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

NINJA®

INSTANT COOKER

QUICK START GUIDE

+ 10 IRRESISTIBLE RECIPES
+ COOKING CHARTS

USING YOUR NINJA® INSTANT COOKER FUNCTIONS

KEY TIPS =

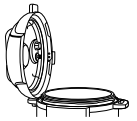
Dinner in a flash.

When your family is starving and you're starved for time, the Ninja Instant Cooker's pressure cooking ability helps you prepare fast, flavorful meals in time for dinner. The unit uses pressurized steam to infuse moisture and flavor into your ingredients, cooking them from the inside out.

FUNCTION	ACCESSORY REQUIRED	TEMP	TIME	BUILDING PRESSURE/TEMP	PRESSURE RELEASE
SEAR/SAUTÉ	cooking pot	Adjust temp as needed	No need to adjust time. Press START/STOP to begin.		Keep in VENT position at all times
PRESSURE	cooking pot	Adjust temp as needed	Set time, in minutes, and press START/STOP	Wait for unit to build pressure before timer counts down	Turn valve to VENT for quick release
SLOW COOK	cooking pot	Adjust temp as needed	Set time, in minutes, and press START/STOP		Keep in VENT position at all times
STEAM	steam rack, cooking pot	No need to adjust temp	Set time, in minutes, and press START/STOP	Wait for unit to preheat before timer counts down	Keep in VENT position at all times

When cooking is complete, the KEEP WARM light will illuminate and unit will begin counting up (when using Pressure, Slow Cook, or Steam).

The unit's handle can be used to hold the lid.



NINJA® INSTANT COOKER 101: SIMPLE PULLED PORK

PREP: 10 MINUTES | **COOK:** 45 MINUTES | **MAKES:** 6–8 SERVINGS
APPROX. PRESSURE BUILD: 10 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

2 ½–3 pounds uncooked boneless pork shoulder, cut in 1-inch cubes
2 tablespoons barbecue seasoning
1 tablespoon garlic powder
2 teaspoons kosher salt
1 cup apple cider vinegar
1 can (6 ounces) tomato paste

FOR SERVING

Potato rolls
Coleslaw





Add pork, spices, and vinegar to the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.



Select PRESSURE and set to HIGH. Set time to 35 minutes. Select START/STOP to begin.



When pressure cooking is complete, quick release the pressure by turning the pressure release valve to VENT position. Carefully remove lid when unit has finished releasing pressure.



Select SEAR/SAUTÉ and set to MEDIUM-HIGH. Select START/STOP to begin.



Add tomato paste and stir to incorporate. Allow pork to simmer for 10 minutes, or until the liquid has reduced by half, as shown above, stirring occasionally with a wooden spoon or silicone tongs to shred the pork. Serve pulled pork on potato rolls topped with coleslaw.

BASICS

CHEESY MASHED POTATOES

PREP: 10 MINUTES | **COOK:** 7 MINUTES | **MAKES:** 4 SERVINGS
APPROX. PRESSURE BUILD: 5 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

3 Russet potatoes, peeled, each cut in 6 pieces

1 cup water

1/2 stick (1/4 cup) butter, melted

1 cup heavy cream

1/2 cup shredded cheddar cheese

1 tablespoon kosher salt

1/2 teaspoon ground black pepper

DIRECTIONS

1. Place potatoes and water into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
2. Select PRESSURE and set to HIGH. Set time to 7 minutes. Select START/STOP to begin.
3. When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4. With a wooden spoon, mash potatoes with butter, heavy cream, cheese, salt, and pepper until desired consistency is reached.

CHICKEN TACOS

BASICS

PREP: 15 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 12 TACOS
APPROX. PRESSURE BUILD: 10 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

4 cloves garlic, peeled

1 can (6 ounces) chipotle peppers in adobo sauce

1 small onion, peeled, cut in quarters

1 can (14 ounces) diced tomatoes

2 pounds uncooked boneless skinless chicken breasts

1 cup chicken or vegetable stock

1 tablespoon kosher salt

1 teaspoon ground black pepper

1/4 cup fresh cilantro or parsley, chopped

12 corn or flour tortillas (6 inches each)

