

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



# LOOKS LIKE A POT, FEELS LIKE A JACKPOT.

When you work with the Ninja® Multi-Cooker Plus,  
your kitchen and taste buds win big.

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# BREAKFAST

## MAPLE CINNAMON OATMEAL

**PREP:** 15 MINUTES | **COOK:** 6-8 HOURS 10 MINUTES | **MAKES:** 4 SERVINGS

### INGREDIENTS

4 cups low-fat milk  
1/4 cup pure maple syrup  
2 tablespoons butter, cut in small pieces  
2 teaspoons vanilla extract  
1 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
Pinch salt  
1 cup uncooked steel-cut oats  
1 cup dried cherries

### DIRECTIONS

- 1** Stir milk, maple syrup, butter, vanilla extract, cinnamon, nutmeg, and salt in the pot. Set to **STOVE TOP HIGH**. Cover and cook 10 minutes or until butter is melted.
- 2** Stir in oats. Set to **SLOW COOK LOW** for 6-8 hours. Cover and cook until oats are tender and mixture is creamy. Stir in cherries.

### PREP SUGGESTION

Start this recipe before you go to the bed—by the time you wake up, breakfast will be ready.



## FRITTATA WITH HASH BROWN POTATOES & BACON

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

### INGREDIENTS

2 tablespoons canola oil	12 eggs
1 large onion, peeled, chopped	¾ cup low-fat milk
1 large green bell pepper, chopped	½ teaspoon salt
4 strips uncooked turkey bacon, chopped	¼ teaspoon ground black pepper
2 cups frozen diced hash brown potatoes	1 cup shredded low-fat cheddar cheese

### DIRECTIONS

- 1 Set to **STOVE TOP HIGH** and preheat pot for 5 minutes. Heat oil in pot for 2 minutes. Add onion, green pepper, and bacon to the pot. Cook uncovered 15 minutes or until vegetables are tender, stirring often.
- 2 Stir in potatoes. Cover and cook 5 minutes.
- 3 Beat eggs, milk, salt, and black pepper in a bowl. Set to **STOVE TOP LOW**. Add egg mixture and cheese to the pot. Cover and cook 15 minutes or until egg mixture is set.



## BLUEBERRY PANCAKE MUFFINS

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

### INGREDIENTS

1 cup all-purpose flour	¾ cup buttermilk
1 ½ teaspoons baking powder	1 tablespoon canola oil
¼ teaspoon baking soda	1 egg
¼ teaspoon salt	3 tablespoons canned blueberries, drained
2 teaspoons sugar	1 ½ cups hot water

### DIRECTIONS

- 1 Stir flour, baking powder, baking soda, salt, and sugar in a bowl.
- 2 Beat buttermilk, oil, and egg in another bowl. Add buttermilk mixture to flour mixture and stir until just combined. Stir in blueberries.
- 3 Spray 6 individual silicone baking cups or the Ninja® silicone mini muffin tray with cooking spray. Spoon batter into pan.
- 4 Pour water into the pot. Place the steaming/roasting rack in pot. Place baking cups on rack. Set to **BAKE STEAM** at 350°F for 25 minutes. Cover and cook until a wooden toothpick inserted in centers comes out clean.

# APPETIZERS & SIDE DISHES



## WARM & SPICY WHITE BEAN & ARTICHOKE DIP

**PREP:** 15 MINUTES | **COOK:** 24 MINUTES | **MAKES:** 3-6 SERVINGS

### INGREDIENTS

2 tablespoons olive oil  
2 medium onions, peeled, diced  
4 cloves garlic, peeled, minced  
2 packages (8 ounces each)  
Neufchatel or light cream  
cheese, cubed  
2 cans (9 ounces each)  
artichoke hearts, drained,  
coarsely chopped

2 cans (about 15 ounces each)  
cannellini beans, rinsed,  
drained, coarsely mashed  
1/2 cup milk  
2 teaspoons cayenne pepper  
sauce  
1/2 cup grated Parmesan cheese  
Salt and pepper, to taste  
1 tablespoon fresh parsley,  
for garnish

