

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



**NINJA**  
**Foodi**  
EVERYDAY  
**POSSIBLE**  
**COOKER™** PRO  
15 recipes plus charts  
for unlimited possibilities



# Your guide to cooking like a Foodi

Welcome to the Ninja® Foodi® Everyday PossibleCooker™ Pro 6.5-Quart recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints for everything from slow-cooked mains to hearty sides—the possibilities are endless.

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

Join us and thousands of Foodi friends on the Official Ninja Foodi Family™ Community.  
[Facebook.com/groups/NinjaFoodiFamily](https://www.facebook.com/groups/NinjaFoodiFamily)

    @NinjaKitchen  
 [youtube.com/EPNinjaKitchen](https://www.youtube.com/EPNinjaKitchen)

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# Cooking Functions

Get to know the 8 cooking functions\* that replace 10 different cooking tools and appliances.

## Grains

### White Rice



Fluffy white rice at the touch of a button.

### Brown Rice



Prepare nutrient-rich grains with the perfect texture.

### Oats



A morning staple made just how you like it.

### Pasta



Al dente pasta in minutes—no draining necessary.

## Mains

### Slow Cooker



Set it and forget it while your meal cooks to perfection.

### Sear/Sauté



Brown meats, sauté veggies, and simmer sauces.

### Braise



Cook fork-tender meats filled with flavor.

### Keep Warm



Keep food at a ready-to-eat temperature.

# Everyday Cooking Made Easy



### Expand your menu

From healthy to hearty, the meal possibilities are endless

### Easy one-pot cooking

Put mains and grains together or cook them separately

### Make a little or a lot

Perfect for single-serve dishes or family-sized meals



# Getting Started



# Measure Your Grains

Use the lines on the inside of the pot to cook perfect white rice, brown rice, and oats every time.



## STEP 1

Using a dry measuring cup, add desired amount of grains to the cooking pot.



## STEP 2

Add water or stock up to the corresponding marking on the pot.  
*Ex. For 2 cups of rice, add the rice to the pot, then fill pot with liquid to the 2-cup line.*



## STEP 3

Select function, place lid on pot, and get cooking.



**TIP:** For additional grain and pasta serving sizes and measurements, see the Grain & Pasta Chart on page 28.

**NOTE:** Built-in grain measurement lines **ONLY** work when using for white rice (short, medium or long grain), brown rice (short, long, or brown jasmine), and oats—**DO NOT** use the lines when cooking any other grain. See charts on page 26–29 for direction on additional grains and pasta.





# BANANA, BERRIES & CREAM OATMEAL

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **COOK:** APPROX. 35 MINUTES | **MAKES:** 8 SERVING



## INGREDIENTS

4 cups rolled oats  
5 cups whole milk  
1 cup heavy cream  
1/2 cup dark brown sugar  
1 tablespoon kosher salt  
1 tablespoon ground cinnamon  
1 teaspoon ground nutmeg  
3 medium bananas, peeled, sliced  
1 1/2 cups fresh blueberries  
1 cup strawberries, hulled, sliced

## DIRECTIONS

- 1** Place all ingredients in pot, stir to combine, then cover with lid.
- 2** Select OATS, then press START/STOP to begin cooking. (Unit will display an animation while cooking is in progress; program will take approx. 25 to 35 minutes.)
- 3** When cooking is complete, unit will beep. Stir oatmeal and serve warm.

**TIP** Substitute rolled oats for steel cut if desired. Dairy ingredients can be replaced with dairy alternatives to accommodate needs.