TOPPINGS

Fresh cilantro, chopped

Avocado, sliced

Jalapeño peppers, sliced

Red onion, thinly sliced

Sour cream

DIRECTIONS

1. Place garlic, chipotle peppers in adobo sauce, onion, and tomatoes into a blender and puree until smooth.
2. Place the chicken, stock, pureed vegetables, salt, and pepper into the pot; stir to incorporate.
3. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
4. Select PRESSURE and set to HIGH. Set time to 25 minutes. Select START/STOP to begin.
5. When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. Select SEAR/SAUTÉ and set to MEDIUM-HIGH. Select START/STOP to begin. Allow liquid to simmer for 10 minutes, or until reduced. Use silicone-tipped tongs or a wooden spoon to shred the chicken in the pot.
7. Once the liquid has reduced, stir in the chopped parsley or cilantro.
8. Assemble tacos in tortillas with desired toppings and serve.

TIP: Cut back the heat by only using half of the can of chipotle peppers in adobo sauce.

BREAKFAST

MAPLE-BROWN SUGAR OATMEAL WITH APPLES & RAISINS

PREP: 5 MINUTES | **COOK:** 14 MINUTES | **MAKES:** 8 SERVINGS
APPROX. PRESSURE BUILD: 12 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

2 cups plain steel cut oats

6 cups water

3 apples, cored, cut in quarters, sliced in 1/2-inch pieces

1/2 cup raisins

1 teaspoon ground cinnamon

1/3 cup brown sugar

2 tablespoons maple syrup

1 tablespoon butter

DIRECTIONS

1. Place oats, water, apples, raisins, and cinnamon into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
2. Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
3. When pressure cooking is complete, natural release pressure for 10 minutes, then quick release any remaining pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4. Select SEAR/SAUTÉ and set to MEDIUM-HIGH. Select START/STOP to begin.
5. Add sugar, maple syrup, and butter to pot. Stir for 3 to 4 minutes, or until desired consistency is reached. Serve immediately.

WHITE BEAN TURKEY CHILI

MAINS & SIDES

PREP: 10 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4–6 SERVINGS
APPROX. PRESSURE BUILD: 10 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

1 pound uncooked ground turkey

1 onion, peeled, diced

2 teaspoons chili powder

2 teaspoons ground cumin

2 teaspoons kosher salt

1 teaspoon ground black pepper

1 can (4 ounces) green chiles

2 cups chicken stock

1 bell pepper, diced, seeds removed

2 cans (15 ounces each) white cannellini or great northern beans, undrained

1 jalapeño pepper, diced, seeds removed

1 cup shredded Monterey jack or pepper jack cheese

TOPPINGS

Pepper jack cheese

Avocado, diced

Fresh cilantro, chopped

Jalapeño peppers, sliced

Sour cream

Corn chips

DIRECTIONS

1. Add the turkey, onion, spices, green chiles, and chicken stock to the pot. Using a wooden spoon, break up the turkey.
2. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
3. Select PRESSURE and set to HIGH. Set time to 10 minutes. Select START/STOP to begin.
4. When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
5. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin.
6. Add bell pepper, beans, and jalapeño pepper. Bring to a boil, then cook for 10 minutes, stirring occasionally, until peppers are softened and the chili has thickened. Add shredded cheese and stir to incorporate.
7. When cooking is complete, garnish with desired toppings and serve.

MAINS & SIDES

CURRY CHICKEN & LENTIL STEW

PREP: 10 MINUTES | **COOK:** 17 MINUTES | **MAKES:** 4–6 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

1 tablespoon canola oil

1 pound uncooked boneless skinless chicken breasts, cut in 1-inch cubes

2 teaspoons kosher salt

1 small white onion, peeled, cut in quarters

1 small jalapeño pepper, cut in quarters, seeds removed

1 green apple, peeled, cored, cut in quarters

1 cup chicken stock

1 tablespoon curry powder

1 teaspoon ground coriander

½ teaspoon ground cinnamon

1 can (14 ounces) coconut milk

1 cup green or brown lentils

FOR SERVING

Fresh cilantro, chopped

Naan bread

Basmati rice

DIRECTIONS

1. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, add oil, chicken, and salt. Sauté for 10 minutes, stirring occasionally, until chicken is no longer pink.
3. While chicken is cooking, place the onion, jalapeño pepper, apple, and chicken stock into a blender. Blend until smooth; set aside.
4. Add curry powder, coriander, and cinnamon to the pot. Stir to coat. Cook for 1 to 2 minutes, or until the spices are fragrant. Then add coconut milk, jalapeño-apple puree, and lentils to the pot.
5. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
6. Select PRESSURE and set to HIGH. Set time to 5 minutes. Select START/STOP to begin.
7. When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
8. Stir to combine. Top with cilantro and serve with naan bread and basmati rice.