### DIRECTIONS

- 1 Set to **STOVE TOP HIGH** and preheat pot for 5 minutes. Heat oil in pot for 2 minutes. Add onions and cook uncovered 5 minutes or until onions are tender, stirring often. Add garlic and cook 2 minutes, stirring constantly.
- 2 Stir cream cheese, artichoke hearts, beans, milk, and pepper sauce into the pot. Set to **STOVE TOP LOW**. Cover and cook 10 minutes or until cream cheese is melted, stirring occasionally. Stir in Parmesan cheese. Season with salt and black pepper. Garnish with parsley.



### PARTY SUGGESTION

Preparing for a crowd? Double the recipe and keep wings warm in the pot on SLOW COOK WARM for the duration of your party.

## KOREAN CHICKEN WINGS

**PREP:** 10 MINUTES | **COOK:** 3-5 HOURS 10 MINUTES | **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

### DIRECTIONS

- 1 Set to STOVE TOP HIGH and preheat pot for 5 minutes. 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.



## 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 ground paprika
- 1/4 cup spicy brown mustard
- 1/4 cup packed brown sugar
- 3 cloves garlic, peeled, minced
- 1 cup apple cider or apple juice
- 12 slider or mini sandwich buns, for serving

### DIRECTIONS

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



## CRUSTY, CHEESY POTATOES AU GRATIN

**PREP:** 15 MINUTES | **COOK:** 1 HOUR | **MAKES:** 4 SERVINGS

### INGREDIENTS

- 1 cup shredded Gruyère or cheddar cheese, divided (about 4 ounces)
- 2 large russet potatoes or 4 Yukon Gold potatoes, peeled, thinly sliced
- 2 tablespoons butter, cut in small pieces
- Salt and pepper, to taste
- $\frac{3}{4}$  cup heavy cream

### DIRECTIONS

- 1 Spray multi-purpose pan with vegetable spray.
- 2 Place the cheese, potatoes, and butter, in that order, in several layers in the pan, reserving  $\frac{1}{4}$  cup cheese. Season with salt and pepper.
- 3 Pour cream over the layers and sprinkle with remaining  $\frac{1}{4}$  cup cheese. Cover pan with foil.
- 4 Place the steaming/roasting rack in the pot. Place pan on rack. Set to **BAKE DRY** at 375°F for 1 hour. Cover and cook until potatoes are tender.



## BUTTERNUT SQUASH RISOTTO WITH BACON & SAGE

**PREP:** 25 MINUTES | **COOK:** 1 HOUR 2 MINUTES | **MAKES:** 6 SERVINGS

### INGREDIENTS

- 1 tablespoon olive oil
- 2 medium onions, peeled, chopped
- 4 strips uncooked bacon, chopped
- 2 tablespoons fresh sage, chopped
- 1 cup uncooked Arborio rice
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 4 cups chicken broth
- 2 cups butternut squash, peeled, chopped
- $\frac{1}{4}$  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.
- 3 Stir in broth. Cook 10 minutes.
- 4 Stir squash into the pot. Set to **STOVE TOP LOW**. Cover and cook 20 minutes or until rice is cooked and squash is tender.
- 5 Stir cheese into the pot. Set to **STOVE TOP HIGH**. Cook uncovered 10 minutes or until liquid is absorbed and mixture is creamy, stirring occasionally.

# SOUPS & STEWS



## WHITE TURKEY CHILI

**PREP:** 30 MINUTES | **COOK:** 7-9 HOURS 17 MINUTES | **MAKES:** 8 SERVINGS

### INGREDIENTS

1 can (7 ounces) chipotle peppers in adobo sauce  
2 tablespoons olive oil, divided  
1 pound uncooked ground turkey or chicken  
1 pound Italian-style turkey sausage, casing removed  
1 small white onion, peeled, diced  
1 can (4.25 ounces) diced green chiles

