

Cuisinart®

Recipe Booklet

Instruction
Booklet
Reverse Side



Cook Central® 3-in-1 Multicooker

MSC-400

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Breakfast & Starters

Spinach & Gruyère Breakfast Strata

This is a delicious dish to have at brunch for a crowd. The flavors are rich and it takes only a few steps to complete.

Settings: Brown/Sauté
Slow Cook

Makes twelve 1-cup servings

- 1½** **teaspoons olive oil**
- 1** **garlic clove, peeled and finely chopped**
- 1** **small onion, peeled and chopped**
- 1** **teaspoon kosher salt, divided**
- 8** **large eggs**
- 1** **cup heavy cream**
- 1** **cup whole milk**
- ¼** **teaspoon freshly ground black pepper**
- ¼** **teaspoon ground nutmeg**
- 1** **teaspoon dried mustard powder**
- 1** **loaf (1 pound) challah bread, cut into 1-inch cubes**
- 4** **ounces baby spinach**
- 6** **ounces Gruyère, shredded**

1. Put the oil into the cooking pot of the Multicooker, set to Brown/Sauté at 350°F. Once preheated, add the garlic, onion and a pinch of the salt. Sauté until golden and fragrant, about 3 to 4 minutes. Meanwhile, in a large bowl combine the eggs, cream, milk, pepper, remaining salt, nutmeg, and mustard powder. Whisk well to combine. Add the bread cubes, spinach and cheese. Mix well to fully coat.
2. Add the soaked bread cubes to the pot and stir once more to incorporate the onion and garlic. Cover and switch from Brown/Sauté to Slow Cook set on Low for 3½ hours.
3. Once time has expired, the unit will automatically switch to Keep Warm. This is best served immediately.

Nutritional information per serving:

*Calories 331 (55% from fat) • carb. 22g • pro. 14g
• fat 20g • sat. fat 10g • chol. 206mg • sod. 500mg
• calc. 254mg • fiber 1g*

Maple Cinnamon Oatmeal

Milk gives the oatmeal a creamy consistency. Water, however, can easily be substituted, should you prefer.

Setting: Slow Cook

Makes six 1-cup servings

- 1½** **cups steel cut oats**
- 3** **cups water**
- 3** **cups milk (may use whole or reduced fat), divided**
- 2** **tablespoons pure maple syrup**
- 1** **cinnamon stick**
- ½** **teaspoon kosher salt**
- pinch ground nutmeg**
- ½** **cup raisins or other dried fruit (for larger dried fruit varieties, chop into bite-size pieces)**

1. Put the oats, water, 1½ cups of milk, maple syrup, cinnamon stick, salt, nutmeg and dried fruit into the cooking pot of the Multicooker.
2. Cover and set to Slow Cook on Low for 2½ hours.
3. Once unit switches to Keep Warm, stir the remaining milk into oatmeal. Remove cinnamon stick and serve immediately.

Nutritional information per serving:

*Calories 277 (21% from fat) • carb. 46g • pro. 9g
• fat 7g • sat. fat 3g • chol. 18mg • sod. 258mg
• calc. 160mg • fiber 5g*



Sausage Bites in Mustard Wine Sauce

Preparing this dish is a breeze, and it will be a hit every time – it is in the Test Kitchen! Pair this with nice crusty bread and a favorite bottle of wine. Your guests will love you.

Setting: Brown/Sauté

Makes 8 appetizer servings

- 24 ounces smoked chicken or turkey sausage, cut on the diagonal into ½-inch slices**
- 1 teaspoon olive oil**
- 1 medium onion peeled, cut into ½-inch pieces**
- ½ cups dry white wine**
- ¼ cup Dijon mustard**
- 1 tablespoon chopped fresh parsley, for garnish**

1. Set the Multicooker to Brown/Sauté at 400°F. Cooking in three to four batches (you don't want to overcrowd the pot or the sausage will not brown well), add sausage to the cooking pot, cooking each batch, until sausage is nicely browned (about 4 to 5 minutes per batch).
2. Once the sausages are browned, return all to the pot and reduce the heat to 350°F. Add the oil. Add the onions and cook 10 to 12 minutes, stirring occasionally, or until softened and translucent.
3. Raise the heat again to 400°F and add the wine. Bring the wine to a boil and cook until reduced by about two thirds, stirring occasionally.
4. Finally, reduce the heat to 300°F and stir in the Dijon. Simmer, uncovered, until sausages are completely coated and sauce is slightly thickened, about 2 minutes.
5. Garnish with parsley and serve.

Nutritional information per serving:

Calories 189 (38% from fat) • carb. 8g • pro. 13g
• fat 8g • sat. fat 0g • chol. 45mg • sod. 963mg
• calc. 26mg • fiber 1g

Vegetable Dumplings

Serve these healthy homemade dumplings alongside a soy dipping sauce for a fun hors d'oeuvre.

Settings: Brown/Sauté
Steam



Makes 16 dumplings

- 1 teaspoon grapeseed oil**
- 3 ounces shiitake mushrooms, diced**
- ¼ cup shredded carrot**
- ¼ cup diced red bell pepper**
- ¼ cup shredded napa cabbage**
- ½ teaspoons finely chopped scallion**
- 1 teaspoon finely chopped ginger**
- ½ teaspoons soy sauce, reduced sodium, plus more for serving**
- 1 teaspoon toasted sesame oil**
- ½ teaspoon fish sauce**
- ¾ teaspoon rice vinegar**
- nonstick cooking spray**
- 16 wonton wrappers**
- 1 quart water for steaming, plus more for assembling dumplings**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Add the mushrooms, carrot, pepper and cabbage and cook for 1 to ½ minutes to soften slightly.
2. Stir in the scallion and ginger and cook until fragrant, 30 seconds. Add the soy sauce, sesame oil, fish sauce and vinegar and cook about 1 minute longer, until liquid is absorbed. Transfer filling to a bowl and set aside to cool slightly.
3. Carefully clean out cooking pot and return to base of unit. Lightly coat the steaming rack with nonstick cooking spray and put 1 quart of water into the cooking pot of the Multicooker fitted with the rack.
4. Set up your work station with a small bowl of water and a pastry brush, large plate or cutting board, wonton wrappers, and wonton filling. Working with 3 to 6 wonton wrappers at a time, place 1 heaping teaspoon of filling in the middle of each wrapper. Brush the edges of the wrappers with water and

- bring two opposite corners up, making a triangle. Crimp all edges like a pleat and pinch to seal, using more water if needed.
- Repeat with the remaining wonton wrappers. Keep the prepared dumplings covered with plastic so as not to dry out. When you are close to finishing the dumplings, set the unit to Steam for 20 minutes.
 - When the unit is ready, add the dumplings to the rack and cover. (This may need to be done in two batches.) Serve immediately.

Nutritional information per dumpling:
 Calories 20 (20% from fat) • carb. 3g • pro. 1g
 • fat 0g • sat. fat 0g • chol. 0mg • sod. 39mg
 • calc. 3mg • fiber 0g

Turkey Swedish Meatballs

What was old is new and popular again, and that is true with this classic dish. These are sure to please everyone, Swedes and non-Swedes alike.