MINESTRONE SOUP

MAINS & SIDES

PREP: 15 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 4–6 SERVINGS
APPROX. PRESSURE BUILD: 12 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

2 tablespoons extra virgin olive oil

1 medium yellow onion, peeled, chopped

2 stalks celery, chopped

4 cloves garlic, peeled, thinly sliced

Pinch crushed red pepper

2 teaspoons kosher salt

1 teaspoon ground black pepper

2 medium carrots, peeled, chopped

2 Yukon Gold potatoes, peeled, diced

1 can (14.5 ounces) diced tomatoes

½ teaspoon dried oregano

½ teaspoon dried thyme

2 bay leaves

4 cups vegetable or chicken broth

2 cups water

1 can (15 ounces) red kidney beans, rinsed, drained

2 cups baby spinach or arugula

2 teaspoons lemon juice

Freshly grated Parmesan cheese, for garnish

DIRECTIONS

1. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, add oil, onion, celery, garlic, crushed red pepper, salt, and pepper to the pot. Sauté for 5 minutes, stirring occasionally, until the onion and celery are softened and translucent.
3. Add remaining ingredients, except Parmesan, to the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
4. Select PRESSURE and set to HIGH. Set time to 1 minute. Press START/STOP to begin.
5. When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
6. When cooking is complete, top with Parmesan cheese and serve.

MAINS & SIDES

LOADED POTATO SALAD

PREP: 15 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 6–8 SERVINGS
APPROX. PRESSURE BUILD: 8 MINUTES | **PRESSURE RELEASE:** QUICK

INGREDIENTS

2 pounds red potatoes, skin on, scrubbed, cut in 1-inch pieces

1/2 cup water

5 strips uncooked bacon, cut in 1/2-inch pieces

1 small onion, peeled, diced

1/4 cup apple cider vinegar

2 stalks celery, minced

1 cup sauerkraut, liquid drained

1 tablespoon whole grain mustard (or 2 tablespoons spicy brown mustard)

2 teaspoons kosher salt

1 teaspoon sugar

1/4 teaspoon paprika

1/2 teaspoon dry mustard

1/2 cup fresh scallions, thinly sliced, plus more for garnish

DIRECTIONS

1. Place potatoes and water into the pot. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
2. Select PRESSURE and set to HIGH. Set time to 1 minute. Press START/STOP to begin.
3. When pressure cooking is complete, quick release the pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
4. Drain potatoes in a strainer.
5. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin.
6. Add bacon and cook for 5 minutes, or until crisp. Using a slotted spoon, transfer bacon to a paper towel lined plate.
7. Add onion to pot and sauté for 5 minutes, until softened and translucent. Add vinegar and cook until almost all liquid has evaporated.
8. Once the liquid has reduced, press START/STOP to turn off SEAR/SAUTÉ. Then add the potatoes, celery, sauerkraut, mustard, seasonings, bacon, and 1/2 cup scallions; stir to incorporate.
9. Garnish with additional scallions and serve warm.

RISOTTO CARBONARA

MAINS & SIDES

PREP: 10 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4–6 SERVINGS
APPROX. PRESSURE BUILD: 6 MINUTES | **PRESSURE RELEASE:** NATURAL 10 MINUTES