2 cans (15.5 ounces each) cannellini beans, drained and rinsed  
2 cups chicken stock  
1 clove garlic, peeled, chopped  
1/2 teaspoon cayenne pepper  
2 tablespoons chili powder  
1 1/2 teaspoons ground cumin  
1/2 cup frozen corn

### DIRECTIONS

- 1 Finely chop half the chipotle peppers and reserve 1 teaspoon adobo sauce.
- 2 Set to **STOVE TOP HIGH** and preheat pot for 5 minutes. Heat 1 tablespoon oil in pot for 2 minutes. and heat oil. Add turkey to the pot. Cook uncovered until turkey is browned, stirring often.
- 3 Add sausage and remaining oil to the pot. Cook uncovered until sausage is browned, stirring often.
- 4 Stir chipotle peppers, reserved adobo sauce, onion, green chiles, beans, stock, garlic, cayenne pepper, chili powder, and cumin into the pot. Set to **SLOW COOK LOW** for 7-9 hours. Cover and cook, stirring in corn during last 30 minutes of cooking time.





# BUTTERNUT SQUASH & APPLE SOUP

**PREP:** 15 MINUTES | **COOK:** 1-2 HOURS 45 MINUTES | **MAKES:** 6 SERVINGS

## INGREDIENTS

- 2 tablespoons butter
- 1 package (20 ounces) butternut squash, peeled, cut in 1-inch cubes (about 4 cups)
- 1 large onion, peeled, chopped
- 1 large Granny Smith apple, peeled, cored, chopped
- 1/4 teaspoon pumpkin pie spice or ground cinnamon
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 cups chicken broth
- 2 bay leaves
- 1/4 cup half & half

## DIRECTIONS

- 1 Place butter, squash, onion, and apple in the pot. Set to **STOVE TOP HIGH**. Cook uncovered 10 minutes or until squash is lightly browned, stirring occasionally.
- 2 Stir in pumpkin pie spice or cinnamon, salt, and black pepper.
- 3 Add broth and bay leaves. Set to **SLOW COOK HIGH** for 1-2 hours. Cover and cook until squash is tender.
- 4 Remove and discard bay leaves. Allow soup to cool.
- 5 Puree cooled soup in batches in a blender until smooth. Return pureed soup to the pot.
- 6 Stir in half & half. Set to **STOVE TOP HIGH**. Cook uncovered 5 minutes or until soup is hot.

**DO NOT BLEND HOT INGREDIENTS.**



### SERVING SUGGESTION

Top soup with tortilla strips and sliced avocado.

# CHICKEN TORTILLA SOUP

**PREP:** 20 MINUTES | **COOK:** 2-3 HOURS 12 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

- 1 tablespoon canola oil
- 1 1/4 pounds uncooked boneless, skinless chicken breast halves
- 1 medium onion, peeled, chopped
- 2 cloves garlic, peeled, chopped
- 1/4 cup fresh cilantro leaves, chopped
- 2 cans (14.5 ounces each) diced tomatoes, undrained
- 2 cans (10 ounces each) enchilada sauce
- 1 can (14.5 ounces) low-sodium chicken broth
- 1 can (14.5 ounces) black beans, undrained
- 1 package (10 ounces) frozen corn, thawed
- 1 tablespoon chili powder
- 1 tablespoon ground cumin

## DIRECTIONS

- 1** Set to **STOVE TOP HIGH** and preheat pot for 5 minutes. Heat oil in pot for 2 minutes. Add chicken to the pot. Cook uncovered 5 minutes or until chicken is lightly browned on both sides.
- 2** Stir onion, garlic, cilantro, tomatoes, enchilada sauce, broth, beans, corn, chili powder, and cumin in the pot. Set to **SLOW COOK HIGH** for 2-3 hours. Cover and cook until chicken is fork-tender.
- 3** Transfer chicken to a large bowl. Using two forks, shred chicken, then return it to the pot and stir to combine.