Setting: Brown/Sauté

Makes about 60 meatballs

- ¼ cup milk (whole or reduced fat)**
- 1 slice sandwich bread, torn into 1-inch pieces**
- 1 small celery stalk, finely chopped**
- 1 pound ground turkey**
- 1 small onion, peeled and finely chopped**
- ¾ teaspoon kosher salt**
- ¼ teaspoon ground white pepper**
- ½ teaspoon baking powder**
- ¼ teaspoon ground allspice**
- 1 pinch ground nutmeg**
- 1 large egg, lightly beaten**
- 3½ tablespoons unsalted butter, divided**
- 3 tablespoons unbleached, all-purpose flour**
- 4 cups chicken broth, low sodium**
- ⅓ cup sour cream or crème fraîche**

- Put the milk into a large liquid measuring cup and add the bread. Let soak.
- While the bread is soaking, combine the celery, turkey, onion, salt, pepper, baking powder, spices and egg in a large mixing bowl. Squeeze the milk out of the bread and add the bread (discarding the milk) to the turkey mixture. With clean or gloved hands, gently mix together until fully combined. Do not over-mix or the meatballs will be tough. Using a small ice cream scoop, form into 1-inch meatballs (about 1 tablespoon of mixture per ball).
- Put ½ tablespoon of the butter into the cooking pot of the Multicooker set to Brown/Sauté at 375°F. Once the butter melts and is hot and foamy, add the meatballs in about four batches, turning the meatballs every minute or two until browned or all sides. Remove, reserve and repeat with remaining meatballs. Once all are browned, remove and reserve together.
- Add the remaining butter to the cooking pot. Once it is melted and foamy, stir in the flour. Stirring constantly with a wooden spoon, cook until the butter/flour mixture is lightly browned. Slowly stir in the broth. Bring to a boil and cook until thickened, about 10 minutes. Reduce heat to 300°F and stir in the sour cream.
- Put all of the meatballs into the cooking pot with the gravy. Raise heat to 350°F and bring to a boil. Boil for about 10 minutes to coat the meatballs with the thickened gravy.
- Serve immediately or reduce heat to 200°F and keep covered until ready to serve.

Nutritional information per meatball:
 Calories 26 (57% from fat) • carb. 1g • pro. 2g
 • fat 2g • sat. fat 1g • chol. 11mg • sod. 49mg
 • calc. 7mg • fiber 0g

Stocks & Sauces

Rich Veggie Stock

This stock makes a delicious base for all soups and sauces.

Setting: Slow Cook

Makes about 8 cups



- 1 large onion, peeled and cut into eighths
- 1 large leek, root end trimmed, washed well and cut into 2-inch pieces
- 1 small parsnip, peeled and cut into 2-inch pieces
- 1 plum tomato, cut into quarters
- 2 medium carrots, peeled and cut into 2-inch pieces
- 2 medium celery stalks, cut into 2-inch pieces
- 1 large handful fresh Italian parsley
- 1 small sprig fresh thyme
- 1 large garlic clove, peeled and crushed
- ½ teaspoon black peppercorns
- 8 cups water

1. Put all ingredients into the cooking pot of the Multicooker.
2. Cover and set to Slow Cook on Simmer for 10 hours.
3. Once unit switches to Keep Warm, strain stock, discarding solids. Use immediately or cool and store in the refrigerator or freezer.*

* Stock will keep up to one week in the refrigerator or two months in the freezer.

Nutritional information per serving (½ cup):
Calories 27 (5% from fat) • carb. 6g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 23mg
• calc. 29mg • fiber 2g

Easy Chicken Stock

A kitchen staple. Use this in any of our recipes that call for stock.

Setting: Slow Cook

Makes about 8 cups



- 1 chicken carcass (from a 3 to 4-pound chicken*)
- 1 medium to large onion, peeled and cut into eighths
- 1 medium carrot, peeled and cut into 2-inch pieces
- 1 medium celery stalk, cut into 2-inch pieces
- 1 small leek, root end trimmed, washed well and cut into 2-inch pieces
- 1 sprig fresh thyme
- 1 bay leaf
- ½ teaspoon black peppercorns
- 8 cups water

1. Put all ingredients into the cooking pot of the Multicooker.
2. Cover and set to Slow Cook on Low for 12 hours.
3. Once unit switches to Keep Warm, strain stock, discarding the carcass and vegetables. Use immediately or cool to store in the refrigerator or freezer.**

* Although a raw chicken will produce a more flavorful stock, your leftover roasted chicken carcass can also be used.

** Stock will keep up to one week in the refrigerator or two months in the freezer.

Nutritional information per serving (½ cup):
Calories 17 (21% from fat) • carb. 2g • pro. 1g
• fat 0g • sat. fat 0g • chol. 5mg • sod. 16mg
• calc. 13mg • fiber 0g

Shrimp Stock

An easy-to-make stock – this is an essential ingredient in our gumbo on page 12.

Settings: Brown/Sauté
Slow Cook



Makes about 8 cups

- 1 pound shrimp (about 25 medium shrimp)**
- 1 teaspoon olive oil**
- 1 medium onion, peeled and roughly chopped**
- 1 medium celery stalk, cut into 1-inch pieces**
- 1 garlic clove, peeled and smashed**
- ¼ cup dry white wine**
- 1 bay leaf**
- 8 cups water**

1. Peel shrimp. Reserve shells. Wrap shrimp and reserve for a separate use, for example: Shrimp & Chorizo Gumbo, page 12, or Paella, page 16.
2. Set the Multicooker to Brown/Sauté at 400°F and add the oil. Once preheated, add the shrimp shells and stir until they turn bright pink, about 2 minutes. Stir in the onion, celery and garlic and continue to cook for a few minutes until vegetables are fragrant. Add the white wine and stir until completely reduced. Stir in the bay leaf and water and let come to just a boil.
3. Cover and switch to Slow Cook on Low for 4 hours.
4. Once unit switches to Keep Warm, strain stock, discarding the solids. Use immediately or cool to store in refrigerator or freezer.*

* Shrimp stock will keep up to three days in the refrigerator or two months in the freezer.

Nutritional information per serving (½ cup):
Calories 29 (19% from fat) • carb. 1g • pro. 4g
• fat 1g • sat. fat 0g • chol. 36mg • sod. 168mg
• calc. 22mg • fiber 0g

Garden Vegetable Sauce

This versatile sauce freezes well, so you can always have some on hand.

Settings: Brown/Sauté
Slow Cook



Makes about 8 cups

- 1 tablespoon olive oil**
- 1 medium onion, peeled and cut into ½-inch pieces**
- 2 medium carrots, peeled and cut into ½-inch pieces**
- 1 cup ½-inch cubed eggplant (not peeled)**
- 1 medium celery stalk, cut into ½-inch pieces**
- 2 garlic cloves, peeled and smashed**
- 1½ teaspoons kosher salt, divided**
- 1½ teaspoons dried oregano**
- 1½ teaspoons dried basil**
- 4 roasted red bell peppers, cut into 1-inch pieces**
- ½ cup dry white wine**
- 4 cans (15.5-ounces, each) diced tomatoes, strained, reserving 1 cup of the juice**
- 1 tablespoon tomato paste**
- ¼ teaspoon freshly ground black pepper**
- 2 tablespoons granulated sugar**

1. Put the oil into the cooking pot of the Multicooker, set to Brown/Sauté at 350°F. Once preheated, add the onion, carrots, eggplant, celery, garlic and ½ teaspoon of the salt. Sauté ingredients until softened, about 8 to 10 minutes.
2. Add the oregano, basil, red peppers and wine. Cook until the wine is reduced by at least half. Add tomatoes with the 1 cup of reserved juice, tomato paste, remaining salt, pepper and sugar. Bring to a boil, cover and switch to Slow Cook on Low for 3 hours.
3. Once the 3 hours expire, the unit will automatically switch to Keep Warm. If you want to serve as a more ragout-style sauce, you can serve as is over thick cut noodles. If you want a smoother sauce, transfer to a blender in batches, and blend to desired consistency.

Nutritional information per serving (½ cup):
Calories 52 (15% from fat) • carb. 9g • pro. 1g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 440mg
• calc. 27mg • fiber 2g

Bolognese

This Italian sauce is a classic. The longer it can simmer in the Multicooker the better the flavors will be.