# MINISTRONE SOUP

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **PREHEAT:** 8-10 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 5-6 SERVINGS



## INGREDIENTS

2 tablespoons extra virgin olive oil  
2 carrots, peeled, cut in 1/2-inch pieces  
2 medium stalks celery, trimmed, cut in 1/2-inch pieces  
1 large yellow onion, peeled, cut in 1/2-inch pieces  
3 cloves garlic, peeled, chopped  
1 can (15 ounces) cannellini beans, drained, rinsed  
1 can (28 ounces) diced tomatoes and liquid  
3/4 cup small pasta (orecchiette, elbow, or shells)  
4 cups vegetable stock  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
Kosher salt, as desired  
Ground black pepper, as desired  
1 cup green beans, cut in half

## DIRECTIONS

- 1** Remove the lid from the pot. Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press START/STOP to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 8 to 10 minutes.)
- 2** When preheating is complete (unit will beep and display ADD FOOD), add the oil, carrots, celery, onion, and garlic to the pot. Cook uncovered until vegetables soften, stirring occasionally (about 5 minutes).
- 3** Add the cannellini beans, tomatoes, and liquid, pasta, stock, oregano, thyme, salt, and black pepper to pot. Stir to combine, then cover with the lid and cook for 30 minutes. (Set an external timer if desired.)
- 4** When 5 minutes remain on the cook time, add the green beans to the pot and stir to combine. Cook uncovered for the remaining 5 minutes, or until green beans are tender.
- 5** When cooking is complete, press START/STOP to turn off the unit, and serve soup while warm.





# POTATO CORN CHOWDER

BEGINNER RECIPE ●○○

**PREP:** 15 MINUTES | **PREHEAT:** 6-8 MINUTES | **COOK:** 1 HOUR 5 MINUTES | **MAKES:** 5-6 SERVINGS



## INGREDIENTS

7 strips thick-cut bacon, cut in 1/4-inch pieces  
4 cups corn kernels (fresh or frozen)  
1 large yellow onion, peeled, cut in 1-inch pieces  
3 medium stalks celery, trimmed, cut in 1-inch pieces  
Kosher salt, as desired  
Ground black pepper, as desired  
3 russet potatoes, cut in 1/2-inch pieces  
3 cups chicken stock  
2 cups heavy cream  
1 cup shredded extra sharp cheddar cheese  
2 teaspoons cayenne pepper  
2 teaspoons smoked paprika

## DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows, select SEAR/SAUTÉ, set temperature to MEDIUM, then press START/STOP to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 6 to 8 minutes.)
- 2 Add bacon to the pot and cook until crispy (about 15 to 20 minutes). Remove from the pot and set aside.
- 3 Add corn, onions, and celery to the pot, and season with salt and pepper as desired. Cook, stirring occasionally, until vegetables soften (about 20 to 25 minutes). Add the potatoes and cook until softened (about 10 minutes).
- 4 Add the cooked bacon and remaining ingredients to the pot, and allow to simmer until slightly thickened (about 10 to 15 minutes).
- 5 When cooking is complete, press START/STOP and serve chowder while warm.

# CHICKEN & SAUSAGE GUMBO

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **PREHEAT:** 6-8 MINUTES | **COOK:** 2 HOURS 40 MINUTES | **MAKES:** 5-6 SERVINGS



## INGREDIENTS

1 pound andouille sausage, cut in 1/2-inch slices  
1 stick (1/2 cup) salted butter  
1 cup all-purpose flour  
2 large yellow onions, peeled, cut in 1/2-inch pieces  
2 green bell peppers, seeded, cut in 1/2-inch pieces  
3 medium stalks celery, trimmed, cut in 1/2-inch pieces  
2 cloves garlic, peeled, chopped  
2 cups cooked chicken breast, shredded  
1 can (14.5 ounces) diced tomatoes and liquid  
4 cups chicken broth  
1 tablespoon Creole or Cajun seasoning  
1 tablespoon gumbo filé powder (optional)  
Ground black pepper, as desired  
Kosher Salt, as desired

## DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows, select SEAR/SAUTÉ, set temperature to MEDIUM, then press START/STOP to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 6 to 8 minutes.)
- 2 When preheating is complete, (unit will beep and display ADD FOOD) add the sliced andouille sausage to the pot and cook until browned (about 15 minutes).
- 3 Remove sausage from the pot and set aside. Add the butter and flour to the pot, stirring constantly, until a deep brown color is achieved (10 to 15 minutes).
- 4 Add onions, bell peppers, celery, and garlic to the pot and cook until vegetables are soft (8 to 10 minutes).
- 5 Add the sausage and remaining ingredients to the pot, season with salt and pepper as desired, then place lid on top of pot. Press START/STOP. Using the function arrows, select SLOW COOK, set temperature to HIGH, and set time to 2 hours. Press START/STOP to begin cooking.
- 6 When cooking is complete, unit will beep. Serve gumbo while hot.

# PUB-STYLE CHEESE DIP

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** 8-10 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 8-10 SERVINGS

## INGREDIENTS

- 1 stick (1/2 cup) salted butter
- 1/4 cup all-purpose flour
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 2/3 cup light beer
- 1 cup whole milk
- 1 teaspoon prepared Dijon mustard
- 1 teaspoon Worcestershire sauce
- 2 cups shredded sharp cheddar
- 1 cup shredded Gruyère cheese

## DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press START/STOP to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 8 to 10 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add the butter, flour, onion powder, garlic powder, and cayenne pepper and cook for 2 minutes, stirring constantly (until butter is melted and ingredients are combined).
- 3 Whisk in the beer and milk until smooth. Add the mustard and Worcestershire sauce and cook until thickened (about 10 minutes).
- 4 Add the cheeses and stir until melted and smooth.
- 5 Press START/STOP, use the function arrows to select KEEP WARM, then press START/STOP to keep dip gently warm throughout serving. Serve warm with chips, pretzels, or as desired.



# MASHED POTATOES

BEGINNER RECIPE ●○○

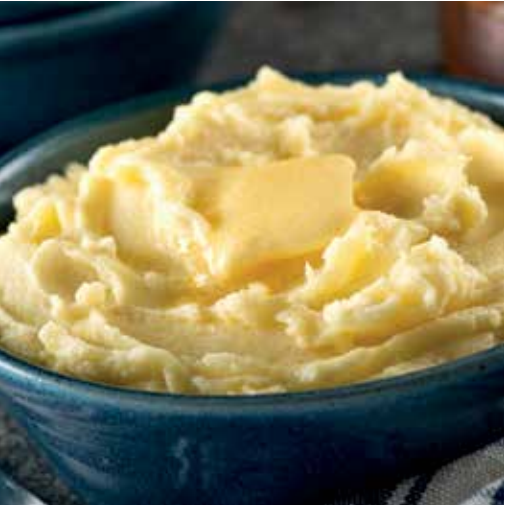
**PREP:** 5 MINUTES | **PREHEAT:** 8-10 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 5-6 SERVINGS

## INGREDIENTS

- 5 cups water
- 3 tablespoons kosher salt, plus additional as desired
- 4 large russet potatoes, peeled, cut in 1-inch pieces
- 6 tablespoons salted butter
- 3/4 cup heavy cream
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- Ground black pepper, as desired
- 1 tablespoon fresh parsley

## DIRECTIONS

- 1 Remove the lid from the pot. Add water and 3 tablespoons salt to the pot. Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press START/STOP to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 8 to 10 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add the potatoes, cover pot with lid, and cook for 12 to 15 minutes, setting an external timer if needed. When cooking is complete, potatoes should be easily flattened with a spoon.
- 3 Strain the potatoes and add back to the pot. Mash to desired consistency, then add the remaining ingredients, except parsley, and stir until combined.
- 4 Garnish with fresh parsley and serve warm.