# HEARTY BEEF STEW

**PREP:** 10 MINUTES | **COOK:** 7-9 HOURS 17 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

2 pounds uncooked stew beef  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 cup all-purpose flour  
2 tablespoons vegetable oil  
1 1/2 cups beef broth  
4 red potatoes, cut in quarters  
2 onions, peeled, cut in quarters  
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

## 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 the 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.

# STEAMED DISHES



## RECIPE SUGGESTION

The beans can be served at room temperature or chilled. Try adding toasted almonds for a nice crunch.

## ITALIAN GREEN BEANS

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

### INGREDIENTS

- 1 cup water
- 1 pound fresh green beans, trimmed
- 1 package (0.6 ounces) zesty Italian salad dressing mix, prepared according to package directions
- 1 tablespoon fresh dill, chopped (or 1 teaspoon dried)

### DIRECTIONS

- 1 Pour water into the pot and set to STEAM. Set timer to 10 minutes (steaming time) and wait for beep (approximately 7 minutes) to inform you that water is boiling.
- 2 Meanwhile, place green beans on the steaming/roasting rack. When beep sounds, carefully place rack in the pot and place cover on the pot, checking after 10 minutes for desired doneness.
- 3 When second beep sounds to signify steaming time is completed, use oven mitts to carefully remove rack with green beans. Transfer beans to a large bowl.
- 4 In another bowl, stir dill into Italian dressing. Add  $\frac{1}{3}$  cup dressing to beans and toss to coat.



# ASPARAGUS WITH LEMON AIOLI

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

## INGREDIENTS

- 1 cup water
- 1 lemon
- 1/3 cup light mayonnaise
- 1 small garlic clove, peeled, minced
- 1/4 teaspoon salt
- Ground black pepper, to taste
- 1 pound asparagus, trimmed

## DIRECTIONS

- 1** Pour water into the pot, cover, and set to STEAM. Set timer to 10 minutes (steaming time) and wait for the beep (approximately 7 minutes) to inform you that 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 the steaming/roasting rack.
- 4** When beep sounds, use oven mitts to carefully place rack with asparagus in the pot and place cover on the pot.
- 5** Use oven mitts to carefully remove rack with asparagus when desired doneness is reached (a second beep will sound after preset steaming time is completed).
- 6** Season asparagus with additional salt and black pepper. Serve with lemon aioli.



# CANTONESE STEAMED CHICKEN

**PREP:** 5 MINUTES | **COOK:** 34 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon minced fresh ginger
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper
- 4 uncooked chicken breasts, thinly sliced (about 1 pound)
- 1 tablespoon vegetable oil
- 1 medium onion, peeled, sliced
- 2 carrots, peeled, sliced 1/4-inch thick
- 1/2 cup chicken broth
- 1 pound sugar snap peas, strings removed
- 6 shiitake mushrooms, sliced, stems removed

## 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 the steaming/roasting rack.
- 4 Pour soy sauce mixture and chicken broth into pot with onion and carrots. Set to **STEAM**. Set timer to 5 minutes (steaming time) and wait for the beep (approximately 7 minutes) to inform you that liquid is boiling.
- 5 When beep sounds, use oven mitts to carefully place rack with chicken in the pot and place cover on pot. 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 When second beep sounds to signify steaming time is completed, use oven mitts to carefully remove rack with chicken. Serve with the vegetables and steaming liquid from the pot.

# ENTREES



## TIME-SAVER SUGGESTION

Look for baby or small red potatoes and avoid the step of cutting them into quarters.

## HERB-ROASTED PORK TENDERLOINS & POTATOES

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

### INGREDIENTS

1 pound red potatoes, cut in quarters  
1 large onion, peeled, cut in wedges  
1 pound baby carrots  
2 tablespoons olive oil, divided

1 tablespoon lemon pepper seasoning, divided  
2 uncooked pork tenderloins (about 2 1/2 pounds total)  
1 cup chicken broth  
2 tablespoons fresh parsley, chopped, for garnish

### DIRECTIONS

- 1 Place potatoes, onion, and carrots in a bowl. Add 1 tablespoon oil and 1 teaspoon lemon pepper seasoning and toss to coat.
- 2 Rub pork with remaining oil and season with remaining lemon pepper seasoning. Place pork in the pot. Set to **STOVE TOP HIGH**. Cook uncovered 10 minutes or until pork is browned on all sides. Remove pork from the pot.
- 3 Pour broth into the pot. Add potato mixture. Place the steaming/roasting rack in the pot and place pork on rack. Set to **BAKE DRY** at 375°F for 20 minutes, checking after 15 minutes. Cover and cook until pork is cooked through. Remove pork from the pot. Let meat rest before slicing.
- 4 Serve pork with potato mixture. Sprinkle with parsley.



