foodi POSSIBLE COOKER™

10 recipes plus charts  
for unlimited possibilities



# 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.

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## Looking for more recipe inspiration, tips, and tricks?

Join us and thousands of Foodi friends on the Official Ninja Foodi Family™ Community.  
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# Cooking functions

Get to know the 6 cooking functions that replace 8 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.

## Bake



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

## Braise



Cook fork-tender meats filled with flavor.

## Keep Warm



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

## Steam



Bottom heat gently steams delicate foods for tender results.

# 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.



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

# Getting Started



Press the POWER button to turn the unit on or off.

Press the TEMP arrows to set cook temperature.

Press desired function button to set cook function.

Always use oven mitts to remove the glass lid and cooking pot as handles may get hot during cooking.

Press START/STOP to begin cooking.

Press the TIME arrows to set cook time.

# 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**



**Steam & Roasting Rack**



**Scan Here**  
for additional accessories and replacement parts.

\*Accessories not included with purchase.

# 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 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



BEGINNER RECIPE ●○○

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

## INGREDIENTS

2 pounds ground beef (80% lean)  
1 white onion, diced  
1 jalapeño, 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 (15 1/2 ounces) tomato salsa  
1 cup frozen corn  
1 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 jalapeños

## DIRECTIONS

- 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, jalapeño, 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.

# DEVEILED 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.



# VEGETARIAN THREE BEAN CHILI

BEGINNER RECIPE ●○○

**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 can (15 1/2 ounces) garbanzo beans,  
strained and rinsed  
1 can (15 1/2 ounces) black beans,  
strained and rinsed  
1 can (15 1/2 ounces) kidney beans,  
strained and rinsed  
1 packet (1 ounce) taco seasoning  
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.



# 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  
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 ●●○

**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

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



## 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.

# SUNDAY POT ROAST

BEGINNER RECIPE ●○○

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



## INGREDIENTS

- 2 beef eye rounds (2½ pounds each)
- ¼ cup all-purpose flour
- 5 large carrots, peeled, cut in 1-inch pieces
- ¾ 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
- ¼ cup soy sauce
- 1 cup red wine
- 1 can (14½ 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.





# 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 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.

**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.



# SUMMER BERRY CRISP

BEGINNER RECIPE ●○○

PREP: 10 MINUTES | COOK: 1 HOUR 5 MINUTES | MAKES: 6-8 SERVINGS



## INGREDIENTS

### FILLING

2 cups fresh raspberries  
3 cups fresh strawberries, halved  
2 cups fresh blueberries  
3 tablespoons lemon juice  
 $\frac{3}{4}$  cup granulated sugar  
 $2\frac{1}{2}$  tablespoons corn starch

### CRUMBLE

1 cup all-purpose flour  
 $\frac{3}{4}$  cup rolled oats  
1 cup dark brown sugar  
 $\frac{1}{4}$  teaspoon kosher salt  
 $1\frac{1}{2}$  teaspoons ground cinnamon  
1 teaspoon baking powder  
 $1\frac{1}{2}$  sticks ( $\frac{3}{4}$  cup) unsalted butter, melted  
 $\frac{3}{4}$  cup chopped pecans

### TOPPINGS (optional)

Vanilla ice cream  
Whipped cream

## DIRECTIONS

- 1 Preheat conventional oven to 350°F.
- 2 Place all filling ingredients into the pot. Stir to combine, then cover with the lid.
- 3 Select SEAR/SAUTÉ, set temperature to HI, and press START/STOP to begin cooking. Allow to cook for 35 minutes, stirring mixture 3 times during cooking process. Remove lid after 15 minutes.
- 4 In a large bowl, whisk together the flour, oats, sugar, salt, cinnamon, and baking powder. Add melted butter and pecans and mix until mixture is 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 minutes.



# 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
- 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

- Place the bread in the pot. Sprinkle raisins on top of the bread.
- In a large bowl, make a custard by whisking together all remaining ingredients until fully combined.
- 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.
- Turn dial to BAKE, set temperature to 350°F, set time to 40 minutes, and press START/STOP to begin cooking.
- When cooking is complete, allow the bread pudding to cool in the pot for 30 minutes.
- 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	1/4 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, 1/2 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	1/2 inch slices	1 cup	parsley dill	8-12 minutes
Potatoes, new	whole	4 cups	parsley or rosemary	15-20 minutes
Potatoes, sweet	1/2 inch chunks	1 cup	honey	8-12 minutes
Spinach	whole leaves	1 cup	olive oil and garlic	3-5 minutes
Squash, butternut	peeled, 1/2 inch cubes	1 cup	maple syrup	7-10 minutes
Turnips	1/2 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
<b>BEEF</b>		
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
<b>PORK</b>		
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
<b>POULTRY</b>		
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
<b>FISH</b>		
1-inch fillets	N/A	30-45 minutes
<b>OTHER</b>		
Stew meat (beef, lamb, veal, rabbit)	7-9 hours	3-4 hours

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