

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



NINJA
Foodi
POSSIBLE
COOKER™ PRO

10 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)

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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.

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.

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.



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

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



Roasting Rack



Ninja® Travel Bag



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 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.

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 (15½ ounces) pinto beans, strained and rinsed
1 can (15½ ounces) tomato and green chilis
1 jar (15½ ounces) tomato salsa
1 cup frozen corn
½ 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)

¼ cup black olives, sliced
¼ cup chopped scallions
1 large Roma tomato, diced
¼ cup pickled jalapeños

TIP Swap ground beef for ground chicken or turkey.



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.

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 (15½ ounces) garbanzo beans, strained and rinsed
1 can (15½ ounces) black beans, strained and rinsed
1 can (15½ 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
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.



BEEF BIRRIA TACOS

BEGINNER RECIPE ●○○

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
1/4 cup apple cider vinegar
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

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



DIRECTIONS

- 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.

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.

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.



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

TYPE OF MEAT	COOK TIME LOW	COOK TIME HIGH
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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