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

NINJA

DELICIOUS
DONE EASY

100+ Surprising & Simple One-Pot Recipes
100+ Surprising & Simple One-Pot Recipes
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Editors and Content: Meghan Reilly, Kenzie Swanhart, and Elizabeth Skladany
Recipe Development: Amy Godto, Sam Ferguson, Molly Shuster, Joy Howard, Judy Canton, Irina Margil and Great Flavors
Design and Layout: Emily Regis and Lisa Vroman
Copywriter: Melissa Stefanini
Creative Director: Joshua Hanson
Photo Direction: Joshua Hanson and Dmitry Manevsky
Photography: Molly Shuster, Joy Howard, and Shutterstock

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LOOKS LIKE A POT,
FEELS LIKE A JACKPOT

In today's go-go-go world, everyone's got a couple go-to recipes. But what if you had a hundred or more? And your taste buds were never bored? Imagine making full meals in minutes, in the same pot. Or perfectly poached eggs at the touch of a button. Or takeout favorites right at home. Now, stop imagining it and start cooking—thanks to the Ninja Cooking System with Auto-iQ™ Recipes, you win big at breakfast, lunch and dinner.
AUTO-IQ™ RECIPE PROGRAMS
Gone are the days of guessing in the kitchen. These four cooking modes do the thinking for you.

QUICK MEALS
All of these recipes are especially designed to get you in and out of the kitchen, quick and easy. Just add your ingredients and hit the button. All that’s left to do is enjoy.

LAYERS BOWLS
These two-step recipes use the Auto-IQ Cooking System as a stovetop to sear proteins and build layers of flavor before cooking to perfection.

GUMNS
Cook grains such as oats and quinoa to the perfect consistency with the touch of a button.

POACHED INFUSIONS
Use this setting to poach fish, fruit, and more—like poached eggs for breakfast or shrimp cocktail for a classic dinner party appetizer.

MANUAL FUNCTIONS
These four functions make fundamental kitchen techniques easier and more convenient.

SLOW COOK
Worry-free ACCUTEMP temperature control operates behind the scenes to ensure your meals aren’t overcooked or underdone, so you can slow cook with confidence.

BAKE
With a controllable range of temperatures from 250°–425° F, you can dry bake hearty roasts or steam bake breads, cakes, and more.

STEAM
Steam veggies for that delightful snap, or steam light proteins like seafood to play up their naturally subtle flavors.

STOVE TOP
An innovative heating element turns your Cooking System into a skillet so you can sear meats and sauté vegetables in one pot.
TRICKS OF THE TRADE
Here are a few tips to help you get the most out of your Auto-iQ™ Cooking System.

AT THE STORE
Organize your grocery list by the sections of your grocery store to make shopping a breeze. Buy pre-cut vegetables when available to cut down on prep time.

PREPARE YOUR KITCHEN
Have the right tools on hand for prepping and measuring your ingredients. You will need both dry and liquid measuring cups (check out the next page to see why). Designate a small container on your counter for trash-like package wrappings, vegetable trimmings, and used paper towels.

ALWAYS USE GOOD FORM
Familiarize yourself with the recipe by re-reading the ingredient list and directions. Always use nonstick-safe utensils to avoid damaging the cooking pot’s nonstick coating. Meal need to be cooked a little longer? Simply set to BAKE DRY at 350° F for 5-10 minutes, checking for desired doneness.

DIETARY LABELS
- Gluten-Free
- Dairy-Free
- Vegetarian
- Vegan
- Paleo
- Adventurous Recipes

Adventurous Recipes let you take a bite on the wild side. Inspired by restaurant and takeout favorites from near and far, these recipes pack a ton of flavor into just one easy-to-follow Auto-iQ recipe.

MEASURING MATTERS
Dry and liquid measurements differ, so it’s important to use the right tool for the job. Here’s a simple breakdown of standard measuring cups for dry and liquid ingredients.

**DRY MEASURING CUPS**
Dry measuring cups are used to measure dry ingredients (like flour and sugar) as well as non-pourable wet ingredients (like peanut butter and sour cream).

**LIQUID MEASURING CUPS**
Liquid measuring cups are used to measure liquid and pourable ingredients.

**Measuring Tip**
Over a bowl, overfill the measuring cup. Then level the ingredient with a flat edge, like a butter knife or spatula. This will ensure an exact measurement and preserve the excess ingredient for future use.

**Use dry measuring cups for:**
- Flour
- Granulated white sugar
- Brown sugar
- Confectioners’ sugar
- Oats & other grains
- Bread crumbs
- Cereal
- Peanut butter
- Sour cream
- Yogurt
- Cream cheese
- Fresh & frozen fruit

**Use liquid measuring cups for:**
- Water
- Oil
- Vinegar
- Milk
- Juice
- Stock/broth

**Measuring Tip**
Place the measuring cup on your countertop before filling it. Once filled, bend down so you can see the measurement at eye level (looking at the cup from above will skew your view).
Gone are the days of guessing in the kitchen. From hands-free grain preparation to delicately poached meals without the use of a stovetop, Auto-iQ does the thinking for you.
GO WITH THE GRAINS

GRAINS

Your Auto-iQ cooking system is now your sous chef, helping you quickly and easily make delicious side dishes and breakfasts such as quinoa and oats. Refer to the charts on the following pages, add your grain and liquid, and let the Auto-iQ program do the rest.

OLD-FASHIONED OATS 12
STEEL-CUT OATS 14
QUINOA 16
OLD-FASHIONED OATS

1. Place oats and liquid into the cooking pot, stir, and cover.
2. Select Auto-IQ Grains: Recipe 1, 2, or 3 and press the START/STOP button.
3. Stir and serve.

TIPS
For a flavorful variation, try using milk, almond milk, or coconut milk instead of water. Stir in nuts and dried fruit at the end of the Auto-IQ program for added texture and flavor. Stir in honey or maple syrup for added sweetness.

<table>
<thead>
<tr>
<th>AUTO-IQ PROGRAM NUMBER</th>
<th>OATS</th>
<th>LIQUID*</th>
<th>COOK†</th>
<th>MAKES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 cup</td>
<td>1 1/4 cups</td>
<td>13-18 minutes</td>
<td>4 servings</td>
</tr>
<tr>
<td>2</td>
<td>2 cups</td>
<td>3 1/2 cups</td>
<td>29-34 minutes</td>
<td>8 servings</td>
</tr>
<tr>
<td>3</td>
<td>3 cups</td>
<td>5 1/4 cups</td>
<td>27-32 minutes</td>
<td>12 servings</td>
</tr>
</tbody>
</table>

*Use the measurements in this chart instead of the measurements on your packaging.
†All cook times are estimates. Your Auto-IQ Cooking System will begin a countdown timer with five minutes left to cook.
STEEL-CUT OATS

1. Place oats and liquid into the cooking pot, stir, and cover.
2. Select Auto-iQ Grains: Recipe 4, 5, or 6 and press the START/STOP button.
3. Stir and serve.

NOTE: You may notice a little water left at the bottom of your pot when the cooking cycle is complete. You can either let this sit on “keep warm” or drain right away.

TIPS
For a flavorful variation, try using milk, almond milk, or coconut milk instead of water. Stir in nuts and dried fruit at the end of the Auto-iQ program for added texture and flavor. Stir in honey or maple syrup for added sweetness.

<table>
<thead>
<tr>
<th>AUTO-IQ PROGRAM NUMBER</th>
<th>OATS</th>
<th>LIQUID*</th>
<th>COOK†</th>
<th>MAKES</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>1 cup</td>
<td>3 cups</td>
<td>55–60 minutes</td>
<td>4 servings</td>
</tr>
<tr>
<td>5</td>
<td>2 cups</td>
<td>6 cups</td>
<td>55–60 minutes</td>
<td>8 servings</td>
</tr>
<tr>
<td>6</td>
<td>3 cups</td>
<td>9 cups</td>
<td>72–77 minutes</td>
<td>12 servings</td>
</tr>
</tbody>
</table>

*Use the measurements in this chart instead of the measurements on your packaging.
†All cook times are estimates. Your Auto-iQ Cooking System will begin a countdown timer with five minutes left to cook.
QUINOA

1 Place quinoa and liquid into the cooking pot, stir, and cover.
2 Select Auto-IQ Grains: Recipe 7, 8, or 9 and press the START/STOP button.
3 Stir and serve.

TIPS
Quinoa is a protein-packed ancient grain that pairs well with poultry, makes salads heartier, and is a great base for grain bowls. For a flavorful variation, try using stock instead of water.

QUNIOA LIQUID* COOK† MAKES

<table>
<thead>
<tr>
<th>AUTO-IQ PROGRAM NUMBER</th>
<th>QUINOIA</th>
<th>LIQUID*</th>
<th>COOK†</th>
<th>MAKES</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>1 cup</td>
<td>2 cups</td>
<td>25-30 minutes</td>
<td>4 servings</td>
</tr>
<tr>
<td>8</td>
<td>2 cups</td>
<td>4 cups</td>
<td>35-40 minutes</td>
<td>8 servings</td>
</tr>
<tr>
<td>9</td>
<td>3 cups</td>
<td>6 cups</td>
<td>40-45 minutes</td>
<td>12 servings</td>
</tr>
</tbody>
</table>

*Use the measurements in this chart instead of the measurements on your packaging.
†All cook times are estimates. Your Auto-IQ Cooking System will begin a countdown timer with five minutes left to cook.
POACH PERFECT

POACHED INFUSIONS & STOCKS

Want delicate flavor that’ll make your taste buds sing? Lightly poach everything from fish to eggs at the touch of a button (yes, really!). You can even experiment with different poaching liquids—like wines, milks, or stocks—to up the flavor ante.
**EGGS**

1. Crack eggs into a single bowl.
2. Pour water into the cooking pot and cover. Select Auto-iQ Poached Infusions: Recipe 1, 2, 3, or 4 and press the START/STOP button. The water will start heating up to a gentle simmer.
3. At the first beep, which signifies the water has come to a simmer, the display will read “Add.” Lift lid and pour eggs carefully into water. Cover pot and press the START/STOP button.
4. While eggs are poaching, line a plate with a paper towel and have a slotted spoon ready.
5. At the second beep, transfer eggs one by one with the slotted spoon onto the paper-towel-lined plate.

<table>
<thead>
<tr>
<th>AUTO-IQ PROGRAM NUMBER</th>
<th>EGGS</th>
<th>WATER</th>
<th>PREP</th>
<th>COOK*</th>
<th>MAKES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2 large eggs</td>
<td>5 cups</td>
<td>2 minutes</td>
<td>16 1/2 minutes</td>
<td>1 serving</td>
</tr>
<tr>
<td>2</td>
<td>4 large eggs</td>
<td>5 cups</td>
<td>2 minutes</td>
<td>18 1/2 minutes</td>
<td>2 servings</td>
</tr>
<tr>
<td>3</td>
<td>6 large eggs</td>
<td>5 cups</td>
<td>2 minutes</td>
<td>18 1/2 minutes</td>
<td>3 servings</td>
</tr>
<tr>
<td>4</td>
<td>12 large eggs</td>
<td>5 cups</td>
<td>2 minutes</td>
<td>21 minutes</td>
<td>6 servings</td>
</tr>
</tbody>
</table>

**SHRIMP**

1. Pour liquid and any seasonings into the cooking pot and cover. Select Auto-iQ Poached Infusions: Recipe 5 or 6 and press the START/STOP button. The liquid will start heating up to a gentle simmer.
2. At the first beep, which signifies the liquid has come to a simmer, the display will read “Add.” Lift lid and add shrimp carefully to liquid. Cover pot and press the START/STOP button.
3. While shrimp are poaching, place a colander in your sink.
4. At the second beep, CAREFULLY remove the cooking pot using oven mitts and drain shrimp in the colander.
5. Pat shrimp dry, then chill in refrigerator for 1–2 hours.

<table>
<thead>
<tr>
<th>AUTO-IQ PROGRAM NUMBER</th>
<th>SHRIMP</th>
<th>LIQUID</th>
<th>PREP</th>
<th>COOK*</th>
<th>MAKES</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>1 pound uncooked fresh large shrimp, peeled, deveined</td>
<td>4 cups</td>
<td>10 minutes</td>
<td>19 minutes</td>
<td>8 servings</td>
</tr>
<tr>
<td>6</td>
<td>1 pound uncooked frozen large shrimp, peeled, deveined</td>
<td>4 cups</td>
<td>10 minutes</td>
<td>30 minutes</td>
<td>8 servings</td>
</tr>
</tbody>
</table>

**FLAVOR INSPIRATION**

**Classic Shrimp Cocktail**

Seasonings
- 2 lemons, cut in half
- 10 peppercorns
- 1 tablespoon salt
- 2 bay leaves

**TIPS**

- Mix it up by trying different poaching liquids like white wine, beer, or broth/stock.
- Use a dry white wine, like pinot grigio or sauvignon blanc. Use a 1-to-3 ratio of wine to water.
- Use a light beer, like a lager or ale. Use a 1-to-3 ratio of beer to water.

All cook times are estimates. Your Auto-iQ Cooking System will begin a countdown timer with five minutes left to cook.
**FLAVOR INSPIRATION**

### Spicy Southwest Seasonings
- 4 cups water
- 1 tablespoon paprika
- 1 tablespoon ancho chili powder
- 1 tablespoon fennel seed
- 1 tablespoon orange zest
- 2 tablespoons chipotle peppers
- 2 tablespoons achiote seed
- 1 tablespoon agave nectar

### Classic French Seasonings
- 3 cups water
- 1 cup white wine
- 1 lemon
- 2 carrots, cut in quarters
- 2 stalks celery, cut in quarters
- 1 white onion, peeled, sliced
- 1 leek, sliced
- 2 bay leaves
- 5 sprigs parsley
- 3 sprigs thyme
- 3 cloves garlic, smashed
- 1 tablespoon ketchup
- 1 teaspoon salt

### Southeast Asian Seasonings
- 1 cup water
- 3 cups coconut milk
- 2 lemongrass stems, smashed
- 1-inch piece ginger, smashed
- 3 cloves garlic, smashed
- 1 lime, zested, juiced
- 1 tablespoon fish sauce
- 1 tablespoon sesame oil
- 1 tablespoon sugar
- 1 tablespoon salt

### BEST FISH FOR POACHING
- • Salmon
- • Cod
- • Grouper
- • Halibut
- • Arctic Char
- • Steelhead Trout

**TIPS**

**Mix it up** by trying different poaching liquids like red or white wine, broth/stock, or coconut milk.

- Use a dry white wine, like pinot grigio or sauvignon blanc. Use a 1-to-1 ratio of wine to water.
- Use a 3-to-1 ratio of coconut milk to water.