Settings: Brown/Sauté
Slow Cook

Makes 6 cups

- 1 **tablespoon olive oil**
- 1 **tablespoon unsalted butter**
- 1 **medium onion, peeled and finely chopped**
- 1 **medium carrot, peeled and finely chopped**
- 1 **medium celery stalk, finely chopped**
- 4 **garlic cloves peeled and finely chopped**
- ½ **pound ground beef (96% lean)**
- ½ **pound ground veal**
- ½ **pound sweet Italian sausage, casings removed (about 3 links)**
- 1 **teaspoon kosher salt, divided**
- 1 **cup whole milk**
- ¾ **cup dry white wine**
- ½ **teaspoon freshly ground black pepper**
- 1 **can (28 ounces) whole peeled tomatoes, roughly chopped, with juice**

1. Put the oil and butter into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. When the butter melts, stir in the chopped vegetables including garlic. Sauté vegetables until soft and fragrant, about 5 to 6 minutes, stirring occasionally. Stir in the ground meats, including sausage, in two to three batches, and ½ teaspoon of salt. Cook until completely browned, breaking up meat with a wooden spoon as it cooks.
2. Once the meat is brown, stir in the milk. Simmer until the milk is completely evaporated. Add the wine and simmer until liquid has completely evaporated. Add the remaining salt, pepper and tomatoes to the cooking pot. Stir ingredients together well.
3. Cover and switch to Slow Cook on Low for 6 hours.

4. Once unit switches to Keep Warm, use sauce immediately or cool to store in the refrigerator or freezer.

* Sauce will keep up to five days in the refrigerator or three months in the freezer.

Nutritional information per serving (½ cup):
Calories 144 (42% from fat) • carb. 6g • pro. 12g
• fat 7g • sat. fat 3g • chol. 38mg • sod. 487mg
• calc. 53mg • fiber 1g

Soups & Stews

Rustic Tomato Soup

Sautéing the vegetables gives this soup a rich, sweet flavor.

Settings: Brown/Sauté
Slow Cook



Makes about 8 cups

- 1 **tablespoon olive oil**
- 2 **garlic cloves, peeled and smashed**
- 1 **medium onion, peeled and chopped**
- 1 **medium carrot, peeled and sliced**
- 1 **celery stalk, chopped**
- 1 **teaspoon kosher salt, divided**
- ¾ **teaspoon freshly ground black pepper, divided**
- 2 **pounds plum tomatoes, chopped**
- 2 **teaspoons dried basil**
- 1 **teaspoon marjoram**
- 6 **sun-dried tomatoes**
- ¼ **teaspoon baking soda**
- 4 **cups vegetable stock**

1. Put the olive oil into the cooking pot of the Multicooker set to Brown/Sauté at 350°F. Once preheated, add garlic, onion, carrot, celery and a pinch each of the salt and pepper. Sauté until soft and golden, about 8 to 10 minutes, stirring occasionally.
2. Add remaining ingredients and stir to combine. Cover and switch to Slow Cook on Low for 4 hours.
3. Once unit switches to Keep Warm, blend to finish the soup. Add soup to a blender in batches, blending until smooth. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):
Calories 86 (22% from fat) • carb. 16g • pro. 3g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 432mg
• calc. 63mg • fiber 4g

Chicken Noodle Soup

This soothing soup is chock full of good-for-you chicken and veggies.

Setting: Slow Cook

Makes about 10 cups



- 1 medium onion, peeled and finely chopped
- 3 medium carrots, peeled and sliced into ¼-inch rounds
- 2 celery stalks, cut into ¼-inch dice
- 1 bone-in, skinless chicken breast*
- 1 bone-in, skinless chicken leg
- 1½ teaspoons kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- 1 handful fresh Italian parsley
- 1 sprig fresh thyme leaves
- 6 cups chicken stock
- 1 cup dried egg noodles
- ½ cup frozen peas

1. Put the onion, carrots, celery, chicken parts, 1 teaspoon salt, pepper, parsley, thyme and stock into the cooking pot of the Multicooker.
2. Cover and set unit to Slow Cook on High for 5 hours. Once unit switches to Keep Warm, remove the chicken from the pot and then switch unit back to Slow Cook on High to bring soup to a heavy simmer.
3. Allow the parts to cool and remove and discard all bones; shred or chop the meat and put back into the pot. Once the soup is simmering, add the noodles and remaining salt. Simmer until the noodles are cooked through, according to package instructions. Once the noodles are cooked, stir in the peas.
4. Switch unit to Keep Warm until serving.

*If desired, substitute 2 cups shredded, roast chicken instead of cooking the chicken parts.

Nutritional information per serving (1 cup):
Calories 102 (20% from fat) • carb. 9g • pro. 11g
• fat 2g • sat. fat 1g • chol. 34mg • sod. 314mg
• calc. 35mg • fiber 2g

Mushroom Barley Soup

A bowl of this deeply satisfying soup plus a slice of crusty French bread makes the perfect winter meal.

Settings: Brown/Sauté
Slow Cook



Makes about 9 cups

- 2 tablespoons unsalted butter
- 1 medium leek, root end trimmed, washed well and finely chopped
- 1 medium onion, peeled and finely chopped
- 2 medium carrots, peeled and finely chopped
- 1 pound mixed mushrooms, sliced
- 4 garlic cloves, peeled and finely chopped
- 2 teaspoons kosher salt
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- ⅓ cup sherry
- ½ cup pearl barley
- 6 cups vegetable stock
- ½ teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh Italian parsley
- 1 teaspoon fresh lemon juice

1. Put the butter into the cooking pot of the Multicooker set to Brown/Sauté at 375°F. Once melted, stir in the leek, onion and carrots. Sauté until vegetables are soft and fragrant, about 5 to 8 minutes. Stir in the mushrooms, garlic, salt, thyme and bay leaf. Cook until mushrooms release most of their moisture and have cooked down considerably, up to 10 minutes. Add sherry to the pot and cook until almost completely reduced.
2. Add the barley, stock and pepper. Cover and switch the unit to Slow Cook on High for 3½ hours.
3. Once unit switches to Keep Warm and right before serving, stir in fresh parsley and lemon juice.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):
Calories 119 (21% from fat) • carb. 19g • pro. 3g
• fat 3g • sat. fat 2g • chol. 7mg • sod. 892mg
• calc. 29mg • fiber 3g

Beef Stew

This beef stew is one of the simplest you will ever find. Just combine the ingredients and let the multicooker do the rest.

Setting: Slow Cook

Makes about 5 cups

1¼ to 1½ pounds beef chuck, cut into 1- to 2-inch cubes

1 teaspoon kosher salt

¼ teaspoon freshly ground black pepper

1 small onion, peeled and finely chopped

1 medium carrot, peeled and cut into ½-inch rounds

1 small celery stalk, thinly sliced

4 small new white or red potatoes, quartered

4 garlic cloves, peeled

4 ounces cremini (baby bella) mushrooms, halved or quartered

1 teaspoon dried herbes de Provence

1 bay leaf

½ cup dry red wine

¼ cup tomato paste

1½ cups beef stock, low sodium

1½ tablespoons cornstarch

1 cup green peas, fresh or frozen

3 tablespoons chopped fresh Italian parsley, for garnish

1. Put all ingredients except for the cornstarch, peas and parsley into the cooking pot of the Multicooker.
2. Set to Slow Cook on Low for 16 hours.
3. Once the unit switches to Keep Warm, transfer 1 tablespoon of the stew liquid to a small measuring cup or ramekin. Stir in the cornstarch to make a slurry. Switch the unit to Brown/Sauté at 350°F to bring the stew to a boil. Stir in the slurry and allow to cook for about 1 to 2 minutes to thicken the stew. Stir in the peas and parsley and switch to Keep Warm (on Slow Cook) for serving.
4. Taste and adjust seasoning accordingly.

Note: If you have time, you can brown the beef prior to slow cooking. Do this

on Brown/Sauté at 400°F prior to the first step.