INGREDIENTS

5 strips uncooked bacon, cut in 1/4-inch pieces

1 small onion, peeled, diced

4 teaspoons kosher salt, divided

2 cloves garlic, minced

5 1/2 cups chicken or vegetable stock

2 cups Arborio rice

2 egg yolks

2 tablespoons butter

1 1/2 cups grated Parmesan cheese, plus more for garnish

2 teaspoons ground black pepper, divided

1 cup frozen peas

DIRECTIONS

1. Select SEAR/SAUTÉ and set to HIGH. Select START/STOP to begin. Allow to preheat for 5 minutes.
2. After 5 minutes, add bacon. Cook, stirring occasionally, for 5 minutes, or until it begins to crisp.
3. Add onion and 2 teaspoons kosher salt. Cook until soft and translucent, stirring occasionally. Add garlic and cook for 1 minute.
4. Add stock and rice to the pot; stir to incorporate. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
5. Select PRESSURE and set to HIGH. Set time to 7 minutes. Press START/START to begin.
6. When pressure cooking is complete, allow pressure to natural release for 10 minutes. After 10 minutes, quick release remaining pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
7. Stir vigorously for about 1 minute, until rice begins to thicken.
8. Add egg yolks, butter, cheese, and 1 teaspoon pepper to the pot. Stir to incorporate, then add peas. Stir and season with remaining salt and pepper.
9. Top with additional Parmesan and serve.

MAINS & SIDES

UPSIDE-DOWN CHEESECAKE

PREP: 15 MINUTES | **REST:** 30 MINUTES | **CHILL:** 2 ½ HOURS
COOK: 35 MINUTES | **MAKES:** 1 (7-INCH) CHEESECAKE
APPROX. PRESSURE BUILD: 10 MINUTES | **PRESSURE RELEASE:** NATURAL 15 MINUTES

INGREDIENTS

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

⅔ cup sugar

2 large eggs

1 teaspoon vanilla extract

1 cup water

2 tablespoons butter, melted

½ package (8 ounces) peanut butter sandwich cookies or chocolate cream sandwich cookies

Chocolate, caramel, or strawberry syrup, to taste

DIRECTIONS

1. In a large mixing bowl or in the bowl of a stand mixer, mix the cream cheese and sugar on low. Once incorporated, add eggs and vanilla and mix on low until combined.
2. Grease a 7-inch springform pan and pour in the cake batter. Cover pan tightly with aluminum foil.
3. Pour water into the pot. Place pan on steam rack. Place rack with pan in pot.
4. Assemble pressure lid, making sure the pressure release valve is in the SEAL position.
5. Select PRESSURE and set to LOW. Set time to 35 minutes. Select START/STOP to begin.
6. When pressure cooking is complete, allow pressure to natural release for 15 minutes. After 15 minutes, quick release remaining pressure by turning the pressure release valve to the VENT position. Carefully remove lid when unit has finished releasing pressure.
7. Remove the aluminum foil and allow cheesecake to cool at room temperature for 30 minutes before placing in the refrigerator for 2 hours.
8. Make the top crust by pulsing the melted butter and cookies in a food processor. Once cheesecake has cooled, cover the top with cookie crumbs and lightly pack with a rubber spatula. Drizzle with syrup and return to the refrigerator for 30 minutes to set the crust.
9. Once crust has set, remove cheesecake from the pan and serve.

COOKING CHARTS

For more inspiring recipes and cooking charts, visit ninjakitchen.com.

Pressure Cooking Chart

TIP: Use hot water for pressure cooking to decrease time to build pressure.

INGREDIENT	WEIGHT	PREPARATION	WATER	PRESSURE	TIME*	RELEASE
POULTRY						
Chicken breasts	2 lbs	Bone in	1 cup	High	15 mins	Quick
	6 small or 4 large (about 2 lbs)	Boneless	1 cup	High	8–10 mins	Quick
Chicken breasts (Frozen)	4 large (2lbs)	Boneless	1 cup	High	25 mins	Quick
Chicken thighs	8 thighs (4 lbs)	Bone in/skin on	1 cup	High	20 mins	Quick
	8 thighs (2 lbs)	Boneless	1 cup	High	20 mins	Quick
GROUND MEAT						
Ground beef, pork, or turkey	1 lb	Ground (not in patties)	1/2 cup	High	5 mins	Quick
Ground beef, pork, or turkey (Frozen)	1-2 lbs	Frozen, ground (not in patties)	1/2 cup	High	20-25 mins	Quick
RIBS						
Pork baby back	2 1/2–3 1/2 lbs	Cut in thirds	1 cup	High	20 mins	Quick
ROASTS						
Beef brisket	3–4 lbs	Whole	1 cup	High	1 1/2 hrs	Quick
Boneless beef chuck-eye roast	3–4 lbs	Whole	1 cup	High	1 1/2 hrs	Quick
Boneless pork butt	4 lbs	Whole	1 cup	High	1 1/2 hrs	Quick
Pork tenderloin	2 tenderloins (1–1 1/2 lbs each)	Whole	1 cup	High	3–4 mins	Quick
STEW MEAT						
Boneless beef short ribs	6 ribs (3 lbs)	Whole	1 cup	High	25 mins	Quick
Boneless leg of lamb	3 lbs	Cut in 1-inch pieces	1 cup	High	30 mins	Quick
Boneless pork butt	3 lbs	Cut in 1-inch pieces	1 cup	High	30 mins	Quick
Chuck roast, for stew	2 lbs	Cut in 1-inch pieces	1 cup	High	25 mins	Quick

*Time does not include time to build pressure.