**Make a reduction** by straining the poaching liquid through a fine mesh sieve, discarding the vegetables and aromatics but reserving the liquid. Return liquid to pot, add ½ cup heavy cream, and cook on STOVETOP HIGH for roughly 30 minutes, until the liquid has reduced by 75%. Turn off unit, and slowly whisk in 6 ounces cold butter cut into small cubes. Serve over your poached fish.

---

**AUTO-IQ™ POACHED INFUSIONS & STOCKS**

<table>
<thead>
<tr>
<th>AUTO-IQ PROGRAM NUMBER</th>
<th>FISH</th>
<th>LIQUID</th>
<th>PREP</th>
<th>COOK*</th>
<th>MAKES</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>2–6 uncooked fish pieces (4 ounces each, fish should have skin removed), ¼-inch to ½-inch thick</td>
<td>4 cups</td>
<td>2–20 minutes</td>
<td>16 minutes</td>
<td>2–6 servings</td>
</tr>
<tr>
<td>8</td>
<td>2–6 uncooked fish pieces (4 ounces each), ¾-inch to 1-inch thick</td>
<td>4 cups</td>
<td>2–20 minutes</td>
<td>18 minutes</td>
<td>2–6 servings</td>
</tr>
<tr>
<td>9</td>
<td>2–6 uncooked fish pieces (4 ounces each), 1¼-inches to 1½-inches thick</td>
<td>4 cups</td>
<td>2–20 minutes</td>
<td>20 minutes</td>
<td>2–6 servings</td>
</tr>
</tbody>
</table>
FRUIT
1 Place liquid and seasonings in the cooking pot and stir gently to combine.
2 Add fruit, ensuring it is fully submerged in the liquid, cutting as needed.
3 Cover pot and select Auto-iQ Poached Infusions: Recipe 10 and press the START/STOP button.
4 At the beep, use a slotted spoon to remove the fruit from the poaching liquid.

FLAVOR INSPIRATION

Warm Spice Seasonings
4 cups dry white wine
2 cups water or apple cider
3 cups sugar
½ teaspoon vanilla extract
2 cinnamon sticks
4 whole cloves
1 teaspooon coriander seed
2 cinnamon sticks
4 whole cloves
1 teaspoon star anise

Savory Seasonings
4 cups red wine
2 cups water
2 cups sugar
1 cup molasses
2 teaspoons fennel seed
1 teaspoon peppercorns
2 sprigs rosemary
4 sprigs thyme
2 teaspoons coriander seed
1 cup honey
2 zest and juice of 2 lemons

Citrus Seasonings
4 cups orange juice
2 cups water
1 cup sugar
1 cup honey
2 whole star anise

BEST FRUIT FOR POACHING
• Pears
• Plums
• Peaches
• Apples
• Cherries
• Pineapple

Mix it up by trying different poaching liquids, like wine, juice, or cider. Use a 2-to-1 ratio of wine, juice, or cider to water to not overwhelm your fruit.

For best results, peel and core or pit your fruit before cutting it into 1”-3” chunks or slices so fruit is fully submerged in liquid.

Make a reduction by straining the poaching liquid through a fine mesh sieve. Return liquid to pot and cook on STOVE TOP HIGH for roughly 45 minutes, until liquid has reduced by 75% and has a texture similar to caramel sauce. Spoon over poached fruit, ice cream, yogurt, or granola.

TIPS

All cook times are estimates. Your Auto-iQ Cooking System will begin a countdown timer with five minutes left to cook.

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STOCKS

1. Place all the ingredients in the cooking pot and cover. Select Auto-iQ Poached Infusions: Recipe 11 or 12 and press the START/STOP button.
2. Place colander over a large bowl.
3. At the beep, CAREFULLY remove the cooking pot using oven mitts and drain stock in the colander.
4. Allow stock to cool, uncovered, at room temperature. When cool, skim any fat from the surface of the strained stock and discard. Use immediately, or cover and store in the refrigerator up to 1 week or in the freezer up to 6 months.

ENHANCE THE FLAVOR
Before starting your stock, sear bones and/or sauté vegetables on STOVE TOP HIGH until browned.

STOCK INSPIRATION

Chicken Stock
2 pounds chicken bones
½ pound carrots, peeled, cut in half
½ pound celery, cut in quarters
1 pound onions, peeled, cut in quarters
1 tablespoon tomato paste
1/2 cup fresh herbs such as parsley, thyme, bay leaves, and/or rosemary

Vegetable Stock
1 pound onions, peeled, cut in quarters
½ pound celery, cut in quarters
1/2 pound carrots, peeled, cut in quarters
1/2 cup fresh herbs such as parsley, thyme, bay leaves, and/or rosemary

TIPS

Don’t add salt. This allows you to better season your dishes when using your stock later.

Save your leftover vegetables throughout the week and use them when making your stock.

For even more flavor, generously season with other aromatics such as fennel or coriander seed.

For sauces and soups on the fly, keep your stock in a sealed container in the refrigerator up to 1 week, or freeze it in ice cube trays, transfer to freezer bags, and store frozen up to 6 months.

*All cook times are estimates. Your Auto-iQ Cooking System will begin a countdown timer with five minutes left to cook.
QUICK MEALS

We're all pretty strapped for time when it comes to cooking at home. But the Auto-iQ Cooking System is set up to do the work for you—just select a pre-set recipe, add your ingredients and hit a button. All you have to do is enjoy.

THESE ONLY TASTE LIKE THEY TOOK HOURS

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Always make sure food is cooked all the way through. To prevent possible illness, use a thermometer to check that your food is cooked to the temperatures recommended by the Food and Drug Administration.
**HERB FRITTATA**

**PREP:** 15 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4-6 SERVINGS

**INGREDIENTS**
- 10 large eggs, beaten
- ⅓ cup whole milk
- 1 cup fresh parsley, chopped
- 1 cup fresh basil leaves, chopped
- 2 tablespoons fresh chives, chopped
- 1 cup cherry tomatoes
- 2 / 3 cup whole milk
- 1 cup fresh parsley, chopped
- 1 cup fresh basil leaves, chopped
- 2 tablespoons fresh chives, chopped

**DIRECTIONS**
1. Grease pot or coat with canola spray. Place all ingredients, except feta, into the pot, and gently stir to combine. Sprinkle feta on top, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 1 and press the START/STOP button.

**Tip:** Serve with multigrain toast or a simple green salad.

**SWAP**
Gruyere cheese for feta cheese

**RED PEPPER & POTATO FRITTATA**

**PREP:** 10 MINUTES | **COOK:** 29 MINUTES | **MAKES:** 6-8 SERVINGS

**INGREDIENTS**
- 10 large eggs
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 package (about 8 ounces) frozen shredded hash brown potatoes
- 1 medium onion, peeled, diced
- 2 red bell peppers, diced
- 1/2 cup crumbled feta cheese

**DIRECTIONS**
1. In a mixing bowl, whisk together eggs, olive oil, salt, and black pepper.
2. Place hash browns, onion, peppers, and egg mixture into the pot. Gently stir to combine, then cover pot.
3. Select Auto-iQ Quick Meals: Recipe 2 and press the START/STOP button.

**Tip:** Serve warm for breakfast or cold, cut out into small pieces, as tapas for a party.

**SWAP**
Feta cheese for gorgonzola cheese

**ROLLED OATS WITH PEACHES, HONEY & WALNUTS**

**PREP:** 15 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4 SERVINGS

**INGREDIENTS**
- 2 1/3 cups water
- 1 bag (16 ounces) frozen peach slices
- 1/2 cup fresh basil leaves
- 1 cup uncooked old-fashioned whole grain rolled oats
- 1/2 cup chopped walnuts
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 1/4 cup milk, for serving
- 1/4 cup honey, for serving

**DIRECTIONS**
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 3 and press the START/STOP button.
3. Stir and serve.

**SWAPS**
Frozen mixed berries for peaches
Sliced almonds for walnuts
Maple syrup for honey
**RECIPE 4**
**BANANA NUT STEEL-CUT OATMEAL**

**PREP:** 15 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 4 SERVINGS

**INGREDIENTS**
- 3 1/2 cups water
- 1 cup uncooked steel-cut oats
- 1/2 cup chopped walnuts
- 1 tablespoon flaxseed
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 cup dried fruit, like cherries or raisins
- 1/2 teaspoon kosher salt
- 1/3 cup light brown sugar, for serving
- 2 ripe bananas, sliced, for serving
- 1/4 cup low-fat milk, for serving
- 3/4 cup dried fruit, like cherries or raisins

**DIRECTIONS**
1. Place all ingredients into the pot. Do not cover.
2. Select Auto-IQ Quick Meals: Recipe 4 and press the START/STOP button.
3. Stir and serve.

**RECIPE 5**
**CINNAMON ROLL BREAKFAST CASSEROLE**

**PREP:** 10 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 8 SERVINGS

**INGREDIENTS**
- 5 large eggs
- 2/3 cup milk
- 1/2 cup heavy cream
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 4 large cooked cinnamon rolls, cut in 1-inch chunks
- 1/2 package (4 ounces) cream cheese, cut in 1/2-inch pieces
- 4 large cooked cinnamon rolls, cut in 1-inch chunks
- 1/4 cup heavy cream
- 1/4 cup brown sugar, for serving
- 1/4 cup low-fat milk, for serving

**DIRECTIONS**
1. Lightly grease pot. In a mixing bowl, whisk together eggs, milk, heavy cream, sugar, vanilla, cinnamon, and salt.
2. Place cinnamon roll chunks, cream cheese, and egg mixture into the pot, then cover.
3. Select Auto-IQ Quick Meals: Recipe 5 and press the START/STOP button.
**Recipe 6: Quick Beef Chili**

**Ingredients:**
- 1/2 pounds uncooked ground beef
- 1 can (28 ounces) diced tomatoes
- 1 can (15 ounces) kidney beans, rinsed, drained
- 1 large green bell pepper, chopped
- 1 large onion, peeled, chopped
- 2 tablespoons chili powder
- 1/2 teaspoon ground cumin
- 1 teaspoon salt

**Directions:**
1. Place beef in pot and break apart with a spatula.
2. Place remaining ingredients in pot. Stir to combine, then cover pot.
3. Select Auto-IQ Quick Meals: Recipe 6 and press the START/STOP button.
4. Stir and serve.

**Swaps:**
- Ground chicken or ground turkey for ground beef
- Black beans for kidney beans

**Tip:** Serve with your favorite toppings such as diced avocado, sliced scallions, and grated cheddar cheese.

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**Recipe 7: Asian Meatballs with Broccoli**

**Ingredients:**
- 1/2 package (12 ounces) frozen mini beef meatballs
- 1 pound frozen broccoli florets
- 1/4 cup low-sodium beef broth
- 1/4 cup hoisin sauce
- 1/2 cup low-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon light brown sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger

**Directions:**
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 7 and press the START/START button.
3. Stir and serve.

**Swaps:**
- Turkey meatballs for beef meatballs
- Brussels sprouts, cut in half, for broccoli florets

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**Recipe 8: Green Chile & Chorizo Grits**

**Ingredients:**
- 1 cup old-fashioned grits
- 3 cups water
- 1 can (10 ounces) diced tomatoes and green chilies
- 2 cans (4 ounces each) diced green chilies
- 1/2 package (6 ounces) cooked chorizo, chopped
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon kosher salt

**Optional:**
- 1 cup shredded Colby-Jack cheese, for serving
- 1/4 cup fresh cilantro, chopped, for serving

**Directions:**
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 8 and press the START/STOP button.
3. Stir and serve.

**Swaps:**
- Corn grits for old-fashioned grits
- Andouille chicken sausage for chorizo

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**Recipe 9: Meat Ravioli with Marinara**

**Ingredients:**
- 2 pounds frozen meat ravioli
- 1 jar (24 ounces) marinara sauce
- 1/2 cup water
- 1 teaspoon Italian seasoning
- 1/2 teaspoon ground black pepper

**Optional:**
- 1/2 cup fresh basil, chopped, for serving
- Grated Parmesan cheese, for serving

**Directions:**
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 9 and press the START/START button.
3. Stir and serve.

**Swaps:**
- Cheese ravioli for meat ravioli
- Vodka sauce or Alfredo sauce for marinara sauce
**SPICED GROUND BEEF WITH POLENTA**

**PREP:** 10 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 4-6 SERVINGS

**DIRECTIONS**
1. Place all ingredients, except polenta, into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 12 and press the START/STOP button.
3. Stir and serve.

**SWAPS**
- Ground turkey for ground beef
- 1 cup frozen corn for polenta

**INGREDIENTS**
- 3/4 teaspoon Italian seasoning
- 1 teaspoon red pepper
- 3 cups shredded mozzarella cheese, for serving
- 1/4 teaspoon crushed red pepper

**Tip:** For extra protein, stir in a can of rinsed and drained black beans before topping with polenta.

**FRANKS & BEANS**

**PREP:** 10 MINUTES  |  **COOK:** 30 MINUTES  |  **MAKES:** 6 SERVINGS

**DIRECTIONS**
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 10 and press the START/STOP button.
3. Stir and serve.

**SWAPS**
- Baked beans for cannellini beans
- Cooked sausage for hot dogs

**INGREDIENTS**
- 3 cans (15 ounces each) cannellini beans, rinsed, drained
- 4 hot dogs, cut in 1-inch pieces
- 1 onion, peeled, minced
- 1 cup lightly packed brown sugar
- 1 cup ketchup

**Tip:** You can replace the molasses, brown sugar, vinegar, and ketchup with some BBQ sauce.

**PEPPERONI PIZZA MAC & CHEESE**

**PREP:** 5 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 6-8 SERVINGS

**DIRECTIONS**
1. Place all ingredients, except mozzarella, into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 11 and press the START/STOP button.
3. Add cheese. Stir and serve.