Nutritional information per serving (1 cup):
Calories 241 (19% from fat) • carb. 16g • pro. 29g
• fat 5g • sat. fat 2g • chol. 73mg • sod. 762mg
• calc. 42mg • fiber 3g

Super Chili

Don't be intimidated by the amount of chili powder in this recipe; most store-bought varieties lean on the side of mild.

Spice lovers can turn up the heat by increasing the cayenne or stirring in some puréed chipotle chiles.

Settings: Brown/Sauté
Slow Cook

Makes about 6 cups

1¾ pounds ground beef (chuck works well)

1 teaspoon vegetable oil

1 small onion, peeled and finely chopped

1 jalapeño, seeded and finely chopped

1 medium red pepper, cut into ¼-inch dice

4 garlic cloves, peeled and finely chopped

⅓ cup chili powder

2 teaspoons dried oregano

2 teaspoons kosher salt

¼ teaspoon cayenne pepper

1 can (14.5 ounces) crushed tomatoes
1 can (14.5 ounces) diced tomatoes, drained

1. Set the Multicooker to Brown/Sauté at 400°F. Once preheated, add the ground beef in two batches and break apart with a wooden spoon. Cook until meat is browned and completely cooked through. Remove and reserve meat. Carefully remove pot from the unit and drain out all of the fat. Return pot to the base.
2. Add the teaspoon of vegetable oil to the cooking pot and set to Brown/Sauté at 350°F. Once hot, add the onion, jalapeño, red pepper and garlic. Stir together and sauté until soft and fragrant, about 5 to 8 minutes. Return the cooked beef to the pot. Stir in the chili powder, oregano, salt and cayenne.

3. Add the crushed and diced tomatoes and stir well. Cover and switch the unit to Slow Cook on Low for 6 hours. When unit switches to Keep Warm, degrease the chili by either skimming any excess fat with a ladle or by gently blotting the surface with a paper towel.
4. Taste and adjust seasoning accordingly. Leave on Keep Warm until ready to serve.

Note: For a heartier chili, stir in one can (15.5 ounces) of drained and rinsed red kidney beans during the last hour of cooking.

Nutritional information per serving (1 cup):
 Calories 332 (50% from fat) • carb. 13g • pro. 29g
 • fat 19g • sat. fat 7g • chol. 82mg • sod. 989mg
 • calc. 79mg • fiber 5g

Spinach Dal

A traditional Indian dish based on lentils. Each version is different, depending on ingredients and spices used. This one adds spinach at the end for some color and extra nutrients.

Settings: Brown/Sauté
 Slow Cook



Makes about 6 cups

- 1 **tablespoon ghee*** or unsalted butter
- ¼ **teaspoon ground turmeric**
- ½ **teaspoon ground cumin**
- 1 **teaspoon garam masala****
- 1 **½-inch piece of ginger, peeled and finely chopped**
- 1 **small onion, peeled and chopped**
- ½ **jalapeño, seeded and finely chopped**
- 2 **garlic cloves, peeled and finely chopped**
- 1 **teaspoon kosher salt**
- 2 **cups red lentils**
- 1 **large dried chile, left whole**
- 4 **cups water**
- 5 **ounce fresh spinach (about 1 small, standard) container**

1. Put the ghee into the cooking pot of the Multicooker set to Brown/Sauté at 350°F. Once ghee melts, add the turmeric, cumin and garam masala. Sauté spices until fragrant, about 2 to 3 minutes. Add ginger, onion, jalapeño

and garlic to the pot and sauté vegetables until soft and fragrant, an additional 2 to 3 minutes.

2. Add the salt, lentils, chile and water to the pot; cover and switch the unit to Slow Cook on Low for 2 hours.
3. When unit switches to Keep Warm, stir in spinach so that it wilts just before serving.
4. Taste and adjust seasoning accordingly. Stir in additional hot water or broth if a thinner consistency is desired.

*A kind of clarified butter that can be purchased in Indian markets and gourmet and natural food shops.

**An Indian blend of spices that can be purchased in Indian markets and gourmet and natural food shops.

Nutritional information per serving (1 cup):
 Calories 265 (11% from fat) • carb. 41g • pro. 19g
 • fat 3g • sat. fat 1g • chol. 5mg • sod. 414mg
 • calc. 65mg • fiber 11g

Shrimp & Chorizo Gumbo

Not exactly a purist's version of gumbo, but a delicious one just the same!

Settings: Brown/Sauté
 Slow Cook

Makes about 8 cups

- ¼ **teaspoon vegetable oil**
- ¾ **pound andouille sausage or chorizo, cut into ½-inch dice**
- ½ **stick (¼ cup) unsalted butter**
- ¼ **cup plus 2 tablespoons unbleached, all-purpose flour**
- 1 **small onion, peeled and finely chopped**
- 2 **medium celery stalks, finely chopped**
- 1 **medium green pepper, finely chopped**
- 2 **garlic cloves, peeled and finely chopped**
- ¼ **cup dry white wine**

- 1** **tablespoon Creole seasoning**
- ½** **teaspoon kosher salt**
- 1** **can (14.5 ounces) diced tomatoes, drained**
- 1** **bay leaf**
- 5** **cups shrimp stock* (see page 6)**
- 8** **ounces okra, cut into ¼-inch rounds, fresh or frozen**
- 1** **pound medium shrimp, peeled, deveined and rinsed**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once preheated, add the sausage in two batches and cook until browned all over, about 10 minutes. Remove and reserve the sausage. Carefully remove the pot and pour off the grease into a separate container. Return the pot to the base.
2. Lower the heat to 300°F and add the butter. Once butter has melted, stir the flour into the butter with a wooden spoon so that the mixture comes together – this is called a roux. Continue stirring roux until it is smooth and resembles the color of peanut butter, approximately 15 to 20 minutes. It is important to keep a close eye during this step as the roux could burn if it is not frequently stirred.
3. Once the roux has reached the appropriate color, raise temperature to 325°F. Stir in the onion and celery; sauté for about 5 minutes. Stir in the green pepper and garlic and continue to cook for another 5 minutes. Stir in the white wine and scrape any brown bits that may have accumulated in the bottom of the cooking pot. Stir in Creole seasoning and salt and cook for 1 minute. Stir in tomatoes and bay leaf. Using a nonstick whisk, slowly add in the shrimp stock and whisk until all ingredients are incorporated.
4. Return the sausage to the pot, cover and switch unit to Slow Cook on Low for 4 hours. Once unit switches to Keep Warm, stir in the okra and switch to Brown/Sauté at 300°F. Simmer for 30 minutes to thicken. Taste and adjust seasoning.

5. The final step is to stir in the shrimp. The shrimp will take only 5 minutes to cook so wait until just before serving to add. If desired, set to Keep Warm for serving. Serve in shallow bowls over rice.

*Shrimp stock is a key ingredient for this dish, and is easy to make with the shells from the shrimp used in the recipe. However, if necessary, vegetable broth can be substituted.

Nutritional information per serving (1 cup):
Calories 373 (57% from fat) • carb. 13g • pro. 25g
• fat 23g • sat. fat 10g • chol. 169mg • sod. 1619mg
• calc. 102mg • fiber 2g

Moroccan Lamb Stew

The North African spices complement this stew nicely.

Setting: Slow Cook

Makes 8 cups

- 2** **pounds lamb shoulder, cut into 1-inch pieces**
- 1** **large onion, peeled and sliced**
- 3** **medium carrots, peeled and cut into ¼-inch rounds**
- 1** **½-inch piece ginger, peeled and finely chopped (about 1½ teaspoons)**
- 3** **garlic cloves, peeled and chopped**
- 1** **cinnamon stick**
- 1** **teaspoon ground cumin**
- ¾** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**
- ½** **teaspoon ground coriander**
- ½** **teaspoon cayenne pepper**
- ½** **teaspoon ground allspice**
- pinch saffron**
- pinch ground cloves**
- 8** **ounces dried, pitted prunes**
- 1** **can (15-ounces) chickpeas, drained and rinsed**
- 2** **tablespoons tomato paste**
- 2** **cups beef or chicken stock**

1. Put all ingredients together into the pot of the Multicooker. Stir together to coat all ingredients well.

- Cover and switch unit to Slow Cook on Low for 16 hours.
- Once unit switches to Keep Warm, taste and adjust seasoning accordingly.