# SLOW-COOKED BUFFALO CHICKEN DIP

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **COOK:** 2 HOURS | **MAKES:** 8-10 SERVINGS

## INGREDIENTS

- 1 1/2 pounds boneless, skinless chicken breasts
- 1/2 cup chicken broth
- 3 tablespoons ranch seasoning
- 1/4 cup buffalo sauce
- 1 block (8 ounces) cream cheese
- 1 cup shredded sharp cheddar cheese

## DIRECTIONS

- 1 Add the chicken breasts, chicken broth, and ranch seasoning to the pot and cover with the lid.
- 2 Using the function arrows, select SLOW COOK, set temperature to HIGH, set time to 2 hours, then press START/STOP to begin cooking.
- 3 Set an external timer to 1 hour 30 minutes. When timer reaches 0, remove chicken and shred using two forks, then add back to the pot.
- 4 Add the buffalo sauce, cream cheese, and shredded cheddar to the pot, put the lid back on, and allow the dip to cook for 30 minutes.
- 5 When cooking is complete, remove the lid and stir the dip. Press START/STOP, then using the function arrows select KEEP WARM and press START/STOP to keep dip gently warm throughout serving. Serve with chips, pretzels, or as desired.



# CHICKPEA CURRY

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **PREHEAT:** 6-8 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 5-6 SERVINGS

## INGREDIENTS

- 2 tablespoons vegetable oil
- 1 large onion, peeled, sliced
- 3 cloves garlic, peeled, minced
- 3/4 teaspoon crushed red pepper
- 2 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 can (15 ounces) crushed tomatoes and liquid
- 1 can (14 ounces) coconut milk
- 2 cans (15.5 ounces each) chickpeas, drained, rinsed
- Kosher salt, as desired
- Ground black pepper, as desired
- Chopped cilantro, for garnish

## DIRECTIONS

- 1 Remove the lid from the unit. Using the function arrows, select SEAR/SAUTÉ, set temperature to MEDIUM, then press START/STOP to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 6 to 8 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add the oil, onion, garlic, crushed red pepper, and salt to the pot. Cook, stirring occasionally, until golden brown and tender (about 15 minutes).
- 3 Add the curry powder and cumin to the vegetables and stir for 1 minute. Then add the crushed tomatoes and liquid. Cook for 5 minutes, stirring constantly.
- 4 Add the coconut milk and chickpeas to the pot. Cook for 10 minutes, stirring occasionally. Season with additional salt and pepper as desired.
- 5 When cooking is complete, press START/STOP to turn off unit. Serve curry warm, alongside favorite grain and garnished with chopped cilantro, if desired.



**TIP** To serve with rice or grain of choice, see the Measure Your Grains instructions on page 5, or the Pasta & Grain Chart on page 26.



# CAJUN DIRTY RICE

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **PREHEAT:** 8-10 MINUTES | **COOK:** 1 HOUR 35 MINUTES | **MAKES:** 8-10 SERVINGS



## INGREDIENTS

2 cups brown rice, rinsed  
4 cups water  
Kosher salt, as desired  
1 tablespoon vegetable oil  
1 pound ground beef  
1 pound ground pork sausage  
1 red bell pepper, seeded, cut in 1/2-inch pieces  
1 cup yellow onion, peeled, cut in 1/2-inch pieces  
1/2 cup celery, chopped, cut in 1/2-inch pieces  
1 clove garlic, peeled, minced  
1/4 cup all-purpose flour  
1 teaspoon dried thyme  
1 teaspoon chili powder  
1/2 teaspoon ground black pepper  
1/2 teaspoon cayenne pepper  
2 cups chicken broth  
2 tablespoons fresh parsley, chopped