**SWAPS**
- Elbow pasta for mini wheel pasta
- Turkey pepperoni or diced cooked chicken sausage for pepperoni

**INGREDIENTS**
- 5 cups water
- 1 jar (14 ounces) pizza sauce
- 1 package (8 ounces) cream cheese, softened, cut in 1-inch pieces
- 1 pound uncooked mini wheel pasta
- 1 bag (4 ounces) mini pepperoni

**Tip:** For a loaded version, add 1/4 cup each sliced black olives and canned quartered artichoke hearts.
**CHICKEN SPINACH NOODLE BAKE**

PREP: 10 MINUTES  |  COOK: 30 MINUTES  |  MAKES: 6 SERVINGS

**DIRECTIONS**
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 13 and press the START/STOP button.
3. Serve immediately.

**SWAPS**
- Cavatappi or cavatelli pasta for elbow pasta
- Swiss chard or kale for spinach

**INGREDIENTS**
- 1 1/2 pounds uncooked boneless, skinless chicken breasts, cubed
- 3 1/2 cups water
- 1 pound uncooked elbow pasta
- 1 pound whole-milk ricotta cheese
- 1 1/2 cups shredded mozzarella cheese
- 3 cloves garlic, peeled, minced
- 4 cups fresh baby spinach
- 1 teaspoon salt

**CHICKEN SPINACH ARTICHOKE CASSEROLE**

PREP: 15 MINUTES  |  COOK: 25 MINUTES  |  MAKES: 4-6 SERVINGS

**DIRECTIONS**
1. Place all ingredients into the pot and stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 14 and press the START/STOP button.
3. Sprinkle with additional Parmesan and serve.

**SWAPS**
- Leftover turkey for rotisserie chicken
- Whole milk or full-fat coconut milk for heavy cream

**INGREDIENTS**
- 1 rotisserie chicken (2.5–3 pounds), meat shredded
- 2 boxes (10 ounces each) chopped spinach, thawed, squeezed of excess liquid
- 3 cans (14 ounces each) quartered artichoke hearts, drained
- 1 bunch scallions, chopped
- 1 package (8 ounces) fresh mozzarella cheese, shredded
- 1/2 cup grated Parmesan cheese, plus more for serving
- 1 cup heavy cream
- 1 teaspoon salt

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**BBQ CHICKEN DINNER**

**PREP:** 5 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 4–6 SERVINGS

**DIRECTIONS**
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 15 and press the START/STOP button.

**SWAP**
Boneless pork chops for chicken thighs

**INGREDIENTS**
- 2 pounds uncooked boneless, skinless chicken thighs, cut in half
- 1 medium onion, peeled, thinly sliced
- 1 cup barbecue sauce
- 1 can (28 ounces) baked beans
- 2 tablespoons grated fresh ginger
- ¼ teaspoon crushed red pepper

**Tip:** Serve on rice with corn on the cob and coleslaw for a complete Fourth of July meal.

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**GREEN CHILE CHICKEN ENCHILADAS**

**PREP:** 10 MINUTES  |  **COOK:** 20 MINUTES  |  **MAKES:** 4 SERVINGS

**DIRECTIONS**
1. Stir together the chicken, cream cheese, sour cream, cilantro, green chiles, and spices in a bowl; set aside.
2. Pour 1 cup enchilada sauce into the pot. Arrange 6 tortillas in a single layer in pot, slightly overlapping.
3. Evenly cover tortillas with half the chicken mixture, 1 1/4 cups cheese, and ½ cup enchilada sauce. Place 6 tortillas on top and repeat process.
4. Arrange remaining tortillas on top and cover with 1 ½ cups sauce. Sprinkle with remaining cheese and cover pot.
5. Select Auto-iQ Quick Meals: Recipe 17 and press the START/STOP button.

**INGREDIENTS**
- 3 cups shredded chicken
- 1 package (8 ounces) cream cheese, softened
- ½ cup sour cream
- ½ cup fresh cilantro, chopped
- 1 can (4.5 ounces) chopped green chiles
- ½ teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 can (28 ounces) red or green enchilada sauce, divided
- 1 can (28 ounces) red or green enchilada sauce, divided
- 18 (6-inch) corn tortillas, divided
- 1 package (16 ounces) shredded Monterey Jack cheese, divided
- 1 tablespoon cilantro, chopped, for serving

**SWAPS**
- Firm tofu for chicken breasts
- Green bell peppers for snow peas
- Juice and zest of 1 lime for lemongrass
- Optional
- Cilantro, chopped, for serving
**CHICKEN TIKKA MASALA**

**PREP:** 15 MINUTES  |  **COOK:** 30 MINUTES  |  **MAKES:** 4–6 SERVINGS

**DIRECTIONS**
1. Place all ingredients into the pot and stir to combine, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 18 and press the START/STOP button.
3. Stir and serve.

**SWAPS**
Chicken thighs for chicken breasts
Coconut cream for heavy cream

**INGREDIENTS**
- 2 pounds uncooked boneless, skinless chicken breasts, cut in 1-inch chunks
- 1 cup (28 ounces) crushed tomatoes
- 1 pound frozen peas
- 1 onion, peeled, chopped
- 3 cloves garlic, peeled, chopped
- 1-inch piece fresh ginger, peeled, minced
- 1 tablespoon ground garam masala seasoning
- 1 1/2 teaspoons salt
- 1 teaspoon ground turmeric
- 1/4 cup heavy cream

**Tip:** Serve with rice or naan on the side. Garnish with chopped cilantro, if desired.

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**CHICKEN CORN CASSEROLE**

**PREP:** 10 MINUTES  |  **COOK:** 15 MINUTES  |  **MAKES:** 4 SERVINGS

**DIRECTIONS**
1. Place chicken, corn, soup, sour cream, and 3/4 cup crackers into the pot. Stir to combine, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 19 and press the START/STOP button.
3. Top with remaining crackers and serve.

**SWAPS**
- Cream of mushroom soup or cream of celery soup for cream of chicken soup
- Greek yogurt for sour cream

**INGREDIENTS**
- 1 rotisserie chicken (3 pounds), shredded (about 5 cups shredded chicken)
- 1 can (15.5 ounces) corn, drained
- 1 can (10.5 ounces) condensed cream of chicken soup
- 1 cup sour cream
- 1/2 cups butter crackers, roughly crushed, divided

**Tip:** Serve with a green salad for a simple supper.
### TURKEY LASAGNA

**PREP:** 10 MINUTES  |  **COOK:** 30 MINUTES  |  **MAKES:** 4–6 SERVINGS

**DIRECTIONS**

1. Place turkey and 1/3 cup sauce into the pot. Cover with 4 sheets pasta, breaking up the fourth to cover the sides of the pan.
2. Scatter the zucchini slices over the pasta. Spread with ricotta and sprinkle with 1 cup mozzarella cheese. Cover with half the remaining sauce.
3. Layer the remaining pasta, then top with the remaining sauce and mozzarella cheese. Cover pot.
4. Select Auto-iQ Quick Meals: Recipe 20 and press the START/STOP button.
5. For best results, let stand 5 to 10 minutes before serving.

**INGREDIENTS**

- 1 pound uncooked ground turkey (preferably dark meat)
- 1 jar (24 ounces) marinara sauce, divided
- 8 uncooked no-boil lasagna pasta sheets, divided
- 1 medium zucchini, cut in 1/4-inch thick rounds
- 1 pound whole-milk ricotta cheese
- 1/2 cups shredded mozzarella cheese, divided

**SWAPS**

- Ground beef or ground chicken for ground turkey
- Eggplant for zucchini

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### CHICKEN CURRY

**PREP:** 15 MINUTES  |  **COOK:** 30 MINUTES  |  **MAKES:** 4–6 SERVINGS

**DIRECTIONS**

1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 21 and press the START/STOP button.

**INGREDIENTS**

- 1 1/2 pounds uncooked boneless, skinless chicken breasts, cut in 1-inch strips
- 1 onion, peeled, sliced
- 2 cloves garlic, peeled, chopped
- 1 red bell pepper, sliced
- 1/2 tablespoons curry powder
- 2 tablespoons honey
- 1 can (15 ounces) diced tomatoes
- 1/2 cup chicken stock
- 1/2 cup full-fat coconut milk
- 1 1/2 teaspoons salt

**SWAPS**

- Heavy cream for coconut milk
- Agave nectar for honey

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### THAI COCONUT STEW

**PREP:** 10 MINUTES  |  **COOK:** 30 MINUTES  |  **MAKES:** 4 SERVINGS

**DIRECTIONS**

1. Place all ingredients into the pot. Stir to combine, and cover pot.
2. Select Auto-iQ Quick Meals: Recipe 22 and press the START/STOP button.
3. Stir and serve.

**INGREDIENTS**

- 1 can (14 ounces) coconut milk
- 2 tablespoons lime juice
- 2 tablespoons lemongrass, minced
- 2 cups uncooked jasmine rice
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 1 pound uncooked boneless, skinless chicken breasts, cut in 1-inch pieces
- 4 cups chicken stock
- 1 pint (6 ounces) button mushrooms, sliced
- 2 tablespoons fresh ginger, minced
- 3 cups water
- 1/4 cup fresh cilantro, chopped, for serving

**OPTIONAL**

- White basmati rice for jasmine rice

**SWAP**

- White basmati rice for jasmine rice

**Tip:** Serve with white or brown rice. Garnish with chopped cilantro, if desired.
**SWEET CHILI CHICKEN**

**RECIPE 23**

**PREP:** 15 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 2–4 SERVINGS

**DIRECTIONS**

1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 23 and press the START/STOP button.
3. Stir and serve.

**INGREDIENTS**

- 1 pound uncooked chicken tenderloins
- 1 red bell pepper, cut in 1-inch pieces
- 2 cups (about 6 ounces) snow peas, trimmed
- 1 cup pineapple chunks, fresh or canned, drained
- 1/4 cup sweet chili sauce
- 2 tablespoons low-sodium soy sauce
- 1/2 cup roasted or candied cashews, chopped, for serving

**OPTIONAL**

- 1/3 cup roasted or candied cashews, chopped, for serving

**SWAPS**

- Chicken breasts for chicken tenderloins
- Frozen peas for snow peas
- Any unsalted roasted nuts for cashews

**Tip:** For a heartier meal, serve over brown rice, white rice, or rice noodles.

Meal need to be cooked a little longer? Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.
**SALMON & BROCCOLI SLAW**

**PREP:** 20 MINUTES  |  **COOK:** 23 MINUTES  |  **MAKES:** 4 SERVINGS

**DIRECTIONS**

1. Mix broccoli slaw with shallot, garlic, ½ teaspoon cumin, ½ tablespoon paprika, and ½ tablespoon dry mustard.
2. Season salmon with remaining spices, salt, and pepper. Add water, couscous, and seasoned vegetables to the pot. Next, add the salmon and cover the pot.
3. Select Auto-iQ Quick Meals: Recipe 24 and press the START/STOP button.

**INGREDIENTS**

- 1 bag (12 ounces) broccoli slaw
- 1 shallot, peeled, minced
- 5 cloves garlic, peeled, minced
- 1 teaspoon ground cumin, divided
- 1 tablespoon paprika, divided
- 1 tablespoon dry mustard, divided
- 2 pounds uncooked salmon fillets, cut in quarters
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 3 cups water
- 1 ½ cups uncooked Israeli couscous

**OPTIONAL**

- 1 tablespoon chives, minced, for serving

**SWAPS**

- 1 bag (14 ounces) coleslaw mix for broccoli slaw
- Orzo for Israeli couscous

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**GINGER SHRIMP & GREEN BEANS**

**PREP:** 15 MINUTES  |  **COOK:** 18 MINUTES  |  **MAKES:** 2–4 SERVINGS

**DIRECTIONS**

1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 25 and press the START/STOP button.
3. Serve immediately.

**INGREDIENTS**

- 1 pound uncooked large shrimp (16-18 count), peeled, deveined
- 1 package (8 ounces) green beans, trimmed
- 2-inch piece fresh ginger, peeled, minced
- 2 cloves garlic, peeled, minced
- 1 can (8 ounces) sliced water chestnuts, drained
- 1 3/4 cups chicken stock
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon mirin
- 1/3 cup chicken stock
- 1 ½ cups water
- 1 teaspoon garlic powder
- 2 tablespoons fresh tarragon, chopped
- 1 can (8 ounces) sliced water chestnuts, drained
- 1 3/4 cups chicken stock
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon mirin
- 1/3 cup chicken stock
- 1 ½ cups water
- 1 teaspoon garlic powder
- 2 tablespoons fresh tarragon, chopped
- 1 3/4 cups chicken stock
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon mirin
- 1/3 cup chicken stock
- 1 ½ cups water
- 1 teaspoon garlic powder
- 2 tablespoons fresh tarragon, chopped

**SWAPS**

- Tofu for shrimp
- Baby corn for water chestnuts
- Rice wine for mirin

**Tip:** For a heartier meal, serve over steamed white or brown rice.

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**LOBSTER RAVIOLI IN VODKA SAUCE**

**PREP:** 10 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 6 SERVINGS

**DIRECTIONS**

1. Place all ingredients into the pot, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 26 and press the START/STOP button.
3. Stir and serve.

**INGREDIENTS**

- 2 pounds frozen lobster ravioli
- 1 jar (24 ounces) vodka sauce
- 1/3 cup grated Parmesan cheese, for serving
- 1/4 teaspoon crushed red pepper
- 1 ½ cups water
- 1 teaspoon garlic powder
- 2 tablespoons fresh tarragon, chopped

**OPTIONAL**

- 1 ½ cups grated Parmesan cheese, for serving
- 1/4 teaspoon crushed red pepper

**SWAPS**

- Cheese or mushroom ravioli for lobster ravioli
- Basil for tarragon

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Meal needs to be cooked a little longer? Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.

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THAI MUSSELS

PREP: 10 MINUTES | COOK: 30 MINUTES | MAKES: 6 SERVINGS

INGREDIENTS
3 pounds fresh mussels, rinsed, debearded
1 can (14 ounces) full-fat coconut milk
Zest and juice of 4 limes
2 teaspoons lemongrass, minced
2 tablespoons ginger, minced
1 tablespoon salt
4 cups water
1/2 package (8 ounces) uncooked linguine, broken in half
2 tablespoons red curry paste
1 pound sugar snap peas
1 tablespoon fish sauce

DIRECTIONS
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 27 and press the START/STOP button.
3. Stir and serve.

SWAPS
Littleneck clams for mussels
White or rice vinegar for fish sauce

Tip: Garnish with any combination of chopped cilantro, basil, and mint.