### PREP SUGGESTION

When using thinner sauces, use  $3\frac{3}{4}$  cups water. For whole-grain and thicker pastas, increase cooking time by 2-5 minutes.

## EASY SPAGHETTI & MEATBALLS

**PREP:** 5 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 4 SERVINGS

### INGREDIENTS

- 4 cups water
- 1 pound spaghetti noodles, broken in half
- 1 jar (24 ounces) pasta sauce
- 1 package (24 ounces) frozen meatballs

### DIRECTIONS

- 1 Pour water into the pot. Stir in spaghetti, sauce, and meatballs.
- 2 Set to **BAKE DRY** at 300°F for 32 minutes, checking after 20 minutes. Cover and cook until pasta is tender and meatballs are hot, stirring occasionally. Serve immediately.



## CHICKEN PICCATA

**PREP:** 5 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 4 SERVINGS

### INGREDIENTS

- |   |  |
|---|--|
| 2 tablespoons all-purpose flour   | 1 cup chicken broth                              |
| $\frac{1}{4}$ teaspoon salt   | 1 cup dry white wine                             |
| $\frac{1}{8}$ teaspoon ground black pepper  | $\frac{1}{3}$ cup lemon juice                    |
| 1 $\frac{1}{4}$ pounds uncooked boneless, skinless, thinly sliced chicken breast halves | $\frac{1}{4}$ cup brined capers, rinsed, drained |
| 2 tablespoons olive oil   | 1 cup uncooked quinoa, rinsed                    |
| 2 tablespoons butter  | 1 $\frac{1}{4}$ pounds asparagus                 |
|   | Fresh parsley, for garnish                       |

### DIRECTIONS

- 1 Combine flour, salt, and black pepper on a plate. Dredge chicken in the mixture.
- 2 Set to **STOVE TOP HIGH** and preheat pot for 5 minutes. Heat oil and butter in pot for 2 minutes, or until butter is melted. Add chicken to the pot. Cook uncovered 10 minutes or until chicken is lightly browned on both sides. Remove chicken from the pot and place on the steaming/roasting rack.
- 3 Add broth, wine, lemon juice, and capers to the pot. Stir in quinoa. Place rack with chicken in the pot, and place asparagus on rack with chicken. Set to **BAKE STEAM** at 300°F for 15 minutes. Cover until chicken is cooked through, asparagus is tender, and quinoa breaks apart.
- 4 Remove asparagus and chicken from pot. Stir quinoa mixture. Turn off the pot. Let quinoa mixture stand. Garnish with parsley.

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## HEARTY SKILLET LASAGNA

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

### INGREDIENTS

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

### DIRECTIONS

- 1** Place beef into pot. Set to **STOVE TOP HIGH**. 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 **OVEN** at 350°F. Cover and cook 15 to 20 minutes, or until noodles are tender. Turn off pot.
- 3** Stir in spinach. Stir cheeses in a bowl, then spoon cheese mixture over noodle mixture. Cover and let stand for 5 minutes, or until cheese is melted.



### SERVING SUGGESTION

Serve over hot white rice or rice noodles.