Note: If you have time, you can brown the lamb prior to slow cooking. Do this in Brown/Sauté at 400°F prior to the first step.

Nutritional information per serving (1 cup):
 Calories 313 (20% from fat) • carb. 35g • pro. 28g
 • fat 7g • sat. fat 2g • chol. 73mg • sod. 347mg
 • calc. 82mg • fiber 6g

- Stir in the onion and garlic and cook until softened. Stir in the kale, potatoes, salt and pepper and toss to evenly coat with the oil. Finally stir in the chicken broth. Cover and switch unit to Slow Cook on High for 4 hours.
- When time has expired, unit will switch to Keep Warm. Taste and adjust seasoning as desired.

Nutritional information per cup:
 Calories 202 (48% from fat) • carb. 15g • pro. 11g
 • fat 11g • sat. fat 4g • chol. 22mg • sod. 627mg
 • calc. 47mg • fiber 1g

Caldo Verde

This satisfying soup of Portuguese origin is perfect on a cold winter evening.

Settings: Brown/Sauté
 Slow Cook

Makes about 9 cups

- ½ **teaspoon olive oil, plus more if necessary**
- ½ **pound smoked Spanish chorizo, cut in half lengthwise and then cut into ½-inch slices**
- 1 **small onion, peeled and finely chopped**
- 4 **garlic cloves, peeled and crushed**
- ½ **pound kale, rough stems removed and roughly chopped**
- 1 **pound Yukon Gold potatoes, cut into 1-inch pieces**
- 1 **teaspoon kosher salt**
- ¼ **teaspoon freshly ground black pepper**
- 6 **cups chicken broth, low sodium**

- Put the olive oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once preheated, add the chorizo. Cook until chorizo is browned on both sides, about 8 minutes. You should have ½ tablespoon of oil remaining in the cooking pot. If the pan is dry, add more olive oil. If there is an excessive amount of oil, carefully wipe out with a paper towel or drain off in a separate container.

Entrées

Brisket of Beef

Also delicious with bottom round or chuck.

Settings: Slow Cook
 Brown/Sauté

Makes 6 servings

- 1 **large onion, peeled, halved and sliced**
- 1 **garlic clove, peeled and smashed**
- 1 **medium carrot, peeled and cut into 1-inch rounds**
- 1 **medium celery stalk, cut into 1-inch slices**
- 2 **sprigs fresh thyme**
- 1 **beef brisket (2 pounds), first cut**
- ½ **teaspoon kosher salt**
- ½ **teaspoon freshly ground black pepper**
- ½ **cup red wine**
- ½ **cup beef stock, low sodium**
- ¼ **cup tomato paste**

- Put the onion, garlic, carrot, celery and thyme in the cooking pot of the Multicooker.
- Season the brisket on both sides with the salt and pepper. Place on top of the vegetables. Stir the wine, stock and tomato paste together in a large measuring cup; pour over the seasoned beef.
- Cover and set the unit to Slow Cook on Low for 12 hours.

- To serve, remove the brisket and allow to cool (keep the sauce and vegetables on Keep Warm). When the brisket is cool, thinly slice and return to the pot with sauce and vegetables. Switch to Brown/Sauté at 350°F and allow to cook until the brisket is warmed through and then switch back to Warm or Slow Cook for serving.

Nutritional information per serving
 Calories 303 (42% from fat) • carb. 9g • pro. 32g
 • fat 14g • sat. fat 5g • chol. 101mg • sod. 400mg
 • calc. 42mg • fiber 2g

Chicken with Hot and Sweet Peppers

The combination of hot and sweet peppers with briny olives makes this dish burst with flavor.

Settings: Brown/Sauté
 Slow Cook

Makes 4 to 6 servings

- 6 bone-in chicken thighs, trimmed of any excess fat***
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 1 teaspoon olive oil**
- 2 Italian chicken or turkey sausages, about 5 ounces total, cut into ½-inch slices**
- 1 small onion, peeled and finely chopped**
- ½ medium red bell pepper, finely chopped**
- ½ medium yellow or orange bell pepper, finely chopped**
- 2 tablespoons dry white wine**
- ¾ cup chopped hot and sweet cherry peppers (about 4 to 6 peppers)**
- ¾ cup green Italian olives (about 10 large olives, such as Cerignola), pitted and chopped**

- Season the chicken thighs on both sides with salt and pepper.
- Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once unit is preheated, put chicken pieces into the cooking pot, skin side down. Brown well, about 6 to 8 minutes per side. Remove and reserve.

- Add sausages and sauté until brown, about 3 to 4 minutes. Remove and reserve. You should have about 1 tablespoon of fat in the pan. Remove any excess.
- Add onion and bell peppers to the cooking pot. Sauté until soft, about 5 minutes.
- Stir in white wine, scraping any brown bits on bottom of pot with wooden spoon.
- Put chicken pieces back into cooking pot, along with the reserved sausage, cherry peppers and olives.
- Cover unit and switch to Slow Cook on Low for 5 hours.
- Once time has expired, unit will automatically switch to Keep Warm.

*You can also substitute 2 boneless chicken breasts and 2 whole chicken legs (for a total of about 2 pounds) if you are breaking down a whole chicken. The chicken carcass can then be used to make the chicken stock on page 6.

Nutritional information per serving
 (based on 6 servings):
 Calories 219 (10% from fat) • carb. 5g • pro. 29g
 • fat 8g • sat. fat 1g • chol. 97mg • sod. 1002mg
 • calc. 19mg • fiber 1g

Corned Beef with Vegetables

While this dish is a quintessential part of St. Patrick's Day you will find that it is also perfect for any winter meal.

Settings: Slow Cook
 Brown/Sauté

Makes 4 to 6 servings

Slow Cooking:

- 1 onion, peeled and cut into 2-inch pieces**
- 1 carrot, peeled and cut into 2-inch pieces**
- 1 celery stalk, cut into 2-inch pieces**
- ½ 2 pounds corned beef, first cut (flat) (if packaged with spices, discard packet and rinse meat and dry)**
- 1 bottle (12-ounces) lager-style beer**

- 1 cup water (approximately)
- 1 tablespoon whole peppercorns
- ¼ teaspoon whole cloves
- 1½ teaspoons dill seed
- 2 tablespoons whole grain mustard
- ¼ cup packed dark brown sugar

Vegetables (to finish):

- 2 carrots, peeled and cut into 2-inch pieces
- ¾ pound new potatoes, halved
- ¾ pound green cabbage, cut lengthwise into 8 pieces

1. Put the onion, carrot and celery into the cooking pot of the Multicooker. Lay the beef on top and pour in the beer and enough water (about 1 cup) so the liquid comes ¾ of the way up the vegetables and beef. Top with the peppercorns, cloves, dill seed, mustard and sugar. Cover and set to Slow Cook on Low for 12 hours.
2. At the end of slow cooking remove the meat, set on a tray, and cover with foil. Strain the liquid, discarding the solids. Degrease the liquid and return to the cooking pot.
3. Set on Brown/Sauté at 300°F. Add the carrots, potatoes and cabbage. Simmer 25 to 30 minutes, or until vegetables are tender and cooked through.
4. Thinly slice the meat and return to the cooking pot with the vegetables to warm through. Serve.