## DIRECTIONS

- 1 Combine brown rice, water, and salt in the pot (if referencing lines within the pot, add rice to the pot first, then fill to 2-cup line with liquid). Place lid on the pot. Using the function arrows, select BROWN RICE, then press START/STOP to begin program. (Unit will display an animation while cooking; program will take approx. 50 to 60 minutes.)
- 2 When cooking is complete, remove rice from the pot and set aside. Rinse pot clean.
- 3 Place pot back in the unit's base and set lid aside. Using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, then press START/STOP to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 8 to 10 minutes.)
- 4 When preheating is complete (unit will beep and display ADD FOOD), add vegetable oil, ground beef, and pork sausage to the pot. Cook until browned, breaking meat up with a spoon or spatula (about 10 minutes).
- 5 Add the bell pepper, onion, celery, and garlic to the pot and cook for 10 minutes or until vegetables are softened, stirring occasionally.
- 6 Add the flour, thyme, chili powder, black pepper, and cayenne pepper, and stir to combine. Add chicken stock, bring to a boil, and cook for 5 minutes.
- 7 Fold in the reserved brown rice and parsley and allow to warm through. Season with additional salt and pepper, if desired. When cooking is complete, press START/STOP to turn off the unit and serve dirty rice while warm.

# CLASSIC SLOPPY JOES

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **PREHEAT:** 6-8 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 6 SERVINGS



## INGREDIENTS

2 tablespoons canola oil  
1-pound 85/15 ground beef  
1 small yellow onion, peeled,  
cut in 1/2-inch pieces  
1 red bell pepper, seeded,  
cut in 1/2-inch pieces  
Kosher salt, as desired  
Ground black pepper, as desired  
2 teaspoons yellow mustard  
1 can (8 ounces) unseasoned 100% tomato sauce  
1/3 cup barbecue sauce of choice  
6 burger buns

## DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows, select SEAR/SAUTÉ, set temperature to MEDIUM, then press START/STOP to begin preheating. (Progress bar will display while unit preheats; preheating will take approx. 6 to 8 minutes.)
- 2 When preheating is complete (unit will beep and display ADD FOOD), add canola oil and ground beef to the pot, breaking the beef up with a rubber spatula. Cook until browned, then remove beef from pot and set aside.
- 3 Add onion, bell pepper, salt, and black pepper to the pot and cook until vegetables are softened (about 10 to 15 minutes).
- 4 Add mustard, tomato sauce, and barbecue sauce to the pot and cook for 10 minutes.
- 5 Add the cooked ground beef back to the pot and stir to combine. Cook for 5 minutes, or until warm. Press START/STOP to turn off the unit and serve warm on burger buns.

# BRAISED SHORT RIBS

INTERMEDIATE RECIPE ●●○

**PREP:** 15 MINUTES | **PREHEAT:** 8-10 MINUTES | **COOK:** 2 HOURS 45 MINUTES | **MAKES:** 5-6 SERVINGS



## INGREDIENTS

4-6 bone-in short ribs (7-10 ounces each)  
Kosher salt, as desired  
Ground black pepper, as desired  
1/4 cup all-purpose flour  
3 tablespoons canola oil  
2 medium yellow onions, peeled,  
cut in 1/2-inch pieces  
2 large carrots, peeled,  
cut in 1/2-inch pieces  
4 medium stalks celery, trimmed,  
cut in 1/2-inch pieces  
3 cloves garlic, peeled, chopped  
2 tablespoons tomato paste  
1 cup dry red wine  
4 cups beef stock  
2 bay leaves  
2 sprigs fresh rosemary, stemmed, chopped  
4 sprigs fresh thyme, stemmed, chopped