Pressure Cooking Chart, continued

TIP: Release pressure immediately when cook time is complete to avoid overcooking vegetables.

INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
VEGETABLES							
Beets	8 small or 4 large	Rinsed well, tops & ends trimmed; cool & peel after cooking	1/2 cup	N/A	High	15–20 mins	Quick
Broccoli	1 head or 4 cups	Cut in florets, stem removed	1/2 cup	Steam Rack	Low	1 min	Quick
Brussels sprouts	1 lb	Cut in half	1/2 cup	Steam Rack	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	20 oz	Peeled, cut in 1-inch pieces, seeds removed	1/2 cup	N/A	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	20 oz	Peeled, cut in 1-inch pieces, seeds removed	1/2 cup	Steam Rack	High	5 mins	Quick
Cabbage (braised)	1 head	Cut in half, then cut in 1/2-inch strips	1/2 cup	N/A	Low	3 mins	Quick
Cabbage (crisp)	1 head	Cut in half, then cut in 1/2-inch strips	1/2 cup	Steam Rack	Low	2 mins	Quick
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1/2 cup	N/A	High	2–3 mins	Quick
Cauliflower	1 head	Cut in florets, stem removed	1/2 cup	N/A	Low	1 min	Quick
Collard greens	2 bunches or 1 bag (16 oz)	Stems removed, leaves chopped	1/2 cup	N/A	Low	6 mins	Quick
Green Beans	1 bag (12 oz)	Whole	1/2 cup	Steam Rack	Low	0 min*	Quick
Kale leaves/greens	2 bunches or 1 bag (16 oz)	Stems removed, leaves chopped	1/2 cup	N/A	Low	3 mins	Quick
Potatoes, red (for mashed)	2 lbs	Scrubbed, left whole (large potatoes cut in half)	1/2 cup	N/A	High	15–20 mins	Quick
Potatoes, red (cubed for side dish or salad)	2 lbs	Scrubbed, cut in 1-inch cubes	1/2 cup	N/A	High	1–2 mins	Quick
Potatoes, Russet or Yukon (cubed for side dish or salad)	2 lbs	Peeled, cut in 1-inch cubes	1/2 cup	N/A	High	1–2 mins	Quick
Potatoes, Russet or Yukon (for mashed)	2 lbs	Peeled, cut in 1-inch thick slices	1/2 cup	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	1 lb	Peeled, cut in 1-inch cubes	1/2 cup	N/A	High	1–2 mins	Quick
Potatoes, sweet (for mashed)	1 lb	Peeled, cut in 1-inch thick slices	1/2 cup	N/A	High	6 mins	Quick

*The time the unit takes to pressurize is long enough to cook this food.

Pressure Cooking Chart, continued

TIP: Cook in a single layer whenever possible to ensure even cooking.