*Nutritional information per serving
(based on 6 servings):*

*Calories 346 (44% from fat) • carb. 5g • pro. 14g
• fat 17g • sat. fat 5g • chol. 61mg • sod. 1498mg
• calc. 47mg • fiber 3g*

Lemon Chicken with Rosemary

By the end of the cooking time, the chicken in this dish falls apart, making a light and lemony dish that will soon be a favorite.

Settings: Brown/Sauté
Slow Cook

Makes 6 servings

- 1 teaspoon olive oil
- 6 bone-in chicken thighs, trimmed of excess fat (about 1½ pounds)

- 1 teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- ¼ cup unbleached, all-purpose flour
- 1 large onion, peeled, halved and sliced
- 3 garlic cloves, peeled and finely chopped
- 1 fresh rosemary sprig
- ¼ cup fresh lemon juice
- ½ cup chicken broth, low sodium
- 1 teaspoon lemon zest
- 6 thin slices lemon
- chopped rosemary for garnish (optional)

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F.
2. Season the chicken thighs on both sides with ½ teaspoon of salt and all of the pepper. Dredge the chicken thighs in flour to lightly coat.
3. Once unit has preheated, put the chicken, skin side down, into the cooking pot. Brown on both sides, about 10 minutes per side. Remove and reserve.
4. Reduce heat to 350°F. Sauté onion and garlic for 4 to 5 minutes until softened. Stir in the rosemary sprig and remaining ¼ teaspoon of salt. Add the lemon juice, scraping up any brown bits that may remain on the cooking surface with a wooden spoon. Let juice come to a boil and reduce by half, about 30 seconds. Add the chicken broth and lemon zest and let come to a boil.
5. Nestle the browned chicken thighs in the onion mixture. Place lemon slices on top of the chicken.
6. Switch unit to Slow Cook on Low for 5 hours. Cover and cook until thighs are very tender.
7. When time has expired, unit will switch to Keep Warm. Garnish with the chopped rosemary if desired. Serve immediately in shallow bowls with rice or mashed potatoes.

*Nutritional information per serving:
Calories 242 (57% from fat) • carb. 8g • pro. 18g
• fat 15g • sat. fat 4g • chol. 79mg • sod. 459mg
• calc. 22mg • fiber 1g*

Paella

This version of the traditional Spanish dish is sure to please any crowd.

Setting: Brown/Sauté

Makes 4 to 6 servings

- 1** **teaspoon olive oil**
- 4** **bone-in chicken thighs, skin-on and trimmed of any excess fat**
- 1¼** **teaspoons kosher salt, divided**
- ½** **teaspoon freshly ground black pepper, divided**
- 6** **ounces Spanish chorizo (2 links) cut into ¼-inch slices**
- 2** **garlic cloves, peeled and finely chopped**
- 1** **small onion, peeled and finely chopped**
- ¼** **teaspoon smoked paprika**
- 1** **sprig fresh oregano**
- 1** **can (14.5 ounces) diced tomatoes, drained**
- ¼** **cups Bomba rice***
- 3** **cups chicken broth, low sodium, room temperature**
- large pinch saffron**
- ½** **pound shrimp (about 20 small shrimp), rinsed, peeled and deveined**
- 6** **littleneck clams**
- ¼** **cup chopped Italian parsley**
- ½** **cup peas, fresh or frozen**
- ¾** **teaspoon fresh lemon juice**
- lemon wedges for serving**

1. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 400°F.
2. Season the chicken on both sides with ½ teaspoon of salt and ¼ teaspoon of pepper. Once unit has preheated, brown the chicken, skin side down first, about 6 minutes per side. Remove and reserve. Carefully remove the cooking pot from the base and pour out excess grease into a heatproof container.
3. Add the chorizo and brown on both sides. Add the garlic, onion, paprika, oregano and ¼ teaspoon salt. Sauté until vegetables are softened and lightly browned, about 2 to 3 minutes.
4. Add the tomatoes into the pot and cook, stirring occasionally, until tomatoes have

reduced and slightly caramelized, about 3 to 4 minutes.

5. Add the rice to the unit and stir to coat with tomato mixture. Add the broth and saffron and stir together well. Cover and reduce the temperature to 300°F. Simmer for 10 minutes.
6. Add the chicken pieces to the cooking pot by nestling them in the rice; simmer, covered for an additional 12 to 15 minutes.
7. While chicken is simmering, season shrimp with remaining salt and pepper. Add to unit with the clams and simmer, covered, for an additional 8 to 12 minutes, until clamshells have opened.
8. Stir in the parsley, peas and lemon juice.
9. Serve immediately with lemon wedges on the side.

*Bomba rice is a Spanish-style rice specific for paella. It can be found in specialty or gourmet stores, or possibly in the international section of many large grocery stores. If you cannot find it, Arborio rice can be used in its place.

Nutritional information per serving

(based on 6 servings):

*Calories 512 (40% from fat) • carb. 41g • pro. 35g
• fat 23g • sat. fat 7g • chol. 137mg • sod. 1409mg
• calc. 73mg • fiber 3g*

Pot Roast

This simple yet hearty dish will keep you warm when the weather is cold.

Setting: Slow Cook

Makes about 4 to 6 servings

- 1** **medium onion, peeled and sliced**
- 1** **leek, root end trimmed, washed well and sliced**
- 1** **carrot, peeled and sliced**
- 1** **celery stalk, sliced**
- 1** **medium turnip (about 7 ounces) cut in half and then into wedges**
- ¾** **cup beef broth**
- 1** **tablespoon red wine vinegar**

- 1** **chuck roast (about 2½ pounds)**
- ½** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**

1. Put the onion, leek, carrot, celery and turnip into the cooking pot. Add the broth and vinegar. Season the beef with the salt and pepper and then nestle into the vegetables with the liquid coming up about ⅓ of the way.
2. Cover and set the unit to Slow Cook on Low for 12 hours.
3. Remove the beef and set aside on a serving platter. Degrease the liquid if necessary.
4. Slice the beef and place back into cooking pot with the liquid and vegetables to warm through.

*Nutritional information per serving
(based on 6 servings):*

*Calories 276 (27% from fat) • carb. 6g • pro. 43g
• fat 8g • sat. fat 3g • chol. 123mg • sod. 414mg
• calc. 53mg • fiber 1g*

Pulled Pork

A great component to any game day spread – be it sliders, tacos or on top of white rice.

Settings: Brown/Sauté
Slow Cook

Makes 8 to 12 servings

Dry Barbecue Rub:

- ¼** **cup packed light brown sugar**
- 3** **tablespoons chili powder**
- 2** **teaspoons Cajun seasoning**
- 1** **teaspoon smoked paprika**
- 1** **teaspoon kosher salt**
- 1** **teaspoon freshly ground black pepper**
- 5 to 6** **pounds whole pork shoulder (bone-in)**

Barbecue Sauce:

- 1** **teaspoon olive oil**
- 1** **medium onion, peeled and sliced**
- 6** **garlic cloves, peeled and finely**

- chopped**
- 1** **teaspoon Worcestershire sauce**
- 1** **cup chicken broth, reduced sodium**
- ½** **cup chili sauce (such as Heinz)**
- ¼** **cup cider vinegar**
- ¼** **cup molasses**
- 2** **tablespoons tomato paste**
- 1** **tablespoon light brown sugar**
- 1** **teaspoon instant espresso powder**

1. Mix the rub ingredients together in a small bowl. Rub all over the pork shoulder and allow to marinate in a large baking pan or in a 2-gallon resealable bag in the refrigerator overnight.
2. After the pork has marinated, put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once unit has preheated, brown the pork well on all sides, about 3 to 4 minutes per side. Remove and reserve.
3. Reduce heat to 350°F and add the onion and garlic; sauté until softened, about 3 to 5 minutes.
4. While the onion and garlic are cooking, mix the rest of the ingredients together in a small bowl until combined. Once the vegetables have softened, stir in the sauce.
5. Bring sauce to a boil and add pork back to pot; turn to coat in sauce and cover, switch unit to Slow Cook on Low for 12 hours..
6. To serve, shred pork directly in pot, either with tongs or gloved hands, into bite-size pieces. Remove bones and discard. Shred meat well into sauce to incorporate.