## DIRECTIONS

- 1 Remove the lid from the pot. Using the function arrows select SEAR/SAUTÉ, set temperature to HIGH, then press START/STOP to begin preheating. (Progress bar will display while unit preheats; preheat will take approx. 8 to 10 minutes.)
- 2 Season the short ribs on all sides with salt and pepper, then coat with flour.
- 3 When preheating is complete (unit will beep and display ADD FOOD), add canola oil and short ribs to the pot and brown short ribs on all sides (about 3 to 5 minutes for each side). Remove short ribs from the pot and set aside.
- 4 Add onions, carrots, celery, and garlic to the pot and cook until vegetables are tender (about 10 minutes), seasoning with salt and pepper as desired.
- 5 Stir in tomato paste until combined. Then add the wine and cook until volume is reduced by half (about 10 to 15 minutes).
- 6 Place the short ribs back in the pot, nestling them within the vegetable mixture. Add the beef stock, bay leaves, rosemary, and thyme.
- 7 Allow the stock to come to a boil, then press START/STOP. Cover with lid, select BRAISE, set time to 2 hours, and press START/STOP to begin cooking (temperature will automatically default for BRAISE, so no selection is needed).
- 8 When cooking is complete, unit will beep. Carefully remove lid and serve short ribs warm.



# SPAGHETTI & MEATBALLS

BEGINNER RECIPE ●○○

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

## INGREDIENTS

1 box (16 ounces) spaghetti

3 1/2 cups water

Kosher salt, as desired

1 jar (24 ounces) pasta sauce of choice

2 bags (12 ounces each) frozen meatballs

Grated Parmesan cheese, as desired

## DIRECTIONS

- 1** Add spaghetti, water, and salt to the pot and place lid on top. Using the function arrows, select PASTA, then press START/STOP to begin program (unit will display an animation while cooking; program will take approx. 12 to 15 minutes to complete). Note that the lid will need to be removed when water comes to a boil. If desired, set an external time for 6 minutes as a reminder.
- 2** Remove the lid when the water comes to a boil (water will come to a boil in approx. 6 to 8 minutes after function has started). Stir the pasta and allow function to finish cooking.
- 3** When cooking is complete (unit will beep), press START/STOP. Then, using the function arrows, select SEAR/SAUTÉ, set temperature to HIGH, and press START/STOP to begin cooking (ADD FOOD will display). Add the jar of sauce and meatballs to the pasta and stir to combine.
- 4** Cook meatballs and pasta in the sauce until meatballs are heated through (about 15 minutes).
- 5** When cooking is complete, serve spaghetti and meatballs warm with grated Parmesan cheese, if desired.





# FUDGY CHOCOLATE CAKE

BEGINNER RECIPE ●○○

**PREP:** 10 MINUTES | **COOK:** 3 HOURS | **MAKES:** 6-8 SERVINGS



## INGREDIENTS

### CAKE BATTER

2 1/2 cup all-purpose flour  
1 1/2 cup granulated sugar  
1/2 cup cocoa powder  
1 cup milk chocolate chips  
1 tablespoon baking powder  
1 teaspoon salt  
1 1/4 cup whole milk  
2 large eggs  
1 stick unsalted butter, melted  
1 tablespoon vanilla extract

### FUDGE SAUCE

1/2 cup granulated sugar  
1/2 cup light brown sugar  
1/4 cup cocoa powder  
1 3/4 cups hot water

### FOR SERVING

Ice cream  
Whipped cream

## DIRECTIONS

- 1 Combine all CAKE BATTER ingredients in pot and whisk together until combined.
- 2 In a medium bowl, whisk together all the FUDGE SAUCE ingredients, except the hot water, and sprinkle over the top of the CAKE BATTER.
- 3 Pour the hot water over the top of the batter (do not stir) and cover with lid. Using the function arrows, select SLOW COOK, set temperature to HIGH, set time to 3 hours, and press START/STOP to begin cooking.
- 4 When cooking is complete, press START/STOP. Portion cake and serve with ice cream or whipped cream while warm.