## HOT & SOUR SHRIMP SAUTÉ

**PREP:** 15 MINUTES | **COOK:** 13 MINUTES | **MAKES:** 4 SERVINGS

### INGREDIENTS

- |  |  |
|--|--|
| 1 tablespoon packed brown sugar                    | 1 tablespoon minced fresh ginger                       |
| 1 tablespoon cornstarch                            | 2 cloves garlic, peeled, minced                        |
| 3/4 cup water or vegetable broth                   | 1/4 teaspoon crushed red pepper                        |
| 3 tablespoons rice wine vinegar                    | 1 package (about 3.5 ounces) sliced shiitake mushrooms |
| 2 tablespoons soy sauce                            | 1 large red bell pepper, cut in thin strips            |
| 1 tablespoon vegetable oil                         | 3 green onions, finely chopped                         |
| 3/4 pound uncooked medium shrimp, peeled, deveined |  |

### DIRECTIONS

- 1** Stir brown sugar and cornstarch in a bowl. Add water, vinegar, and soy sauce and stir until smooth.
- 2** Set to **STOVE TOP HIGH** and preheat pot for 5 minutes. Heat oil in pot for 2 minutes. Add shrimp, ginger, garlic, and crushed red pepper. Cook uncovered 2 minutes.
- 3** Add mushrooms and bell pepper. Cook 2 minutes, stirring occasionally.
- 4** Stir in sauce mixture. Cover and cook 2 minutes or until shrimp are cooked through, stirring occasionally. Stir in green onions.

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### TIME-SAVER SUGGESTION

If you're short on time, set the pot to SLOW COOK HIGH to cook the roast in 4-5 hours.

# SAVORY POT ROAST

**PREP:** 20 MINUTES | **COOK:** 6-8 HOURS 34 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

- 1 uncooked boneless beef chuck roast (3 to 4 pounds)
- 1/4 cup plus 2 tablespoons flour, divided
- 1/4 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
- 3 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 1 tablespoon butter, softened

## DIRECTIONS

- 1 Coat beef with 1/4 cup flour.
- 2 Set to STOVE TOP HIGH and preheat pot for 5 minutes. Heat 2 tablespoons oil in pot for 2 minutes. Add beef to the pot. Cook uncovered 10 minutes or until browned on all sides. Remove beef from the pot.
- 3 Add remaining oil, carrots, celery, onion, and garlic to the pot. Cook uncovered 10 minutes or until vegetables are tender, stirring occasionally. Add tomatoes, wine, broth, thyme, and rosemary and bring to a boil.
- 4 Return beef to the 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 the pot. Set to STOVE TOP HIGH. Cook uncovered 2 minutes or until gravy is thickened.
- 6 Serve beef with gravy.

# DESSERTS



## SERVING SUGGESTION

Serve topped with fresh fruit, fruit preserves, lemon curd, caramel sauce, toasted chopped pecans, or mini chocolate chips.

## MINI CHEESECAKES

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

### INGREDIENTS

1/2 cup graham cracker crumbs  
2 tablespoons melted butter  
1/3 cup granulated sugar, divided  
1 1/2 packages (8 ounces each) cream cheese, softened  
1 egg  
1 teaspoon vanilla extract  
4 cups water

### DIRECTIONS

- 1 Cover outside of 2 (4-inch) springform or circular pans with foil.
- 2 In a small bowl, stir graham cracker crumbs, butter, and 1 tablespoon sugar. Press mixture into bottoms of pans.
- 3 In a large mixing bowl, beat cream cheese with remaining sugar with electric mixer until smooth. Beat in egg and vanilla extract. Pour batter into pans.
- 4 Pour water into the pot. Place the steaming/roasting rack in pot. Place pans on rack. Cover and set to **BAKE STEAM** at 325°F for 35 minutes. Do not lift lid during cooking.
- 5 Remove pans from the pot and let cool. Cover and refrigerate at least 4 hours or overnight.