*Nutritional information per serving
(based on 12 servings):*

*Calories 521 (61% from fat) • carb. 17g • pro. 33g
• fat 35g • sat. fat 12g • chol. 134mg • sod. 855mg
• calc. 56mg • fiber 1g*

Chicken & Vegetable Stir-Fry

A light and healthy dish.

Setting: Brown/Sauté

Makes 6 servings



- 1½ **tablespoons vegetable oil, divided**
- 1 **pound boneless, skinless chicken breasts, cut into 2 x 1-inch strips**
- 1 **teaspoon kosher salt, divided**
- ¼ **teaspoon freshly ground black pepper**
- 1 **medium red onion, peeled and sliced**
- 1 **small red bell pepper, sliced**
- 1 **small yellow bell pepper, sliced**
- 2 **garlic cloves, peeled and finely chopped**
- 1 **tablespoon finely chopped ginger**
- 1 **cup sugar snap peas, trimmed**
- 1 **can (4 ounces) canned whole mushrooms, drained**
- 1 **can (8 ounces) water chestnuts, drained**
- 8 **baby corn cobs (about half of 15-ounce can)**
- 1½ **cups chicken broth, low sodium**
- ¼ **cup soy sauce, reduced sodium**
- 1 **tablespoon cornstarch**
- 2 **dashes of Sriracha or other hot sauce, or to taste**
- 1 **teaspoon sesame seeds**

1. Put 1 tablespoon of the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F.
2. Season chicken with ½ teaspoon salt and all of the pepper. Once unit has preheated, add chicken in two batches and cook about 4½ to 5 minutes per side until golden brown. Once chicken is browned, remove and reserve.
3. Add the remaining oil to the cooking pot and reduce heat to 375°F. Add the onion and peppers and cook for about 4 minutes. Add garlic and ginger and cook until fragrant, about 1 minute. Add snap peas, mushrooms, water chestnuts and baby corn, and cook for about 3 to 4 minutes.
4. While vegetables are cooking, combine broth, soy sauce and cornstarch in a bowl and whisk to combine. Stir in the Sriracha; reserve.

5. Add broth mixture to the vegetables and stir to scrape any brown bits from the bottom of the pot. Cook for another 2 to 3 minutes until sauce thickens slightly. Return the chicken to the pot during the last minute of cooking and stir to coat all ingredients in the sauce. Serve immediately over rice and sprinkle with sesame seeds.

Nutritional information per serving (1 cup):
Calories 231 (24% from fat) • carb. 23g • pro. 21g
• fat 6g • sat. fat 1g • chol. 48mg • sod. 1000mg
• calc. 28mg • fiber 3g

Primavera Shrimp Sauté

A colorful and light dish that takes very little time to prepare.

Setting: Brown/Sauté

Makes about 7 cups



- 1 **pound shrimp, peeled and deveined**
- 1 **teaspoon kosher salt, divided**
- ¼ **teaspoon freshly ground black pepper, divided**
- 2 **teaspoons olive oil, divided**
- 1 **cup broccoli florets**
- 1 **garlic clove, peeled and sliced**
- ½ **cup chicken broth, low sodium**
- ¼ **teaspoon crushed red pepper flakes**
- 1 **small red onion, peeled, halved and sliced lengthwise**
- 1 **small yellow bell pepper, sliced**
- ½ **cup snow peas, trimmed**
- ½ **cup sugar snap peas, trimmed**
- ½ **cup peas, fresh or frozen**
- 6 **ounces asparagus (about ½ small bunch), trimmed and cut into 2-inch pieces**
- ½ **teaspoon grated lemon zest**
- ¼ **cup fresh basil, thinly sliced**

1. Season the shrimp on both sides with half of the salt and pepper.
2. Heat 1 teaspoon of the oil in the cooking pot of the Multicooker and set to Brown/Sauté at 400°F. Once preheated, add half the shrimp and lightly brown on each side until cooked through, about 2 minutes per side. Remove and reserve. Repeat with remaining shrimp.

3. Reduce the temperature to 300°F and put the remaining teaspoon of oil into the pot. Add the broccoli and garlic and sauté until garlic becomes slightly golden. Add the chicken broth and crushed red pepper flakes. Cover and simmer until the broccoli is crisp-tender, about 4 to 5 minutes. Remove from pot and set aside.
4. Add the onion and pepper and sauté until softened and slightly golden, about 2 to 3 minutes. Add the snap peas, snow peas and the asparagus; stir until they become bright green, about 3 to 5 minutes.
5. Return the shrimp and broccoli to the pot and add the peas, remaining salt, lemon zest and basil. Cook until warmed through, about 1 to 2 minutes.
6. Adjust seasoning. Serve immediately.

Nutritional information per serving (1 cup):
 Calories 98 (20% from fat) • carb. 9g • pro. 11g
 • fat 4g • sat. fat 0g • chol. 82mg • sod. 715mg
 • calc. 65mg • fiber 2g

Guinness-Braised Short Ribs

A perfect, comforting dish for a cold winter evening.

Settings: Brown/Sauté
 Slow Cook

Makes 4 servings

- 4 **beef short ribs (about 2 pounds)**
- 1½ **teaspoons kosher salt, divided**
- ¼ **teaspoon freshly ground black pepper**
- 1½ **teaspoons olive oil**
- 1 **small onion, peeled and cut into ¼-inch dice**
- 1 **leek, root end trimmed, white and light green parts only washed well and cut into ¼-inch dice,**
- 2 **medium carrots, peeled and cut into ¼-inch dice**
- 1 **celery stalk, cut into ¼-inch dice**
- 2 **garlic cloves, peeled and smashed**
- ¾ **teaspoon fresh thyme leaves**
- 12 **ounces Guinness beer (one standard bottle)**
- 1 **tablespoon tomato paste water, if necessary**
- 4 **fresh Italian parsley sprigs, chopped**

1. Season the beef on all sides with ½ teaspoon of the salt, and all the pepper.
2. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once unit has preheated, add the short ribs. Cook for 5 to 6 minutes on each side, until nicely browned. Remove and reserve. Carefully remove the grease, leaving only about 2 teaspoons behind.
3. Add the vegetables, garlic, thyme and remaining salt to the pot and reduce the temperature to 375°F. Cook until onion is translucent and vegetables are slightly softened, about 3 to 5 minutes. Stir in the Guinness and simmer to reduce slightly, about 3 to 5 minutes. Stir in the tomato paste. Nestle the ribs and any accumulated liquid into the vegetables. Be sure liquid comes halfway up the ribs (if it does not, add additional water to reach to that point.)
4. Cover and switch unit to Slow Cook on Low for 10 hours.
5. When unit switches to Keep Warm, it is recommended to degrease the liquid before serving. Either remove grease with a ladle or blot with a fat mop or paper towel.
6. Once ready to serve, stir in the chopped parsley. Taste and adjust seasoning accordingly.

Nutritional information per serving:
 Calories 488 (47% from fat) • carb. 13g • pro. 45g
 • fat 25g • sat. fat 10g • chol. 134mg • sod. 1045mg
 • calc. 62mg • fiber 2g

Osso Buco

This Italian comfort food is beautiful served over polenta, pasta or potatoes.