WHITE WINE MUSSELS

PREP: 10 MINUTES | COOK: 25 MINUTES | MAKES: 2 SERVINGS

INGREDIENTS
3/4 box (12 ounces) uncooked angel hair pasta
5 cloves garlic, peeled, minced
1 small bunch fresh parsley, chopped (about 1/4 cup)
1 1/2 cups dry white wine
1 cup water
3 tablespoons butter, cut in pieces
2 1/2 pounds uncooked mussels, scrubbed, rinsed
1 1/2 cups dry white wine
1/2 cup water
3 tablespoons butter, cut in pieces
2 1/2 pounds uncooked mussels, scrubbed, rinsed
1 1/2 cups dry white wine
1 cup water

DIRECTIONS
1. Place all ingredients, except mussels, into the pot and stir to combine.
2. Add the mussels, then cover pot.
4. Stir and serve.

SWAP
Littleneck clams for mussels

Tip: Pinot grigio or sauvignon blanc wine would work well in this recipe.

CHEESE TORTELLINI WITH PESTO

PREP: 5 MINUTES | COOK: 20 MINUTES | MAKES: 6 SERVINGS

INGREDIENTS
2 pounds frozen cheese tortellini
2 cups low-sodium vegetable broth
1/2 cup basil pesto
1/2 cup sundried tomatoes, chopped
1/2 cup water
1/4 teaspoon ground black pepper
OPTIONAL
Grated asiago cheese, for serving

DIRECTIONS
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 29 and press the START/STOP button.
3. Stir and serve.

SWAP
Frozen mini ravioli for cheese tortellini

Tip: Add chopped prosciutto and pine nuts for a northern Italian twist.
**AUTO-IQ™ QUICK MEALS**

**Baked Vegetable Polenta**

**Recipe 30**

**Prep:** 10 minutes  |  **Cook:** 30 minutes  |  **Makes:** 4 servings

**Ingredients:**
- 2 tablespoons extra virgin olive oil
- 1 large red onion, peeled, cut in ¼-inch rounds
- 1 medium yellow squash, cut in ¼-inch rounds
- 1 medium zucchini, cut in ¼-inch rounds
- 1½ pounds vine-ripened tomatoes (about 4 medium tomatoes), cut in ¼-inch rounds
- 1 can (13.66 ounces) unsweetened full-fat coconut milk
- 1 teaspoon lime juice
- 2 teaspoons curry powder
- 1 can (14.5 ounces) diced tomatoes
- Salt and pepper, to taste

**Directions:**
1. Pour the olive oil into the pot. Layer the onion, summer squash, zucchini, and then the tomatoes on top of oil. Season generously with salt and pepper.
2. Layer the polenta on top. Sprinkle with Parmesan cheese, then cover pot.
3. Select Auto-IQ Quick Meals: Recipe 30 and press the START/STOP button.

**Swaps:**
- 1 can (15 ounces) whole tomatoes for vine-ripened tomatoes
- 1 cup frozen corn for polenta

**Tip:** For a complete meal, serve this with naan or pita bread.

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**Mexican Bean Casserole**

**Recipe 31**

**Prep:** 10 minutes  |  **Cook:** 25 minutes  |  **Makes:** 4 servings

**Ingredients:**
- 2 cans (15 ounces each) pinto beans, rinsed, drained
- 1 can (15 ounces) diced tomatoes
- 5 corn tortillas, torn in 3-inch pieces
- 1 large green bell pepper, chopped
- 1 large onion, peeled, chopped
- 1 ½ tablespoons chili powder
- ½ teaspoon ground cumin
- 1 teaspoon salt
- 2 cups grated white cheddar cheese, for serving
- 1 clove garlic, peeled, minced
- 1 small onion, peeled, diced (about 1/2 cup)
- 2 cans (15.5 ounces each) chickpeas, rinsed, drained
- 1/8 small bunch kale, sliced (about 2 1/2 cups)
- 1/2 cup grated Parmesan cheese

**Directions:**
1. Place all ingredients, except cheddar cheese, into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 31 and press the START/STOP button.
3. Add cheese. Stir and serve.

**Swaps:**
- Black beans for pinto beans
- Corn chips for corn tortillas

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**Chickpea Curry**

**Recipe 32**

**Prep:** 15 minutes  |  **Cook:** 30 minutes  |  **Makes:** 4 servings

**Ingredients:**
- 1 can (13.66 ounces) unsweetened full-fat coconut milk
- 1 teaspoon lime juice
- 2 teaspoons curry powder
- 1 can (14.5 ounces) diced tomatoes
- Salt and pepper, to taste
- 1/2 teaspoon fresh ginger, grated
- 1 clove garlic, peeled, minced
- 1 small onion, peeled, diced (about 1/4 cup)
- 2 cans (15.5 ounces each) chickpeas, rinsed, drained
- 1/8 small bunch kale, sliced (about 2 1/2 cups)

**Directions:**
1. In a large bowl, whisk together the coconut milk, lime juice, and curry powder until combined. Stir in the tomatoes and their juices, then season with salt and pepper.
2. Transfer mixture to the pot along with remaining ingredients. Stir to combine, then cover pot.
3. Select Auto-IQ Quick Meals: Recipe 32 and press the START/STOP button.
4. Stir and serve.

**Swaps:**
- Spinach for kale

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**Auto-IQ™ Quick Meals**

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**ASIAN POT STICKER SOUP**

**PREP:** 10 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 4-5 SERVINGS

**DIRECTIONS**
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 34 and press the START/STOP button.
3. Serve immediately.

**SWAPS**
- Frozen stir-fry vegetables for Asian vegetable blend
- Bok choy for spinach
- Chicken broth for vegetable broth

**INGREDIENTS**
- 2 bags (7 ounces each) frozen potstickers
- 1 bag (16 ounces) frozen Asian vegetable blend
- 3 cups fresh baby spinach
- 4 cups low-sodium vegetable broth
- 1/2 cup stir-fry sauce
- 3 tablespoons low-sodium teriyaki sauce
- 1/2 teaspoon ground ginger

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**VEGETARIAN TORTILLA SOUP**

**PREP:** 15 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 6 SERVINGS

**DIRECTIONS**
1. Place all ingredients into the pot. Stir to combine, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 33 and press the START/STOP button.
3. Stir and serve.

**SWAPS**
- 1 can (15 ounces) crushed tomatoes for condensed tomato soup
- Black beans for kidney beans

**INGREDIENTS**
- 4 cups low-sodium vegetable broth
- 2 cups water
- 1 can (10.75 ounces) condensed tomato soup
- 1 can (15 ounces) dark red kidney beans
- 2 cups frozen classic mixed vegetables
- 2 cloves garlic, peeled, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground black pepper
- 20 corn tortilla chips
- 1/2 teaspoon salt

**OPTIONAL**
- 1/2 cup fresh cilantro, chopped, for serving

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**VEGETABLE PAD THAI**

**PREP:** 10 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 4-6 SERVINGS

**DIRECTIONS**
1. Place all ingredients into the pot. Stir to combine, ensuring pasta is submerged, then cover pot.
2. Select Auto-IQ Quick Meals: Recipe 35 and press the START/STOP button.
3. Stir and serve.

**SWAP**
- 1 package whole wheat spaghetti for linguine

**INGREDIENTS**
- 3/4 package (12 ounces) uncooked linguine, broken in half
- 3 carrots, peeled, thinly sliced
- 1 red bell pepper, thinly sliced
- 4 scallions, trimmed, thinly sliced
- 4 cloves garlic, peeled, minced
- 2 teaspoons fresh ginger, minced
- 3 1/2 cups vegetable broth
- 1/2 cup peanut butter
- 3 tablespoons soy sauce
- 1 tablespoon brown sugar
- 1/2 teaspoon crushed red pepper
- 1 cup fresh cilantro, finely chopped, plus more for serving
- Juice of 1 lime

**OPTIONAL**
- 1/2 cup chopped peanuts, for serving
- Lime wedges, for serving

Meal need to be cooked a little longer? Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.
**RECIPE 36**

**PINTO BEAN & VEGETABLE ENCHILADA CASSEROLE**

**PREP:** 5 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 6-8 SERVINGS

**INGREDIENTS**

- 2 cans (10 ounces each) mild enchilada sauce
- 2 cans (4.5 ounces each) chopped green chiles
- 1 tablespoon ground cumin
- 1/2 teaspoon ground black pepper
- 2 bell peppers, sliced
- 16 soft corn tortillas, cut in quarters
- 2 cans (15 ounces each) pinto beans, rinsed, drained
- 2 cups vegetable broth
- 3 cups fresh baby spinach
- 2 tablespoons prepared horseradish
- 1 1/2 cups shredded Mexican cheese, for serving

**DIRECTIONS**

1. In a mixing bowl, stir together enchilada sauce, green chiles, cumin, and black pepper.
2. Place peppers, corn tortillas, pinto beans, and sauce mixture into the pot. Stir to combine, then cover pot.
3. Select Auto-iQ Quick Meals: Recipe 36 and press the START/STOP button.

**SWAPS**

Red chilies for green chilies
Black beans for pinto beans

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**RECIPE 37**

**TOFU LENTIL STEW**

**PREP:** 5 MINUTES  |  **COOK:** 20 MINUTES  |  **MAKES:** 6 SERVINGS

**INGREDIENTS**

- 1 brick (14 ounces) extra-firm tofu, drained, cut in 1/2-inch chunks
- 3 cups bok choy, chopped
- 1 can (14.5 ounces) petite diced tomatoes
- 2 cups vegetable broth
- 1 medium onion, peeled, chopped
- 3 cups fresh baby spinach
- 2 tablespoons prepared horseradish
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

**DIRECTIONS**

1. Place all ingredients into the pot. Gently stir to combine, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 37 and press the START/STOP button.

**SWAPS**

- 1 medium zucchini, chopped or 1 pound uncooked chicken breast, cut in 1-inch cubes for tofu
- Kale or Chinese cabbage for bok choy
- 2 tablespoons curry paste for Italian seasoning

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**RECIPE 38**

**PIEROGI WITH HORSERADISH SAUCE**

**PREP:** 10 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 6 SERVINGS

**INGREDIENTS**

- 2 pounds frozen pierogi
- 1 medium onion, peeled, chopped
- 2 cups vegetable broth
- 3 cups fresh baby spinach
- 2 tablespoons prepared horseradish
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

**DIRECTIONS**

1. Place all ingredients into the pot. Gently stir to combine, then cover pot.
2. Select Auto-iQ Quick Meals: Recipe 38 and press the START/STOP button.

**SWAP**

Large frozen ravioli for pierogi

Tip: Serve with plenty of fresh toppings like sliced avocado, sliced radishes, chopped cilantro, and Mexican cheese like cotija or queso fresco.
LAYERED BOWLS

These 2-step recipes use your Auto-iQ Cooking System to build some serious flavor. Yep, these layered bowls featuring hearty blends of proteins and veggies will have your taste buds dancing.

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**MEAL NEED TO BE COOKED A LITTLE LONGER?**
Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.

Always make sure food is cooked all the way through. To prevent possible illness, use a thermometer to check that your food is cooked to the temperatures recommended by the Food and Drug Administration.
### BAKED EGGS WITH BREAKFAST HASH

**PREP:** 15 MINUTES  |  **COOK:** 29 MINUTES  |  **MAKES:** 4 SERVINGS

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat butter in pot for 2 minutes and then add breakfast sausage, potato, bell peppers, onion, garlic powder, onion powder, salt, and pepper. Cook, uncovered, for 15 minutes, stirring occasionally.
2. Crack the eggs on top of the hash. Pour maple syrup evenly over top, then cover pot. Select Auto-IQ Layered Bowls: Recipe 1 and press the START/STOP button. Stir and serve.

**INGREDIENTS**
- 2 tablespoons butter
- 1 pound uncooked ground breakfast sausage, crumbled
- 1 large Idaho potato, diced
- 2 bell peppers, diced
- 1 medium white onion, peeled, diced
- 1 teaspoon garlic powder
- 1 tablespoon canola oil
- 1 1/2 pounds uncooked beef flank steak, cut in 2-inch x 1/4-inch slices
- 2 packets (1.25 ounces each) fajita seasoning mix
- 2 bell peppers, thinly sliced
- 1 medium onion, peeled, thinly sliced
- 8 eggs
- 1/4 cup maple syrup
- 2 1/2 cups low-sodium beef broth
- 1 cup uncooked long grain white rice

**OPTIONAL**
- Guacamole, for serving
- Salsa, for serving
- Sour cream, for serving

**SWAP**
- Bacon for pancetta

**Tip:** For a spicier dish, look for a red jalapeño pepper instead of a green one.

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### BEEF FAJITA RICE BOWL

**PREP:** 15 MINUTES  |  **COOK:** 47 MINUTES  |  **MAKES:** 4-6 SERVINGS

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add flank steak, fajita seasoning mix, bell peppers, and onion. Cook uncovered for 10 minutes, stirring occasionally.
2. Crack the eggs on top of the hash. Pour maple syrup evenly over top, then cover pot. Select Auto-IQ Layered Bowls: Recipe 1 and press the START/STOP button. Serve immediately.

**INGREDIENTS**
- 1 tablespoon canola oil
- 1 1/2 pounds uncooked beef flank steak, cut in 2-inch x 1/4-inch slices
- 2 packets (1.25 ounces each) fajita seasoning mix
- 2 bell peppers, thinly sliced
- 1 medium onion, peeled, thinly sliced
- 8 eggs
- 1/4 cup maple syrup
- 2 1/2 cups low-sodium beef broth
- 1 cup uncooked long grain white rice

**OPTIONAL**
- Guacamole, for serving
- Salsa, for serving
- Sour cream, for serving

**SWAP**
- Bacon for pancetta

**Tip:** To turn this bowl into a burrito—just warm large soft flour tortillas and wrap up the finished product.

### BUTTERNUT HASH & EGGS

**PREP:** 20 MINUTES  |  **COOK:** 30 MINUTES  |  **MAKES:** 4 SERVINGS

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat butter in pot for 2 minutes and add pancetta, squash, shallot, jalapeño pepper, and thyme. Cook for 15 minutes, stirring occasionally.
2. Crack eggs on top of squash mixture. Select Auto-IQ Layered Bowls: Recipe 2 and press the START/STOP button. Stir and serve.