# SPICED APPLE CRISP

BEGINNER RECIPE ●○○

**PREP:** 5 MINUTES | **COOK:** 2 HOUR | **MAKES:** 5-6 SERVINGS



## INGREDIENTS

### APPLE FILLING

4 large apples (Granny Smith, Honey Crisp, or Golden Delicious), peeled, cored, cut in 1-inch pieces

1/3 cup granulated sugar

1 tablespoon cornstarch

1/2 teaspoon ground ginger

1/2 teaspoon cinnamon

2 tablespoons lemon juice

### CRUMB TOPPING

1 cup all-purpose flour

1/2 cup light brown sugar

1/2 cup granulated sugar

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

Dash kosher salt

1 stick (1/2 cup) unsalted butter, cut in small cubes

## FOR SERVING

Ice cream

Whipped cream

## DIRECTIONS

- 1** Add all FILLING ingredients to the pot and stir until combined and apples are evenly coated.
- 2** In a medium sized bowl, combine all TOPPING ingredients and mix with hands or fork until a coarse crumble is achieved. Sprinkle topping on apples and place lid on pot.
- 3** Using the function arrows, select SLOW COOK, set temperature to HIGH, set time for 2 HOURS, then press START/STOP to begin cooking.
- 4** When cooking is complete, remove lid and ensure apples are tender by poking with a fork. Press START/STOP to turn off the unit and serve apple crisp warm with ice cream, whipped cream, or as desired.





# GRAIN & PASTA CHART

When referencing the lines inside the pot, always place grain in first, then add water/liquid up to the corresponding measurement line, select function, and press START/STOP to begin cooking. **See Page 5 for more information.**

**NOTE:** Built-in grain measurement lines **ONLY** work when using for white rice (short, medium or long grain), brown rice (short, long, or brown jasmine), and oats—**DO NOT** use the lines when cooking any other grain. See chart below

INGREDIENT	DRY INGREDIENT AMOUNT	LIQUID AMOUNT (water or stock unless otherwise noted)	FUNCTION	TIPS
<b>Oats:</b> Rolled, steel cut, or quick	1 cup	1 1/2 cups water, milk, or milk alternative	<b>OATS</b>	When cooking is complete, stir oats and allow to sit for 4-5 minutes before serving to ensure all liquid is absorbed.
	2 cups	3 1/4 cups water, milk, or milk alternative		
	3 cups	4 3/4 cups water, milk, or milk alternative		
	4 cups	6 1/2 cups water, milk, or milk alternative		
<b>Brown rice:</b> short, long, or brown jasmine	1 cup	2 cup	<b>BROWN RICE</b>	Rinse rice before cooking. Fluff before serving and season as desired.
	2 cups	4 cups		
	3 cups	6 cups		
	4 cups	8 cups		
<b>White rice:</b> Short, medium or long grain	1 cup	1 1/2 cups	<b>WHITE RICE</b>	Rinse rice before cooking. Fluff before serving and season as desired.
	2 cups	3 cups		
	3 cups	4 1/2 cups		
	4 cups	8 cup		
<b>Basmati rice</b>	1 cup	2 cups	<b>WHITE RICE</b>	Rinse rice before cooking. Fluff before serving and season as desired.
	2 cups	4 cups		
	3 cups	6 cups		
	4 cups	8 cups		
<b>Jasmine rice</b>	1 cup	1 1/4 cups	<b>WHITE RICE</b>	Rinse rice before cooking. Fluff before serving and season as desired.
	2 cups	3 cups		
	3 cups	4 1/2 cups		
	4 cups	6 cups		
<b>Arborio rice</b>	1 cup	2 cups	<b>WHITE RICE</b>	After cooking, season as desired. For a “risotto” style dish, add additional stock, Parmesan cheese, and herbs until desired consistency is achieved.
	2 cups	4 cups		
	3 cups	6 cups		
	4 cups	8 cup		

**TIP** When using a grain/pasta function, unit will display an animation while cooking and then automatically switch to the Keep Warm function while displaying a count-up timer.