# APPLE CHERRY PASTRIES WITH PISTACHIOS

**PREP:** 40 MINUTES | **COOK:** 2-3 HOURS | **MAKES:** 12 SERVINGS

## INGREDIENTS

8 apples (about 3 pounds), peeled, cut in 1/4-inch slices  
1/2 cup dried cherries  
1 cup granulated sugar  
1/4 teaspoon lemon zest  
1 package (3.4 ounces) vanilla instant pudding mix  
3 cups cold milk  
2 packages (10 ounces each) frozen puff pastry shells,  
prepared according to package directions, cooled  
1/2 cup pistachios, chopped

## DIRECTIONS

- 1** Stir apples, cherries, sugar, and lemon zest in the pot. Set to **SLOW COOK HIGH** for 2-3 hours. Cover and cook until apples are tender.
- 2** Beat pudding mix and milk in bowl for 2 minutes or until mixture is thickened. Divide apple mixture among prepared pastry shells.
- 3** Top pastries with pudding mixture and sprinkle with nuts.



# BANANA LIME COCONUT BREAD

**PREP:** 15 MINUTES | **COOK:** 41 MINUTES | **MAKES:** 10 SERVINGS

## INGREDIENTS

1 cup all-purpose flour  
1 1/2 teaspoons baking soda  
1/4 teaspoon salt  
1/4 cup granulated sugar  
1/4 cup butter, divided  
1 egg  
1/2 ripe banana, mashed  
2/3 cup skim milk  
Zest and juice of 2 limes, divided  
1 teaspoon vanilla extract  
4 cups water  
1/3 cup toasted pecans, chopped  
1/3 cup sweetened flaked coconut  
1/4 cup packed brown sugar

## DIRECTIONS

- 1** Spray multi-purpose pan with cooking spray. In a small bowl, combine flour, baking soda, and salt.
- 2** In a large bowl, beat granulated sugar and 2 tablespoons butter with an electric mixer until mixture is creamy. Beat in egg.
- 3** Stir banana, milk, half the lime zest, half the lime juice, and vanilla extract in another small bowl.
- 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 pan.
- 5** Pour water into the pot. Place the steaming/roasting rack in the pot. Place 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 the pot. Let bread cool in pan on cooling rack for 10 minutes.
- 6** Remove rack from the pot and pour out water. Stir remaining 2 tablespoons butter, lime zest, lime juice, pecans, coconut, and brown sugar in the pot. Set to **STOVE TOP HIGH**. Cook uncovered 1 minute or until sugar is dissolved. Spoon coconut mixture over bread.



# SALTED CARAMEL DEVIL'S FOOD MINI CUPCAKES

**PREP:** 20 MINUTES | **COOK:** 15-20 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1 cup flour  
1/3 cup unsweetened cocoa  
1 teaspoon baking soda  
1/4 teaspoon salt  
2/3 cup granulated sugar  
1/4 cup butter, softened  
1/2 cup egg substitute  
1 teaspoon vanilla  
1/2 cup skim milk  
1 1/4 ounces semi-sweet chocolate, finely chopped  
1 1/2 cups water  
1/3 of an 8-ounce package fat-free cream cheese  
1/3 of an 8-ounce container fat-free whipped topping  
2 tablespoons plus 2 teaspoons fat-free caramel sauce, plus additional for garnish  
Fleur de sel, for garnish

## DIRECTIONS

- 1** In a small bowl, sift together flour, cocoa, baking soda, and salt.
- 2** In a large mixing bowl, beat sugar and butter with an electric mixer set to medium until combined. Add egg and vanilla, beating well.
- 3** Add flour mixture and milk alternately to sugar/egg mixture, mixing on medium until combined.
- 4** Fold in chopped chocolate.
- 5** Fill 8 individual silicone baking cups or the Ninja® silicone mini muffin tray with batter. Pour water into the pot. Place the steaming/roasting rack in the pot. Place baking cups on rack. Cover and set to **BAKE STEAM** at 350°F for 20 minutes, checking after 15 minutes. Cupcakes are ready when a wooden toothpick inserted in centers comes out clean. When done, carefully remove baking cups and let cupcakes cool.
- 6** To make frosting, beat cream cheese and caramel in a mixing bowl until soft. Add whipped topping and gently fold in, scraping down sides until combined.
- 7** Top each cupcake with 2 teaspoons frosting, a drizzle of fat-free caramel sauce, and fleur de sel.

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