**INGREDIENTS**
- 1 teaspoon butter
- 1 package (4 ounces) diced pancetta
- 1 butternut squash, peeled, cut in 1-inch pieces
- 1 medium shallot, peeled, chopped
- 1 jalapeño pepper, diced
- 1 sprig fresh thyme leaves
- 4 eggs
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons salt
- 1 teaspoon ground black pepper

**OPTIONAL**
- 1 teaspoon paprika, for garnish

**SWAP**
- Bacon for pancetta

**Tip:** Meal needs to be cooked a little longer? Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.

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### AMERICAN CHOP SUEY

**PREP:** 10 MINUTES  |  **COOK:** 35 MINUTES  |  **MAKES:** 6 SERVINGS

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add ground beef, red bell pepper, and onion. Cook uncovered for 8 minutes, stirring occasionally.

2. Add macaroni, pasta sauce, water, Worcestershire sauce, black pepper, and salt to pot. Stir to combine, then cover pot. Select AUTO-IQ Layered Bowls: Recipe 4 and press the START/STOP button. Stir and serve.

**INGREDIENTS**

- 1 tablespoon canola oil
- 1 pound uncooked ground beef
- 1 red bell pepper, chopped
- 1 medium onion, peeled, chopped
- 1 box (16 ounces) uncooked elbow macaroni
- 1 cup (24 ounces) pasta sauce
- 4 cups water
- 1/2 cup Worcestershire sauce
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon kosher salt

**OPTIONAL**

- 2 cups shredded mozzarella cheese, for serving

**SWAPS**

Ground turkey for ground beef

Ditalini pasta for elbow macaroni

### SWEET & SPICY BEEF WITH EDAMAME

**PREP:** 15 MINUTES  |  **COOK:** 42 MINUTES  |  **MAKES:** 4-6 SERVINGS

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add flank steak, red bell pepper, carrot, and ginger. Cook uncovered for 10 minutes, stirring occasionally.

2. Add broth, rice, edamame, chili sauce, and sambal oelek to pot. Stir to combine, then cover pot. Select AUTO-IQ Layered Bowls: Recipe 5 and press the START/STOP button. Stir and serve.

**INGREDIENTS**

- 1 tablespoon canola oil
- 1 1/2 pounds uncooked beef flank steak, cut in 2-inch by 1/4-inch slices
- 1 red bell pepper, thinly sliced
- 1 medium carrot, peeled, thinly sliced
- 1 tablespoon fresh ginger, minced
- 1 1/2 cups low-sodium beef broth
- 1 cup uncooked jasmine rice
- 1 cup frozen shelled edamame
- 1/2 cup sweet chili sauce
- 1 tablespoon sambal oelek (or any red chili sauce or paste)

**OPTIONAL**

- 1 can (11 ounces) mandarin oranges, drained, for serving

### BEEF BARLEY STROGANOFF

**PREP:** 15 MINUTES  |  **COOK:** 42 MINUTES  |  **MAKES:** 8 SERVINGS

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add beef, carrots, onion, and garlic. Cook uncovered for 8 minutes, stirring occasionally.

2. Add gravy, broth, mushrooms, barley, Worcestershire sauce, mustard, paprika, and black pepper to pot. Stir to combine, then cover pot. Select AUTO-IQ Layered Bowls: Recipe 6 and press the START/STOP button. Stir and serve.

**INGREDIENTS**

- 1 tablespoon canola oil
- 1 1/2 pounds uncooked lean ground beef
- 2 medium carrots, peeled, chopped
- 1 medium onion, peeled, chopped
- 3 cloves garlic, peeled, minced
- 1 can or jar (10.5 ounces) beef gravy
- 1 pound white mushrooms, chopped
- 1/2 cup uncooked barley
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1 teaspoon paprika
- 1/4 teaspoon ground black pepper

**OPTIONAL**

- 1/2 cup sour cream, for serving

**SWAPS**

Ground turkey for ground beef

Greek yogurt for sour cream

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Meal need to be cooked a little longer? Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.

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**CHEESEBURGER PASTA**

**INGREDIENTS**
- 1 1/2 pounds uncooked ground beef
- 1 medium white onion, peeled, diced
- 1 tablespoon kosher salt
- 1 can (14 ounces) crushed tomatoes
- 1/2 cup ketchup
- 1/2 cup yellow mustard
- 1/2 cup relish

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Add beef, onion, and salt and cook, stirring occasionally, for 5 minutes.

**FREEFORM BEEF & ARTICHOKE LASAGNA**

**INGREDIENTS**
- 2 tablespoons canola oil
- 1/2 pounds uncooked ground beef
- 3 cloves garlic, peeled, minced
- 1 medium white onion, peeled, chopped
- 2 tablespoons kosher salt
- 1 box (9 ounces) uncooked oven-ready lasagna noodles, broken in 2-inch pieces
- 1 jar (8 ounces) cooked artichoke hearts, drained, cut in half
- 1 cup (8 ounces) ricotta cheese
- 1 jar (24 ounces) prepared pasta sauce
- 1 bag (8 ounces) baby spinach, for serving
- 1 cup shredded mozzarella cheese, for serving

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add garlic, onion, and sausage. Sauté 4 minutes, or until sausage is browned, stirring occasionally.
2. Add Alfredo sauce, water, and tortellini to pot. Stir to combine, then cover pot. Select Auto-IQ Layered Bowls: Recipe 9 and press the START/STOP button. Stir and serve.

**TORTELLINI WITH SAUSAGE ALFREDO**

**INGREDIENTS**
- 1 tablespoon olive oil
- 2 cloves garlic, peeled, minced
- 1 small white onion, peeled, chopped
- 1 pound uncooked spicy Italian sausage, sliced in 1-inch pieces
- 1 jar (15 ounces) Alfredo sauce
- 1 cup water
- 2 pounds frozen cheese tortellini
- 1/2 cup grated Parmesan cheese, for serving

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add garlic, onion, and sausage. Sauces 4 minutes, or until sausage is browned, stirring occasionally.
2. Add Alfredo sauce, water, and tortellini to pot. Stir to combine, then cover pot. Select Auto-IQ Layered Bowls: Recipe 9 and press the START/STOP button. Stir and serve.

**PORK CHOPS WITH APPLES & RICE**

**INGREDIENTS**
- 1 tablespoon canola oil
- 4 uncooked boneless pork chops, 1-inch thick
- 2 cups shredded red cabbage
- 1/2 medium onion, peeled, chopped
- 2 1/2 cups low-sodium chicken broth
- 1 cup uncooked long grain white rice
- 2 tablespoons apple cider vinegar
- 1 tablespoon whole grain mustard
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground sage
- 2 apples, cored, cut in quarters

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add pork chops, cabbage, and onion. Cook uncovered for 10 minutes, stirring occasionally.
2. Add remaining ingredients to pot. Stir to combine, then cover pot. Select Auto-IQ Layered Bowls: Recipe 10 and press the START/STOP button. Stir and serve immediately.

**RECIPE SWAPS**
- Ground chicken for ground beef
- Sundried tomatoes for artichoke hearts
- Turkey cutlets for pork chops
- Pears for apples

*Meal need to be cooked a little longer? Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.*
SAUSAGE WITH BUTTER BEANS

PREP: 15 MINUTES  |  COOK: 25 MINUTES  |  MAKES: 4 SERVINGS

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add sausage. Cook, stirring occasionally, until browned on both sides, about 8 minutes.

2. Add beans, stock, shallots, garlic, and thyme to the pot. Stir to combine, then cover pot. Select Auto-iQ Layered Bowls: Recipe 11 and press the START/STOP button.

**SWAPS**

- Smoked chorizo for andouille sausage
- Cannellini beans for butter beans

**TIP:**

To lighten up this dish, add 3 cups baby spinach, chopped mustard greens, or chopped kale when adding the stock.

**INGREDIENTS**

- 1 tablespoon extra virgin olive oil
- 1 package (16 ounces) smoked andouille sausage, sliced
- 2 cans (15 ounces each) butter beans, rinsed, drained
- 1/2 cup chicken stock
- 3 shallots, peeled, finely chopped
- 2 cloves garlic, peeled, finely chopped
- 2–3 sprigs fresh thyme, leaves roughly chopped

ORECCHIETTE WITH BROCCOLI RABE & SAUSAGE

PREP: 15 MINUTES  |  COOK: 34 MINUTES  |  MAKES: 6 SERVINGS

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add sausage, onion, and garlic. Cook uncovered, breaking sausage apart, for about 10 minutes, or until sausage is no longer pink.

2. Add the salt, pepper, broccoli rabe, crushed red pepper, broth, sundried tomatoes, orecchiette, and lemon zest to pot. Gently stir to combine, then cover pot. Select Auto-iQ Layered Bowls: Recipe 12 and press the START/STOP button. Stir and serve.

**INGREDIENTS**

- 2 tablespoons extra virgin olive oil
- 1 pound uncooked sweet Italian sausage, casings removed
- 1 small yellow onion, peeled, finely chopped
- 4 medium cloves garlic, peeled, minced
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 bunch broccoli rabe, cut in 2-inch pieces, tough stems removed
- 1/2 teaspoon crushed red pepper
- 4 cups chicken broth
- 6 sundried tomatoes packed in oil, thinly sliced (about 1/2 cup)
- 1/2 pound uncooked orecchiette pasta (about 2 1/2 cups)
- 1 teaspoon lemon zest
JASMINE RICE

INGREDIENTS
- 1 1/2 cups uncooked jasmine rice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 2 cloves garlic, peeled
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped

DIRECTIONS
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add onions, bell peppers, and garlic. Cook uncovered for 10 minutes, stirring occasionally.
2. Add remaining ingredients to pot. Stir to combine, then cover pot. Select AUTO-IQ Layered Bowls: Recipe 13 and press the START/STOP button. Stir and serve.

SWAPS
- Kielbasa for smoked sausage
- Andouille sausage for ham steak

HAM WITH PINEAPPLE RICE

INGREDIENTS
- 1 tablespoon canola oil
- 1/2 pounds cooked ham steaks, cut in 1/2-inch pieces
- 2 medium carrots, peeled, chopped
- 1 medium onion, peeled, chopped
- 1 1/2 cups low-sodium chicken broth
- 1 cup pineapple juice
- 1 cup uncooked long grain white rice
- 1/2 cup unsalted dry-roasted whole cashews
- 1/2 teaspoon salt

DIRECTIONS
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add ham, carrots, and onion. Cook uncovered for 10 minutes, stirring occasionally.
2. Add broth, pineapple juice, rice, cashews, salt, and black pepper to pot. Stir to combine, then cover pot. Select AUTO-IQ Layered Bowls: Recipe 14 and press the START/STOP button. Stir and serve.

SWAPS
- Cooked chicken sausage for ham steak
- Jasmine or basmati rice for long grain white rice

MUSHROOM PORK CHOPS

INGREDIENTS
- 4 uncooked boneless pork chops (6 ounces each)
- 2 tablespoons kosher salt
- 2 tablespoons ground black pepper
- 1 cup canola oil
- 1 can (10 ounces) condensed cream of mushroom soup

DIRECTIONS
1. Season pork chops with salt and pepper. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add seasoned pork chops. Sear for 5 minutes on each side. Remove pork from pot and set aside.
2. Add mushroom soup, mushrooms, onion, pasta, and water to the pot. Stir to combine. Place pork chops on top of mushroom mixture, then cover pot. Select AUTO-IQ Layered Bowls: Recipe 16 and press the START/STOP button.

SWAP
- Chicken breast for pork chops
Meal need to be cooked a little longer? Simply set to BAKE DRY at 350°F for 5–10 minutes, checking for desired doneness.

**CHICKEN PHO**

**PREP:** 20 MINUTES  |  **COOK:** 32 MINUTES  |  **MAKES:** 6 SERVINGS

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add chicken. Cook, stirring occasionally, until chicken is golden brown and mostly cooked through, about 10 minutes.


**INGREDIENTS**

- 2 teaspoons canola oil
- 3 uncooked boneless, skinless chicken breasts (about 1 1/4 pounds), cut in 1-inch cubes
- 4 cloves garlic, peeled, chopped
- 2 tablespoons lemongrass, minced
- 1 tablespoon fresh ginger, chopped
- 2 cartons (32 ounces each) chicken stock
- 4 cups (12 ounces) cooked cauliflower, finely chopped
- 1 sleeve (8 ounces) rice noodles
- 1 bunch scallions, roughly chopped
- 1 tablespoon fish sauce
- 1 teaspoon sriracha

**OPTIONAL**

- 8 scallions, sliced, for serving
- Peanuts, chopped, for serving

**SWAP**

Large shrimp, peeled, deveined, for chicken breasts

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**PEANUT CHICKEN WITH CAULIFLOWER RICE**

**PREP:** 30 MINUTES  |  **COOK:** 25 MINUTES  |  **MAKES:** 4 SERVINGS

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add chicken. Cook, stirring occasionally, until chicken is golden brown and mostly cooked through, about 10 minutes.


**INGREDIENTS**

- 2 teaspoons canola oil
- 1 1/2 pounds uncooked boneless, skinless chicken breasts, cut in cubes
- 1/2 cup low-sodium soy sauce
- 3 tablespoons peanut butter
- 1-2 tablespoons sriracha (optional)
- 1 bunch scallions, roughly chopped
- 4 cups (12 ounces) cauliflower florets, finely chopped
- 1 bag (8 ounces) snap peas, trimmed

**OPTIONAL**

- Peanuts, chopped, for serving

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**SPECIAL INSTRUCTIONS**

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**AUTO-IQ™ LAYERED BOWLS**

**MEDITERRANEAN CHICKEN TENDERS**

**PREP:** 10 MINUTES  |  **COOK:** 31 MINUTES  |  **MAKES:** 4 SERVINGS

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add chicken, onion, garlic, lemon pepper seasoning, and oregano. Cook uncovered for 7 minutes, stirring occasionally.
2. Add remaining ingredients to pot. Stir to combine, then cover pot. Select Auto-IQ Layered Bowls: Recipe 19 and press the START/STOP button. Serve immediately.

**INGREDIENTS**

- 2 tablespoons olive oil
- 1 pound uncooked chicken tenderloins
- 1 medium onion, peeled, chopped
- 3 cloves garlic, peeled, minced
- 1 teaspoon lemon pepper seasoning
- ½ teaspoon dried oregano

- 2 ½ cups low-sodium chicken broth
- 1 cup uncooked orzo
- ½ cup sundried tomatoes, chopped
- ¼ cup sliced black olives

**CREAMY FRENCH ONION CHICKEN & RICE**

**PREP:** 15 MINUTES  |  **COOK:** 52 MINUTES  |  **MAKES:** 4-5 SERVINGS

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add chicken, onion, and garlic. Cook uncovered for 10 minutes, stirring occasionally.
2. Add broth, rice, peas, oregano, cumin, and salt to pot. Stir to combine, then cover pot. Select Auto-IQ Layered Bowls: Recipe 21 and press the START/STOP button. Stir and serve.