# GRAIN & PASTA CHART, continued

When referencing the lines inside the pot, always place grain in first, then add water/liquid up to the corresponding measurement line, select function, and press START/STOP to begin cooking. **See Page 5 for more information.**

**NOTE:** Built-in grain measurement lines **ONLY** work when using for white rice (short, medium or long grain), brown rice (short, long, or brown jasmine), and oats—**DO NOT** use the lines when cooking any other grain. See chart below

INGREDIENT	DRY INGREDIENT AMOUNT	LIQUID AMOUNT (water or stock unless otherwise noted)	FUNCTION	TIPS
Sushi rice	1 cup	1 1/4 cups	WHITE RICE	Rinse rice before cooking. Fluff before serving and season as desired.
	2 cups	2 1/2 cups		
	3 cups	3 3/4 cups		
	4 cups	5 cups		
Wild rice	1 cup	1 1/4 cups	BROWN RICE	Fluff before serving and season as desired.
	2 cups	2 1/2 cups		
	3 cups	3 2/3 cups		
	4 cups	5 cups		
Farro	1 cup	2 cups	BROWN RICE	Fluff before serving and season as desired.
	2 cups	4 cups		
	3 cups	6 cups		
	4 cups	8 cup		
Barley	1 cup	2 cups	BROWN RICE	Fluff before serving and season as desired.
	2 cups	4 cups		
	3 cups	6 cups		
	4 cups	8 cups		
White pasta: Short pasta: macaroni, orecchiette Medium pasta: penne, rigatoni Long pasta: spaghetti, fettuccine	Half box (8 ounces)	2 cups	PASTA	Remove lid when water comes to a boil. When cooking is complete, stir pasta and season as desired. To add sauce, pour sauce over pasta and warm using the SEAR/SAUTÉ function.
	1 box (16 ounces)	3 1/2 cups		Alternative pastas, such as whole wheat, gluten free, or chick pea, will <b>NOT</b> work with the PASTA function.

**TIP** When using a grain/pasta function, unit will display an animation while cooking and then automatically switch to the Keep Warm function while displaying a count-up timer.

# SLOW COOK CHART

Cook proteins low and slow for flavorful and tender results.

PROTEIN	AMOUNT	PREPARATION	WATER/STOCK	COOK TIME LOW	COOK TIME HIGH
BEEF					
Brisket	2 1/2-3 lbs	Season as desired	2 cups	8-10 hours	4-5 hours
Chuck roast	3-4 lbs	Season as desired	2 cups	9-10 hours	4-5 hours
Short ribs (bone in)	3 lbs (approx. 5-6 ribs)	Season as desired	2 cups	7-8 hours	4-5 hours
Top round	3-4 lbs	Season as desired	2 cups	9-10 hours	3-4 hours
PORK					
Baby back ribs	1 rack, cut in half (3 lbs)	Season as desired	2 cups	8-10 hours	3-4 hours
Pork roast	2 1/2-3 lbs	Season as desired	2 cups	8-10 hours	3-4 hours
Pork shoulder	2 1/2-3 lbs	Season as desired	2 cups	8-10 hours	3-4 hours
CHICKEN					
Chicken breasts (bone in)	3 lbs (approx. 4-5 breasts)	Season as desired	2 cups	6-7 hours	3-4 hours
Chicken breasts (boneless, skinless)	3 lbs (approx. 6-7 breasts)	Season as desired	2 cups	6-7 hours	3-4 hours
Chicken thighs (bone in)	3 lbs (approx. 6-7 thighs)	Season as desired	2 cups	6-7 hours	3-4 hours
Chicken thighs (boneless, skinless)	3 lbs (approx. 6-7 thighs)	Season as desired	2 cups	6-7 hours	3-4 hours
Chicken wings	2 1/2-3 lbs	Season as desired	2 cups	6-7 hours	3-4 hours
Whole chicken	2 1/2-3 lbs	Season as desired	2 cups	6-7 hours	3-4 hours

**TIP** For a great all-purpose seasoning, combine 1 tablespoon onion powder, 1/4 teaspoon garlic powder, and 2 tablespoons kosher salt, then generously season protein before slow cooking.



# NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# NOTES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.



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