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
GRAINS					
For best results, rinse rice in a fine mesh strainer under cold water before cooking.					
Arborio rice*	1 cup	3 cups	High	7 mins	Natural (10 mins) then Quick
Basmati rice	1 cup	1 cup	High	2 mins	Natural (10 mins) then Quick
Brown rice, short/medium or long grain	1 cup	1 1/4 cups	High	15 mins	Natural (10 mins) then Quick
Coarse grits/polenta*	1 cup	3 1/2 cups	High	4 mins	Natural (10 mins) then Quick
Farro	1 cup	2 cups	High	10 mins	Natural (10 mins) then Quick
Jasmine rice	1 cup	1 cup	High	2–3 mins	Natural (10 mins) then Quick
Kamut	1 cup	2 cups	High	30 mins	Natural (10 mins) then Quick
Millet	1 cup	2 cups	High	6 mins	Natural (10 mins) then Quick
Pearl barley	1 cup	2 cups	High	22 mins	Natural (10 mins) then Quick
Quinoa	1 cup	1 1/2 cups	High	2 mins	Natural (10 mins) then Quick
Quinoa, red	1 cup	1 1/2 cups	High	2 mins	Natural (10 mins) then Quick
Spelt	1 cup	2 1/2 cups	High	25 mins	Natural (10 mins) then Quick
Steel-cut oats*	1 cup	3 cups	High	11 mins	Natural (10 mins) then Quick
Sushi rice	1 cup	1 1/2 cups	High	3 mins	Natural (10 mins) then Quick
Texmati® rice, brown**	1 cup	1 1/4 cups	High	5 mins	Natural (10 mins) then Quick
Texmati® rice, light brown**	1 cup	1 1/4 cups	High	2 mins	Natural (10 mins) then Quick
Texmati® rice, white**	1 cup	1 cup	High	2 mins	Natural (10 mins) then Quick
Wheat berries	1 cup	3 cups	High	15 mins	Natural (10 mins) then Quick
White rice, long grain	1 cup	1 cup	High	2 mins	Natural (10 mins) then Quick
White rice, medium grain	1 cup	1 cup	High	3 mins	Natural (10 mins) then Quick
Wild rice	1 cup	1 cup	High	22 mins	Natural (10 mins) then Quick

*After releasing pressure, stir for 30 seconds to 1 minute, then let sit for 5 minutes.

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Pressure Cooking Chart, continued

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
LEGUMES					
All beans, except lentils, should be soaked 8–24 hours before cooking.					
Black beans	1 lb, soaked 8–24 hrs	6 cups	Low	5 mins	Natural (10 mins) then Quick
Black-eyed peas	1 lb, soaked 8–24 hrs	6 cups	Low	5 mins	Natural (10 mins) then Quick
Cannellini beans	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Cranberry beans	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Garbanzo beans (chickpeas)	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Great northern bean	1 lb, soaked 8–24 hrs	6 cups	Low	1 mins	Natural (10 mins) then Quick
Lentils (green or brown)	1 cup dry	2 cups	Low	5 mins	Natural (10 mins) then Quick
Lima beans	1 lb, soaked 8–24 hrs	6 cups	Low	1 mins	Natural (10 mins) then Quick
Navy beans	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Pinto beans	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick
Red kidney beans	1 lb, soaked 8–24 hrs	6 cups	Low	3 mins	Natural (10 mins) then Quick

Steam Chart

INGREDIENT	AMOUNT	PREPARATION	LIQUID	COOK TIME
VEGETABLES				
Asparagus	1 bunch	Whole spears	2 cups	7–15 mins
Broccoli	1 crown or 1 bag (12 oz) florets	Cut in 1–2-inch florets	2 cups	5–9 mins
Brussels sprouts	1 lb	Whole, trimmed	2 cups	8–17 mins
Butternut squash	24 oz	Peeled, cut in 1-inch cubes	2 cups	10–17 mins
Cabbage	1 head	Cut in half, sliced in 1/2-inch strips, core removed	2 cups	6–12 mins
Carrots	1 lb	Peeled, cut in 1-inch pieces	2 cups	7–12 mins
Cauliflower	1 head	Cut in 1–2-inch florets	2 cups	5–12 mins
Corn on the cob	4 ears	Whole, husks removed	2 cups	4–9 mins
Green beans	1 bag (12 oz)	Whole	2 cups	6–12 mins
Kale	1 bag (16 oz)	Trimmed	2 cups	5–10 mins
Potatoes	1 lb	Peeled, cut in 1-inch pieces	2 cups	12–17 mins
Potatoes, sweet	1 lb	Cut in 1/2-inch cubes	2 cups	8–14 mins
Spinach	1 bag (16 oz)	Whole leaves	2 cups	3–7 mins
Sugar snap peas	1 lb	Whole pods, trimmed	2 cups	5–8 mins
Summer Squash	1 lb	Cut in 1-inch slices	2 cups	5–10 mins
Zucchini	1 lb	Cut in 1-inch slices	2 cups	5–10 mins
EGGS				
Poached eggs	4	In ramekins or silicone cups	1 cup	3–6 mins

NINJA®

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visit us online at ninjakitchen.com

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