**INGREDIENTS**

- 1 ½ tablespoons canola oil
- 1 medium onion, peeled, chopped
- 1 carrot, peeled, chopped
- ¼ cup celery, chopped
- 1 packet (1.4 ounces) dry French onion soup mix
- 1 rotisserie chicken, shredded (about 4 cups shredded chicken)
- 3 cups water
- 1 cup uncooked long grain white rice

- 1 ½ cups shredded mild cheddar cheese, for serving

**SWAPS**

- Chicken breasts for chicken thighs
- Yellow rice for long grain white rice

**ARROZ CON POLLO**

**PREP:** 20 MINUTES  |  **COOK:** 47 MINUTES  |  **MAKES:** 6 SERVINGS

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add chicken, onion, and garlic. Cook uncovered for 10 minutes, stirring occasionally.
2. Add broth, rice, peas, oregano, cumin, and salt to pot. Stir to combine, then cover pot. Select Auto-IQ Layered Bowls: Recipe 20 and press the START/STOP button. Stir and serve.

**INGREDIENTS**

- 1 tablespoon canola oil
- 1 1/2 pounds uncooked boneless skinless chicken thighs
- 1 medium onion, peeled, chopped
- 3 cloves garlic, peeled, minced
- 2 ½ cups low-sodium chicken broth
- 1 cup uncooked long grain white rice

- 1 cup frozen peas
- 1 teaspoon dried oregano
- 1 tablespoon ground cumin
- 1/4 teaspoon kosher salt

**OPTIONAL**

- 1/2 cup fresh cilantro, chopped, for serving

**CREAMY FRENCH ONION CHICKEN & RICE**

**PREP:** 15 MINUTES  |  **COOK:** 52 MINUTES  |  **MAKES:** 4-5 SERVINGS

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add chicken, onion, and garlic. Cook uncovered for 7 minutes, stirring occasionally.
2. Add remaining ingredients to pot. Stir to combine, then cover pot. Select Auto-IQ Layered Bowls: Recipe 19 and press the START/STOP button. Serve immediately.

**INGREDIENTS**

- 1 1/2 tablespoons canola oil
- 1 medium onion, peeled, chopped
- 1 carrot, peeled, chopped
- 1/4 cup celery, chopped
- 1 packet (1.4 ounces) dry French onion soup mix
- 1 can (10.5 ounces) condensed cream of chicken soup

**OPTIONAL**

- 1/2 cup shredded mild cheddar cheese, for serving

Meal need to be cooked a little longer? Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.
SOUTHWEST CHICKEN BURRITO BOWL

**PREP:** 15 MINUTES | **COOK:** 42 MINUTES | **MAKES:** 6 SERVINGS

**DIRECTIONS**

1. In a small bowl, stir together the chili powder, cumin, garlic powder, and salt. Season the chicken with half the spice mixture. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add seasoned chicken, onion, and bell pepper. Sauté until chicken is lightly browned, about 5 minutes.

2. Add remaining spice mixture, beans, broth, and rice to pot. Stir to combine, then cover pot. Select Auto-iQ Layered Bowls: Recipe 22 and press the START/STOP button. Stir and serve.

**INGREDIENTS**

- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1 pound uncooked chicken tenderloins, cut in half lengthwise
- 2 teaspoons olive oil
- 1 small onion, peeled, chopped
- 3/4 cup red or yellow bell pepper, diced
- 1 can (15 ounces) black beans, rinsed, drained
- 2 1/2 cups chicken broth
- 1 box (7 ounces) yellow Spanish rice

**OPTIONAL**

- 1/4 cup fresh cilantro, chopped, for serving
- Sour cream, for serving
- Shredded cheddar cheese, for serving

CHICKEN GYRO WITH QUINOA

**PREP:** 15 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 6 SERVINGS

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add chicken thighs, bell pepper, and onion. Cook uncovered for 10 minutes, stirring occasionally.

2. Add broth, quinoa, garlic, oregano, salt, and black pepper to pot. Stir to combine, then cover pot. Select Auto-iQ Layered Bowls: Recipe 23 and press the START/STOP button. Stir and serve.

**SWAPS**

- Cremini mushrooms for sliced white mushrooms

**INGREDIENTS**

- 1 tablespoon canola oil
- 2 pounds uncooked boneless, skinless chicken thighs, cut in 1-inch pieces
- 1 green bell pepper, chopped
- 1 onion, peeled, sliced
- 2 3/4 cups low-sodium chicken broth
- 1 cup uncooked quinoa
- 2 cloves garlic, peeled, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried oregano

**OPTIONAL**

- 1/2 cup fresh parsley, chopped, for garnish
- Shredded cheddar cheese, for serving
- Tzatziki sauce, for serving

CHICKEN WITH MUSHROOM MARSALA COUSCOUS

**PREP:** 15 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 4 SERVINGS

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add chicken breasts, skimmed, and salt. Season the chicken with half the spice mixture. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add seasoned chicken, onion, and bell pepper. Sauté until chicken is lightly browned, about 5 minutes.

2. Add remaining spice mixture, beans, broth, and rice to pot. Stir to combine, then cover pot. Select Auto-iQ Layered Bowls: Recipe 24 and press the START/STOP button. Stir and serve.

**SWAP**

- Cremini mushrooms for sliced white mushrooms

**INGREDIENTS**

- 2 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 pound uncooked boneless, skinless chicken breasts, cut in 1 1/2-inch pieces
- 1 medium onion, peeled, chopped
- 4 cloves garlic, peeled, minced
- 1/2 cup fresh parsley, chopped, for garnish

**OPTIONAL**

- 1/2 cup fresh parsley, chopped, for garnish

Meal need to be cooked a little longer? Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.

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**AUTO-IQ™ LAYERED BOWLS**

**CHICKEN WITH MUSTARD CREAM SAUCE**

**PREP:** 10 MINUTES | **COOK:** 37 MINUTES | **MAKES:** 6 SERVINGS

**INGREDIENTS**

- 6 uncooked boneless, skinless chicken thighs
- 1 tablespoon canola oil
- 1/2 cup uncooked jasmine rice
- 1 cup heavy cream
- 1/2 cup Dijon mustard
- 1 teaspoon fresh tarragon, minced

**DIRECTIONS**

1. Season chicken with salt. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add seasoned chicken. Brown for 5 minutes on each side.
2. Add stock, rice, cream, mustard, and tarragon to pot. Gently stir to combine, then cover pot.

**SWAP**

Pork tenderloins for chicken thighs

---

**QUICK CHICKEN CASSOULET**

**PREP:** 25 MINUTES | **COOK:** 50 MINUTES | **MAKES:** 6 SERVINGS

**INGREDIENTS**

- 4 uncooked boneless, skinless chicken thighs, cut in 1-inch pieces
- 1 package (12 ounces) prepared chicken sausages, sliced
- 1 package (4 ounces) diced pancetta
- 2 medium carrots, peeled, diced
- 1 medium white onion, peeled, diced
- 3 cloves garlic, peeled, minced
- 1 tablespoon tomato paste
- 2 cups chicken stock
- 2 cans (15 ounces each) cannellini beans, rinsed, drained
- 1 tablespoon kosher salt
- 5 fresh thyme sprigs, leaves reserved, for garnish

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Add chicken, sausages, pancetta, carrots, onion, and garlic to the pot and cook for 10 minutes, stirring occasionally.
2. Add tomato paste, stock, cannellini beans, and salt to the pot. Gently stir to combine, then cover pot.

**SWAP**

3 slices cooked bacon, chopped, for pancetta

---

**RED WINE CHICKEN (COQ AU VIN)**

**PREP:** 20 MINUTES | **COOK:** 45 MINUTES | **MAKES:** 4 SERVINGS

**INGREDIENTS**

- 4 uncooked boneless, skinless chicken thighs
- 1 tablespoon flour
- 1 tablespoon butter
- 3 slices (about 3 ounces) bacon, diced
- 6 button mushrooms, cut in quarters
- 1 carrot, peeled, diced
- 1/2 medium onion, peeled, chopped
- 2 cups cauliflower florets, finely chopped
- 1 cup dry red wine
- 1 1/2 cups chicken stock

**DIRECTIONS**

1. Coat the chicken thighs in flour. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Add butter, bacon, and chicken to the pot and cook for 10 minutes or until the chicken is golden brown.
2. Flip chicken thighs. Add mushrooms, carrot, onion, cauliflower, red wine, and stock to the pot. Select Auto-iQ Layered Bowls: Recipe 26 and press the START/STOP button.

**SWAPS**

1 package (4 ounces) diced pancetta for bacon
Broccoli rice for cauliflower rice
**TURKEY & MUSHROOM KASHA**

**PREP:** 15 MINUTES  | **COOK:** 35 MINUTES  | **MAKES:** 4 SERVINGS

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat butter in pot for 2 minutes and then add turkey, onion, and mushrooms. Cook, stirring occasionally, until turkey is crumbled and cooked through and mushrooms are softened, about 15 minutes.

**INGREDIENTS**
- 2 tablespoons unsalted butter
- 1 pound uncooked ground turkey
- 1 onion, peeled, finely chopped
- 1 package (12 ounces) button mushrooms, trimmed, cut in half
- 2 sprigs fresh thyme, leaves roughly chopped
- 1 cup uncooked medium-ground kasha
- 2 cups chicken stock
- ½ teaspoon salt
- 2 teaspoons extra virgin olive oil
- 1 can (15 ounces) diced tomatoes
- 1 cup water
- ⅓ box (8 ounces) uncooked ditalini pasta
- 1/2 teaspoon salt

**Tip:** Garnish with finely chopped parsley or chives for a pop of green.

**SWAPS**
- Ground chicken for ground turkey
- Elbow macaroni pasta for ditalini pasta

---

**TURKEY MINESTRONE SOUP**

**PREP:** 15 MINUTES  | **COOK:** 47 MINUTES  | **MAKES:** 4 SERVINGS

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add turkey, onion, garlic, celery, and carrots. Cook, stirring occasionally, until turkey is crumbled and cooked through and vegetables are beginning to soften, about 15 minutes.
2. Add cabbage, tomatoes, water, pasta, stock, salt, and pepper to the pot. Stir to combine, then cover pot. Select Auto-IQ Layered Bowls: Recipe 29 and press the START/STOP button.

**INGREDIENTS**
- 2 teaspoons extra virgin olive oil
- 1 pound uncooked lean ground turkey
- 1 onion, peeled, finely chopped
- 3 cloves garlic, peeled, finely chopped
- 3 stalks celery, chopped
- 4 carrots, peeled, chopped
- ½ head green cabbage, chopped
- 1 can (15 ounces) diced tomatoes
- 1 cup water
- ⅓ box (8 ounces) uncooked ditalini pasta
- 6 cups chicken stock
- Salt and pepper, to taste

**Tip:** For a heartier soup, add a can of kidney or cannellini beans, drained and rinsed, at Step 2.

**SWAPS**
- Ground chicken for ground turkey
- Orzo for kasha
**COD WITH BROCCOLI RABE & QUINOA**

**PREP:** 15 MINUTES | **COOK:** 27 MINUTES | **MAKES:** 2 SERVINGS

**INGREDIENTS**
- 2 tablespoons olive oil
- 1/2 red bell pepper, chopped
- 1/2 medium onion, peeled, chopped
- 2 cloves garlic, peeled, minced
- 1 1/2 cups low sodium vegetable broth
- 1/2 cup uncooked quinoa
- 2 teaspoons canola oil
- 4 cloves garlic, peeled, minced
- 2-inch piece fresh ginger, peeled, minced
- 6 heads baby bok choy, roughly chopped, leafy greens separated
- 1 cup uncooked long grain white rice
- 1/2 cup water
- 1/2 cup soy sauce
- 1 1/2 pounds uncooked shrimp, peeled, deveined
- 1/2 teaspoon kosher salt, plus more to taste
- 1/2 teaspoon ground black pepper, plus more to taste
- 2 uncooked fresh cod fillets (6 ounces each)
- 1/2 bunch broccoli rabe, coarse stems trimmed

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add garlic, ginger, and thick ends of bok choy. Sauté until softened, about 5 minutes.
2. Add rice, water, and soy sauce to the pot. Stir to combine. Place shrimp on top of rice mixture, then layer the leafy bok choy greens over the shrimp. Cover pot. Select Auto-iQ Layered Bowls: Recipe 31 and press the START/STOP button.

**SWAP**
Asparagus for broccoli rabe

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**SHRIMP & BOK CHoy WITH RICE**

**PREP:** 20 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 4-6 SERVINGS

**INGREDIENTS**
- 2 teaspoons canola oil
- 4 cloves garlic, peeled, minced
- 2-inch piece fresh ginger, peeled, minced
- 6 heads baby bok choy, roughly chopped, leafy greens separated
- 1 cup uncooked long grain white rice
- 1/2 cup water
- 1/2 cup soy sauce
- 2 uncooked fresh cod fillets (6 ounces each)
- 1/2 bunch broccoli rabe, coarse stems trimmed

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add garlic, ginger, and thick ends of bok choy. Sauté until softened, about 5 minutes.
2. Add rice, water, and soy sauce to the pot. Stir to combine. Place shrimp on top of rice mixture, then layer the leafy bok choy greens over the shrimp. Cover pot. Select Auto-iQ Layered Bowls: Recipe 30 and press the START/STOP button.

**Tip:** Serve with extra soy sauce and chopped scallions on the side.
CASHEW-CRUSTED FLOUNDER

**INGREDIENTS**
- 1 tablespoon canola oil
- 3 cloves garlic, peeled, minced
- ½ bag (8 ounces) chopped kale
- 3 cups water, divided
- 4 uncooked flounder fillets (4 ounces each)
- 1 tablespoon kosher salt
- 2 tablespoons Dijon mustard

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add carrots, onion, and garlic. Stirring occasionally.
2. Add remaining ingredients to pot. Stir gently to combine, then cover pot. Serve immediately.

**SWAPS**
- Cannellini beans for chickpeas
- Kale for spinach

RAVIOLI WITH MUSHROOM SAUCE

**INGREDIENTS**
- 1 can (14.5 ounces) diced tomatoes
- 3 cups fresh baby spinach
- ½ cup uncooked long grain brown rice
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon crushed red pepper

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add carrots, onion, and garlic. Cook uncovered for 5 minutes, stirring occasionally.
2. Add remaining ingredients to pot. Stir to combine, then cover pot. Serve immediately.

**SWAPS**
- Meat ravioli for cheese ravioli

NEW ENGLAND CLAM CHOWDER

**INGREDIENTS**
- 1 tablespoon canola oil
- 2 medium carrots, peeled, chopped
- 3 cloves garlic, peeled, minced
- 4 cups low-sodium vegetable broth
- 2 cans (15.5 ounces each) chickpeas, rinsed, drained
- 1 can (14.5 ounces) diced tomatoes
- 3 cups fresh baby spinach

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add garlic, kale, and 1/2 cup water. Cook for 7 minutes, stirring occasionally. Season flounder with salt and brush with mustard, then gently cover with the chopped cashews.
2. Add flour, half & half, clam juice, minced clams, and seafood or crab seasoning. Leave pot uncovered. Select Auto-iQ Layered Bowls: Recipe 32 and press the START/STOP button. Stir and serve.

**SWAPS**
- Pancetta for bacon
- Idaho potatoes for Yukon gold potatoes

MEAL NEED TO BE COOKED A LITTLE LONGER? Simply set to BAKE DRY at 350°F for 5-10 minutes, checking for desired doneness.
# KITCHEN BASICS 2.0

## MANUAL RECIPES

There’s a reason some cooking methods are classic—they work. We’ve taken these fundamental kitchen techniques and put them all in one convenient countertop device. Use the STOVE TOP, STEAM, BAKE, and SLOW COOK buttons on your Auto-iQ™ Cooking System to make everything from braised beef to steamed mussels, easy.

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### CHICKEN SATAY

**PREP:** 10 MINUTES  |  **COOK:** 23 MINUTES  |  **MAKES:** 8 SERVINGS

**INGREDIENTS**
- 16 wooden skewers
- 1 pound uncooked boneless, skinless chicken tenderloins, cut in half lengthwise
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground ginger
- Salt and black pepper, to taste
- 2 tablespoons canola oil
- 2 cloves garlic, peeled, minced
- 1 can (14 ounces) coconut milk
- 3 tablespoons creamy peanut butter
- 1 1/2 tablespoons reduced-sodium soy sauce
- 3 tablespoons packed light brown sugar
- OPTIONAL: Fresh cilantro leaves, for garnish

**DIRECTIONS**
1. Spray skewers with cooking spray. Thread chicken onto skewers. Season with cayenne pepper, ginger, salt, and black pepper.
2. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes and then add garlic. Cook uncovered 1 minute or until garlic is tender, stirring often. Stir coconut milk, peanut butter, soy sauce, and brown sugar into pot. Season with salt and black pepper.
3. Place skewers on rack. Place rack in pot. Set to BAKE DRY at 325°F for 10 minutes, cover, and cook until chicken is cooked through. Remove skewers from pot, cover, and keep warm.
4. Reduce coconut milk mixture to a sauce by simmering on STOVE TOP LOW uncovered 5 minutes or until thickened, stirring often.
5. Sprinkle skewers with cilantro and serve with sauce.

### HEARTY SKILLET LASAGNA

**PREP:** 5 MINUTES  |  **COOK:** 30-35 MINUTES  |  **MAKES:** 6 SERVINGS

**INGREDIENTS**
- 1 pound uncooked lean ground beef
- 10 uncooked lasagna noodles, broken in 2-inch pieces
- 1 jar (24 ounces) pasta sauce
- 1/2 cup ricotta cheese
- 1/4 cup shredded Parmesan cheese
- 1 package (about 6 ounces) fresh baby spinach
- 1 cup shredded mozzarella cheese

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Then add beef. Cook uncovered 10 minutes or until beef is browned, stirring often.
2. Arrange noodle pieces over beef. Pour sauce and water over noodles. Set to BAKE DRY at 350°F. Cover and cook 15-20 minutes or until noodles are tender. Turn off pot.

**Tip:** Replace ground beef with ground turkey or chicken and add 1 tablespoon olive oil to pot before browning.
COD WITH ORANGE GLAZE & SNAP PEAS

PREP: 5 MINUTES | COOK: 30 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS
2 teaspoons canola oil
1 teaspoon ground ginger
2 cloves garlic, peeled, minced
1 bunch green onions, sliced, divided
1/4 cup orange juice

DIRECTIONS
1. Season beef with salt, pepper, and rosemary.
2. Season beef with salt, pepper, and rosemary.
3. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Add beef and cook uncovered for 10 minutes or until browned on all sides. Remove beef from pot.
4. Pour broth into pot. Place rack in pot. Place beef on rack. Set to BAKE DRY at 350°F for 1 hour. Cover and cook 1 hour for a medium-rare degree of doneness. Transfer beef to a cutting board and cover with foil.
5. Combine butter and flour in a bowl. Add mixture to pot. Set to STOVE TOP HIGH. Cook 10 minutes or until mixture is slightly reduced, stirring constantly. Serve sauce with beef.

GRAND LIME COCONUT BREAD

PREP: 10 MINUTES | COOK: 40 MINUTES | MAKES: 10 SERVINGS

INGREDIENTS
1 cup all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 ripe banana, mashed
1 tablespoon vanilla extract
Zest and juice of 2 limes, divided
1/4 cup butter, divided
1/2 cup sugar
1 egg
4 cups water
1/4 cup toasted pecans, chopped
1/4 cup sweetened flaked coconut
1/4 cup packed brown sugar

DIRECTIONS
1. Spray a 6.5 x 11-inch loaf pan with cooking spray; set aside.
2. Combine flour, baking soda, and salt in a mixing bowl.
3. In another mixing bowl, combine banana, milk, vanilla extract, and half the lime zest and juice. In another mixing bowl, beat 2 tablespoons butter and granulated sugar with an electric mixer until well combined. Beat in the egg.
4. Stir half the flour mixture and half the banana mixture into the butter mixture. Repeat with remaining flour mixture and butter mixture. Pour batter into loaf pan.
5. Pour water into pot. Place rack in pot. Place loaf pan on rack. Set to BAKE STEAM at 375°F for 40 minutes. Cover and cook until wooden toothpick inserted in center comes out clean. Remove pan from pot. Let bread cool in loaf pan on cooling rack for 10 minutes.
6. Use oven mitts to carefully remove rack from pot and pour out water. Combine remaining lime zest and juice, remaining butter, pecans, coconut, and brown sugar in pot. Set to STOVE TOP HIGH. Cook uncovered 1 minute or until sugar is dissolved. Spoon coconut mixture over bread.

PRIME RIB AU JUS

PREP: 10 MINUTES | COOK: 1 HOUR 25 MINUTES | MAKES: 4 SERVINGS

INGREDIENTS
1 uncooked beef standing rib roast (about 5 pounds)
Salt and pepper, to taste
1 tablespoon fresh rosemary, chopped

DIRECTIONS
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Add beef and cook uncovered for 10 minutes or until browned on all sides. Remove beef from pot.
2. Pour broth into pot. Place rack in pot. Place beef on rack. Set to BAKE DRY at 350°F for 1 hour. Cover and cook 1 hour for a medium-rare degree of doneness. Transfer beef to a cutting board and cover with foil.
3. Combine butter and flour in a bowl. Add mixture to pot. Set to STOVE TOP HIGH. Cook 10 minutes or until mixture is slightly reduced, stirring constantly. Cover and cook until wooden toothpick inserted in center comes out clean. Remove pan from pot. Let bread cool in loaf pan on cooling rack for 10 minutes.
4. Stir half the flour mixture and half the banana mixture into the butter mixture. Repeat with remaining flour mixture and butter mixture. Pour batter into loaf pan.
5. Pour water into pot. Place rack in pot. Place loaf pan on rack. Set to BAKE STEAM at 375°F for 40 minutes. Cover and cook until wooden toothpick inserted in center comes out clean. Remove pan from pot. Let bread cool in loaf pan on cooling rack for 10 minutes.
6. Use oven mitts to carefully remove rack from pot and pour out water. Combine remaining lime zest and juice, remaining butter, pecans, coconut, and brown sugar in pot. Set to STOVE TOP HIGH. Cook uncovered 1 minute or until sugar is dissolved. Spoon coconut mixture over bread.
CANTONESE STEAMED CHICKEN

**PREP:** 5 MINUTES | **COOK:** 33 MINUTES | **MAKES:** 4 SERVINGS

**INGREDIENTS**
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon fresh ginger, minced
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper
- 4 uncooked chicken breasts, thinly sliced (about 1 pound)

**DIRECTIONS**
1. Stir soy sauce, vinegar, ginger, honey, and crushed red pepper in a bowl. Add chicken and toss to coat.
2. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes. Add onion and carrots and cook uncovered 7 minutes, stirring occasionally.
3. Remove chicken from soy sauce mixture and place on rack.
4. Pour soy sauce mixture and chicken broth into pot with onion and carrots. Cover and set to STEAM for 5 minutes (steaming time) and wait for the beep (approximately 7 minutes) to signify liquid is boiling.
5. When beep sounds, use oven mitts to carefully place rack in pot and cover. Steam 5 minutes.
6. Remove cover, add sugar snap peas and mushrooms, and steam another 7 minutes until chicken is cooked through and vegetables are just tender.
7. At the second beep, use oven mitts to carefully remove rack. Serve with the vegetables and steaming liquid from the pot.

PREP: 5 MINUTES | COOK: 14 MINUTES | MAKES: 4 SERVINGS

**INGREDIENTS**
- 2 cups Fra Diavolo sauce
- 1 cup water
- 1 pound mussels, uncooked, cleaned, debearded
- 3 long hot peppers, sliced into rings

**DIRECTIONS**
1. Place Fra Diavolo sauce and water in pot, cover, and set to STEAM for 7 minutes (steaming time) and wait for the beep (approximately 7 minutes) to signify liquid is boiling.
2. At the first beep, place mussels in sauce and cover. Set to STEAM for 10 minutes (steaming time). Wait for the second beep (approximately 7 minutes) to signify liquid is boiling.
3. At the second beep, serve immediately.

GARLIC LEMON STEAMED CLAMS

**PREP:** 5 MINUTES | **COOK:** 33 MINUTES | **MAKES:** 4 SERVINGS

**INGREDIENTS**
- 2 tablespoons olive oil
- 1 small onion, peeled, chopped
- 1/4 teaspoon salt
- 3 cloves garlic, peeled, minced
- 1 cup beer

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes. Add onion and salt to pot. Cook uncovered 6 minutes or until onions are tender, stirring occasionally.
2. Add garlic to pot. Cook uncovered 1 minute, stirring often.
3. Add beer, lemon, and parsley to pot and cover. Set to STEAM for 10 minutes (steaming time). Wait for the beep (approximately 7 minutes) to signify liquid is boiling.
4. At the second beep, add clams to the broth and cover.
5. At the second beep, serve immediately.
ASPARAGUS WITH LEMON AIOLI

**INGREDIENTS**
- 1 cup water
- 1 lemon
- 1/4 cup light mayonnaise
- 1 small clove garlic, peeled, minced
- 1/2 teaspoon salt
- Ground black pepper, to taste
- 1 pound asparagus, trimmed

**DIRECTIONS**
1. Pour water into pot, cover, and set to STEAM for 10 minutes (steaming time) and wait for the beep (approximately 7 minutes) to signify water is boiling.
2. Meanwhile, for the lemon aioli, grate 1/2 teaspoon zest and squeeze 2 teaspoons juice from lemon into a bowl. Stir in mayonnaise, garlic, and salt. Season with black pepper.
3. Place asparagus on rack. At the first beep, use oven mitts to carefully place rack in pot and cover.
4. At the second beep, use oven mitts to carefully remove rack. Serve with lemon aioli.

**PREP:** 10 MINUTES  |  **COOK:** 17 MINUTES  |  **MAKES:** 4 SERVINGS

CORN ON THE COB

**INGREDIENTS**
- 1 cup water
- 4 ears corn
- 1/4 cup garlic & herb cheese spread, divided
- Salt and pepper, to taste

**DIRECTIONS**
1. Pour water into pot, cover, and set to STEAM for 6 minutes (steaming time) and wait for the beep (approximately 7 minutes) to signify water is boiling.
2. Meanwhile, pull back the husks of the corn (but do not remove), remove the silks, and then enclose corn with husks.
3. Place corn on rack. At the first beep, use oven mitts to carefully place rack in pot and cover.
4. At the second beep, use oven mitts to carefully remove rack.
5. Pull back husks and slather each ear with 1 tablespoon cheese spread, season with salt and pepper, replace husks, and serve immediately.

**PREP:** 5 MINUTES  |  **COOK:** 13 MINUTES  |  **MAKES:** 4 SERVINGS
Savory Pot Roast

**Prep:** 20 Minutes  |  **Cook:** 6-8 Hours  |  **Makes:** 8 Servings

**Ingredients**
- 1 uncooked boneless beef chuck roast (3 to 4 pounds)
- ¼ cup plus 2 tablespoons flour, divided
- ¼ cup olive oil, divided
- 2 carrots, peeled, chopped
- 2 stalks celery, chopped
- 1 medium onion, peeled, chopped
- 3 cloves garlic, peeled, crushed
- 1 can (28 ounces) whole plum tomatoes in purée
- 1 cup red wine
- 1 cup beef broth
- 2 sprigs fresh thyme
- 1 tablespoon butter, softened
- 3 sprigs fresh rosemary

**Directions**
1. Coat beef with ¼ cup flour.
2. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes. Add beef to pot. Cook uncovered 10 minutes or until browned on all sides. Remove beef from pot.
3. Add remaining oil, carrots, celery, onion, and garlic to pot. Cook uncovered 10 minutes or until vegetables are tender, stirring occasionally. Add tomatoes, wine, broth, thyme, and rosemary and heat to a boil.
4. Return beef to pot. Set to SLOW COOK LOW for 6–8 hours. Cover and cook until beef is fork-tender.
5. Transfer beef to cutting board. Combine butter and remaining flour in a bowl, then stir into pot. Set to STOVE TOP HIGH. Cook uncovered 2 minutes or until gravy is thickened.

Korean Chicken Wings

**Prep:** 10 Minutes  |  **Cook:** 3-5 Hours  |  **Makes:** 4 Servings

**Ingredients**
- 2 pounds uncooked chicken wings, tips removed
- 1/2 cup soy sauce
- 1/4 cup packed brown sugar
- 3 cloves garlic, peeled, minced
- 2 tablespoons fresh ginger, minced
- 3 green onions, thinly sliced
- 2 tablespoons fresh ginger, minced

**Directions**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Add chicken to pot. Cook uncovered 5 minutes or until chicken is lightly browned on both sides.
2. Stir soy sauce, brown sugar, garlic, ginger, and green onions in bowl. Pour mixture over chicken and toss to coat. Set to SLOW COOK LOW and cook covered for 3-5 hours.

**Tip:** Preparing for a crowd? Double the recipe and keep wings warm in the pot on SLOW COOK WARM for the duration of your party.
### Pulled Pork & Apple Cider Sliders

**PREP:** 10 MINUTES  |  **COOK:** 5-6 HOURS  |  **MAKES:** 6 SERVINGS

**INGREDIENTS**
- 1 uncooked boneless pork shoulder roast (3 to 4 pounds)
- Salt and pepper, to taste
- 2 teaspoons paprika
- ⅛ cup spicy brown mustard
- ¼ cup packed brown sugar
- 3 cloves garlic, peeled, minced
- 1 cup apple cider or apple juice
- 12 slider or mini sandwich buns

**DIRECTIONS**
1. Season pork with salt, pepper, and paprika. Stir mustard, brown sugar, garlic, and cider in pot. Add pork and turn to coat. Set to SLOW COOK HIGH for 5–6 hours. Cover and cook until pork is fork-tender. Transfer pork to a large bowl, and use two forks to shred it. Divide pork among buns.

### Hearty Beef Stew

**PREP:** 10 MINUTES  |  **COOK:** 7-9 HOURS  |  **MAKES:** 8 SERVINGS

**INGREDIENTS**
- 2 pounds uncooked stew beef
- 1 teaspoon salt
- ⅛ teaspoon ground black pepper
- ⅛ cup all-purpose flour
- 2 tablespoons vegetable oil
- 1 ½ cups beef broth
- 4 red potatoes, cut in quarters
- 2 onions, peeled, cut in quarters
- 12 slider or mini sandwich buns

**DIRECTIONS**
1. Season beef with salt and black pepper. Coat with flour.
2. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes. Add beef and cook uncovered 10 minutes or until browned, stirring occasionally.
3. Stir broth, potatoes, onions, carrots, garlic, and thyme into pot. Set to SLOW COOK LOW for 7–9 hours. Cover and cook until beef is fork-tender. Stir in peas during last 10 minutes of cooking time.

### Hearty Beef Stew

**PREP:** 15 MINUTES  |  **COOK:** 5-7 HOURS  |  **MAKES:** 6 SERVINGS

**INGREDIENTS**
- ⅛ pound bacon, cut in 1-inch strips
- 6 uncooked bone-in center-cut pork chops
- Salt and ground black pepper, to taste
- 1 large onion, peeled, thinly sliced
- 3 cloves garlic, peeled, minced
- 1 cup baby carrots
- 4 cloves garlic, peeled, chopped
- 2 sprigs fresh thyme (or 1 teaspoon dried thyme leaves, crushed)
- 1 cup frozen peas, thawed
- 2 tablespoons vegetable oil
- 1 ½ cups beef broth
- 4 red potatoes, cut in quarters
- 2 onions, peeled, cut in quarters
- 12 slider or mini sandwich buns

**DIRECTIONS**
1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Add bacon. Cook uncovered 10 minutes or until bacon is crisp, stirring occasionally. Remove bacon from pot and drain on paper towels.
2. Season pork with salt and black pepper. Add pork to pot. Cook 10 minutes or until browned on both sides.
3. Return bacon to pot. Add onion, garlic, tomatoes, artichoke hearts, olives, and fennel seed to pot. Cook 5 minutes, stirring occasionally. Set to SLOW COOK LOW for 5-7 hours. Cover and cook until pork is fork-tender.
**EGGS BENEDICT**

**PREP:** 20 MINUTES  |  **COOK:** 35 MINUTES  |  **MAKES:** 3 SERVINGS

**INGREDIENTS**
- 3 English muffins, cut in half
- 6 slices Canadian bacon
- 6 poached eggs (see PROGRAM 3, page 20)
- 1 cup Hollandaise sauce (see below)
- 1 tablespoon chives, minced, for garnish

**OPTIONAL**
- 1 tablespoon chives, minced, for garnish

**HOLLANDAISE SAUCE**
- 3 egg yolks
- ¼ cup lemon juice
- 1 teaspoon kosher salt
- 2 sticks (1 cup) butter, melted

**DIRECTIONS**

1. To make the Hollandaise Sauce, set to STOVE TOP HIGH and immediately add egg yolks, lemon juice, and salt. Whisk constantly for 1 minute, or until egg mixture is frothy. For 2 minutes, slowly whisk in the melted butter, ensuring it is evenly distributed and emulsified with the eggs. Use oven mitts to carefully remove the pot from the unit, then whisk in warm water to thin sauce, if needed. Transfer sauce to a bowl.

2. Place the English muffins and Canadian bacon on a baking sheet and toast in the oven for 5 minutes at 375°F.

3. To poach the eggs, use Auto-iQ Poached Infusions Program 3 (see page 20).

4. To assemble the Eggs Benedict, place one slice of Canadian bacon on each half of the toasted English muffins. Lay a poached egg on top of each piece of bacon, and then cover generously with Hollandaise Sauce. Garnish with minced chives and serve.

**STOVE TOP**

**BUTTERNUT SQUASH RISOTTO WITH BACON & SAGE**

**PREP:** 25 MINUTES  |  **COOK:** 62 MINUTES  |  **MAKES:** 6 SERVINGS

**INGREDIENTS**
- 1 tablespoon olive oil
- 2 medium onions, peeled, chopped
- 4 strips uncooked bacon, chopped
- 2 teaspoons fresh sage, chopped
- 1 cup uncooked Arborio rice
- ¼ teaspoon ground black pepper
- 4 cups chicken broth
- 2 cups butternut squash, peeled, chopped
- ¼ cup grated Parmesan cheese

**DIRECTIONS**

1. Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat oil in pot for 2 minutes. Add onions, bacon, and sage to pot. Cook uncovered 10 minutes or until onions are tender, stirring occasionally.

2. Stir rice, salt, and pepper into pot. Cook uncovered 5 minutes, stirring often.


4. Stir squash into pot. Set to STOVE TOP LOW. Cover and cook 20 minutes or until rice and squash are tender.

5. Stir cheese into pot. Set to STOVE TOP HIGH. Cook uncovered 10 minutes or until liquid is absorbed and mixture is creamy, stirring occasionally.

**TIP:** Use Hollandaise Sauce to top steak, potatoes, asparagus, or other vegetables.

**TIP:** Get creative with your Eggs Benedict by using lobster meat, crab meat, smoked salmon, or hash in place of the Canadian Bacon.
**MINI CHEESECAKES**

**PREP:** 15 MINUTES  |  **COOK:** 35 MINUTES  |  **CHILL:** 3 HOURS  |  **MAKES:** 2 5-INCH SPRINGFORM PANS

**INGREDIENTS**
- 1/2 cup graham cracker crumbs
- 2 tablespoons butter, melted
- 1/3 cup sugar, divided
- 1 1/2 packages (12 ounces) cream cheese, softened

**DIRECTIONS**
1. Cover outside of 2 (5-inch) springform pans with foil. In a medium bowl, combine graham cracker crumbs, melted butter, and 1 tablespoon sugar. Press mixture into bottom of springform pans.
2. In a large bowl, beat cream cheese and remaining sugar with an electric mixer or handheld whisk until smooth. Beat in egg, vanilla extract, and lemon zest. Pour batter evenly into pans.
3. Pour water into pot. Place rack in pot and place pans on rack. Cover and set to STOVE TOP HIGH. Cook for 35 minutes.
4. Use oven mitts to carefully remove the rack. Transfer cheesecakes to refrigerator and chill at least 3 hours.

**SOUF-BOILED EGGS**

**PREP:** 2 MINUTES  |  **COOK:** 30 MINUTES  |  **MAKES:** 2-12 EGGS

**INGREDIENTS**
- 2-12 eggs
- 8 cups water

**DIRECTIONS**
1. Place desired number of eggs in the pot along with 8 cups of water. Set to STOVE TOP HIGH, cover, and cook for 30 minutes.
2. When finished, remove with a slotted spoon and serve immediately if desired, or cool down in ice water and store in the refrigerator up to 3 days.

**SOFT-BOILED EGGS**

**PREP:** 2 MINUTES  |  **COOK:** 20 MINUTES  |  **MAKES:** 2-12 EGGS

**INGREDIENTS**
- 2-12 eggs
- 8 cups water

**DIRECTIONS**
1. Place desired number of eggs in the pot along with 8 cups of water. Set to STOVE TOP HIGH, cover, and cook for 20 minutes.
2. When finished, remove with a slotted spoon and serve immediately if desired, or cool down in ice water and store in the refrigerator up to 3 days.

**TIP:** To keep shells from cracking, add 1 tablespoon vinegar to the water.

**TIP:** Eat these plain with sea salt, or mash into egg salad with mayo and paprika.

**TIP:** Serve with fresh fruit tossed in sugar, fruit preserves, chocolate sauce, or chopped toasted nuts.
TAKE TASTE BUDS OFF THE BEATEN PATH

From garam masala to sambal oelek, here’s a list of some ingredients you may not already have in your pantry and where to find them at your local supermarket.

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<tr>
<th>INGREDIENT</th>
<th>WHAT IT IS</th>
<th>WHERE TO FIND IT</th>
</tr>
</thead>
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<tr>
<td>Garam Masala</td>
<td>A blend of spices used in India, Pakistan, and other South Asian cuisine, typically composed of peppercorn, clove, cinnamon, mace, cardamom, bay leaf, and cumin</td>
<td>Herbs and spices section</td>
</tr>
<tr>
<td>Curry Paste</td>
<td>A staple of Thai cuisine, usually composed of shrimp paste, lemongrass, green Thai chili pepper, peppercorn, garlic, lime, cinnamon, coriander, and galangal</td>
<td>Sauces section</td>
</tr>
<tr>
<td>Hoisin Sauce</td>
<td>A sauce used in many Chinese dishes, usually made of black bean sauce, sugar, garlic, vinegar, and five-spice powder</td>
<td>Sauces section of the International food aisle</td>
</tr>
<tr>
<td>Lemongrass</td>
<td>A type of grass commonly used in Thai and Vietnamese cuisine, known for its mild citrusy flavor</td>
<td>Produce section</td>
</tr>
<tr>
<td>Mirin</td>
<td>A rice wine used in Japanese cooking, with a sweet flavor, slightly thick consistency, and golden to light amber color</td>
<td>Sauces section of the International food aisle</td>
</tr>
<tr>
<td>Okra</td>
<td>A vegetable that looks like a ridged pepper and when cooked, releases a gelatin-like substance that makes it a popular ingredient for gumbo and soups</td>
<td>Produce section</td>
</tr>
<tr>
<td>Sambal Oelek</td>
<td>A spicy Southeast Asian chili sauce made with hot red chile pepper, salt, vinegar, and sometimes onion, garlic, or sugar—spicier than Sriracha</td>
<td>Sauces section of the International food aisle</td>
</tr>
</tbody>
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MORE HELPFUL HOW-TOS

Exactly how long should you steam parsnips? Is slow cooking pork tenderloin different than slow cooking pork shoulder, and how different is it? What is hoisin sauce and where can I get it? You’ll find the answers to all these and more in the next few pages. Happy cooking!
### STEAM CHART

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

### SLOW COOK CHART

<table>
<thead>
<tr>
<th>TYPE OF MEAT</th>
<th>COOK TIME LOW</th>
<th>COOK TIME HIGH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Top or bottom round</td>
<td>8-10 hours</td>
<td>4-5 hours</td>
</tr>
<tr>
<td>Eye of the round</td>
<td>6-8 hours</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Chuck</td>
<td>8-10 hours</td>
<td>4-5 hours</td>
</tr>
<tr>
<td>Pot roast or brisket</td>
<td>7-9 hours</td>
<td>3 ½-4 ½ hours</td>
</tr>
<tr>
<td>Short ribs</td>
<td>7-9 hours</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Frozen meatballs (precooked)</td>
<td>6-8 hours</td>
<td>3-4 hours</td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baby back or country ribs</td>
<td>7-9 hours</td>
<td>3 ½-4 ½ hours</td>
</tr>
<tr>
<td>Pork tenderloin</td>
<td>6-7 hours</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Pork loin or rib roast</td>
<td>7-9 hours</td>
<td>3 ½-4 ½ hours</td>
</tr>
<tr>
<td>Pork butt or shoulder</td>
<td>10-12 hours</td>
<td>5-6 hours</td>
</tr>
<tr>
<td>Ham, bone in (uncooked)</td>
<td>7-9 hours</td>
<td>3 ½-4 ½ hours</td>
</tr>
<tr>
<td>Ham (fully cooked)</td>
<td>5-7 hours</td>
<td>2-3 hours</td>
</tr>
<tr>
<td><strong>POULTRY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boneless, skinless breast</td>
<td>6-7 hours</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Boneless, skinless thighs</td>
<td>6-7 ½ hours</td>
<td>3-4 ½ hours</td>
</tr>
<tr>
<td>Bone-in breast</td>
<td>6-7 ½ hours</td>
<td>3-4 ½ hours</td>
</tr>
<tr>
<td>Bone-in thighs</td>
<td>7-9 hours</td>
<td>3 ½-4 ½ hours</td>
</tr>
<tr>
<td>Whole chicken</td>
<td>7-9 hours</td>
<td>3 ½-4 ½ hours</td>
</tr>
<tr>
<td>Chicken wings</td>
<td>6-7 hours</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Turkey breast or thighs</td>
<td>7-9 hours</td>
<td>3 ½-4 ½ hours</td>
</tr>
<tr>
<td><strong>FISH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-inch fillets</td>
<td>N/A</td>
<td>30-45 minutes</td>
</tr>
<tr>
<td><strong>OTHER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stew meat (beef, lamb, veal, rabbit)</td>
<td>7-9 hours</td>
<td>3-4 hours</td>
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<td>94</td>
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