Settings: Brown/Sauté
 Slow Cook

Makes about 4 servings

- 4 **veal shanks (about 2 pounds total), about 1¼ inches thick, 3 to 3½ inches in diameter, tied with butcher's twine**
- ¾ **teaspoon kosher salt, divided**
- ¾ **teaspoon freshly ground black pepper**
- 2 **teaspoons olive oil**
- 4 **garlic cloves, peeled**

- 1 **small onion, peeled and cut into 1-inch pieces**
- 1 **small leek, root end trimmed, white and light green parts only, washed well, cut into 1-inch pieces**
- 1 **small carrot, peeled, and cut into 1-inch pieces**
- 1 **celery stalk, cut into 1-inch pieces**
- 1 **teaspoon unsalted butter**
- 1 **fresh rosemary sprig**
- 1 **sprig fresh thyme sprig**
- 1/4 **cup dry white wine**
- 1 **can (28 ounces) whole peeled tomatoes, drained**
- 1 **tablespoon tomato paste**
- 1 **bay leaf**
- 2 **tablespoons chopped Italian parsley**

1. Season the shanks on all sides with 1/2 teaspoon of salt and all of the pepper.
2. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once unit has preheated, add shanks and brown on both sides, 6 to 10 minutes per side, until deeply browned. Remove and reserve.
3. While meat is browning, put the garlic into the work bowl of a food processor fitted with the chopping blade; process to finely chop. Scrape down and add the onion, leek, carrot, and celery. Pulse 8 to 10 times, until vegetables are roughly chopped. Remove vegetables and reserve. Add the drained tomatoes to the food processor and pulse 5 times to chop. Set aside.
4. Reduce the heat to 350°F and add the butter to the pot; once melted, add vegetables, garlic, rosemary and thyme and remaining 1/4 teaspoon of salt. Cook until vegetables are softened and slightly browned, about 5 minutes. Add the wine and scrape up any brown bits from the bottom of the pot. Simmer until wine is completely reduced.
4. Stir in tomatoes, tomato paste and bay leaf. Nestle shanks in the liquid, which should come halfway up the meat. Switch unit to Slow Cook on Low for 8 hours.
5. When unit switches to Keep Warm, degrease the liquid either with a ladle or by blotting with a fat mop or paper towel.
6. To serve, stir in parsley; adjust seasoning as desired.

Nutritional information per serving:
 Calories 590 (24% from fat) • carb. 16g • pro. 90g
 • fat 15g • sat. fat 4g • chol. 343mg • sod. 855mg
 • calc. 188mg • fiber 4g

Asian-Style Steamed Salmon

This salmon is perfect served on its own or over a bed of mixed greens.

Setting: Steam

Makes about 4 servings



- 2 **tablespoons mirin**
 - 2 **tablespoons sake**
 - 1 **one-inch piece ginger, peeled and thinly sliced**
 - 1 **scallion, thinly sliced**
 - 1 **garlic clove, peeled and smashed**
 - 1 **pound salmon fillet, skin on**
 - 1 **quart water for steaming**
 - 1/4 **teaspoon kosher salt**
1. In a shallow baking dish whisk together the mirin, sake, ginger, scallion and garlic. Place the fish in the marinade; turn to coat and lay flesh side down into the marinade. Cover with plastic wrap and refrigerate 30 minutes.
 2. Fitted with the rack, fill cooking pot with the 1 quart of water and set Multicooker to Steam for 12 minutes.
 3. Remove fish from refrigerator. Season fish with salt. Once tone sounds, place the fish on the rack and top with some of the aromatics it marinated in.
 4. Depending on the fillet's thickness, begin checking doneness at 8 to 10 minutes. Serve immediately.

Nutritional information per serving (4 ounces of fish):
 Calories 190 (35% from fat) • carb. 5g • pro. 23g
 • fat 7g • sat. fat 1g • chol. 62mg • sod. 117mg
 • calc. 19mg • fiber 0g

Tofu with Soy-Ginger Vegetables

Browning the tofu gives added flavor and dimension to this great meatless main meal.

Settings: Brown/Sauté
Steam

Makes about 4 servings



Ginger Marinade

- ½ cup soy or tamari sauce, reduced sodium**
- ½ cup rice vinegar**
- 1 tablespoon fresh lime juice (about ½ medium lime)**
- 1 teaspoon sesame oil**
- 2 scallions, trimmed and thinly sliced**
- 2 tablespoons chopped fresh cilantro**
- 1 ½-inch piece fresh ginger, peeled and finely chopped**
- 1 garlic clove, peeled and finely chopped**
- ¼ teaspoon freshly ground black pepper**

Vegetables

- ½ cup broccoli florets, cut into 1-inch pieces**
- ½ cup sugar snap peas, trimmed**
- 1 large portobello mushroom, cut into 1-inch pieces**

Tofu

- 8 ounces extra-firm tofu**
 - ¼ teaspoon kosher salt**
 - ¼ teaspoon freshly ground black pepper**
 - 1½ teaspoons grapeseed oil**
 - 1 quart water, for steaming**
1. Whisk the soy sauce, rice vinegar, lime juice and sesame oil together in a shallow baking dish. Stir in the remaining marinade ingredients. Add the vegetables, cover and marinate until ready to use (no more than 1 hour).
 2. While the vegetables are marinating, place the tofu on a paper towel-lined plate to drain. Pat dry and then season with the salt and pepper. Cut into 4 even pieces; reserve.

3. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once preheated, add the tofu and brown all over, about 4 minutes per side. Remove and reserve.
4. Carefully wipe out the cooking pot and add 1 quart of water. Insert the steaming rack and cover. Set to Steam for 7 minutes. Once tone sounds, place the drained marinated vegetables on the steaming rack. Cover and steam vegetables.
5. Once vegetables are cooked, remove and serve with the seared tofu. If desired, marinating liquid can be reduced to serve as a sauce. To do so, carefully remove the pot and empty the water. Add the marinade and set to Brown/Sauté at 350°F. Allow to reduce slightly. Cool no more than 8 minutes.

Nutritional information per serving:
Calories 190 (35% from fat) • carb. 5g • pro. 23g
• fat 7g • sat. fat 1g • chol. 62mg • sod. 117mg
• calc. 19mg • fiber 0g

Poached Chicken with Two Sauces

The flavorful poaching liquid keeps the chicken moist and tasty – you will never miss the fat.

Setting: Brown/Sauté

Makes 4 servings



- 4 cups chicken broth, low sodium**
 - 2 cups water**
 - 1 cup dry white wine**
 - 1 onion, peeled and cut into eighths**
 - 1 carrot, peeled and cut into 2-inch pieces**
 - 1 celery stalk, cut into 2-inch pieces**
 - 2 garlic cloves, peeled and crushed**
 - 1 tablespoon black peppercorns**
 - 1 handful fresh parsley**
 - 2 chicken breasts (about 8 ounces each)**
 - ¼ teaspoon kosher salt**
 - ¼ teaspoon freshly ground black pepper**
1. Put the broth, water, wine, onion, carrot, celery, garlic, peppercorns and parsley into the cooking pot of the Multicooker. Set to Brown/Sauté at 400°F. Once liquid comes to a boil (about 15 minutes) uncover and immediately reduce the temperature to 200°F.

- Once liquid settles down to a bare simmer, season the chicken breasts with salt and pepper and then gently add to the pot.
- Cover and poach chicken for approximately 25 minutes or until cooked through.
- Let rest about 5 minutes before slicing and serving.

Nutritional information per serving:

*Calories 139 (22% from fat) • carb. 0g • pro. 25g
• fat 3g • sat. fat 1g • chol. 77mg • sod. 283mg
• calc. 9mg • fiber 0g*

Roasted Red Pepper Sauce

This versatile sauce provides a nice flavor kick to just about any dish.

Setting: Brown/Sauté



Makes about 2 cups

- 3 medium red peppers (about 1½ pounds total)**
- 2 teaspoons olive oil**
- 1 large shallot, peeled and finely chopped**
- 2 garlic cloves, peeled and finely chopped**
- ¾ teaspoon kosher salt, divided**
- ½ teaspoon freshly ground black pepper, divided**
- ½ cup dry white wine**
- 1½ cups chicken broth, low sodium**
- 2 teaspoons honey**

- Put the peppers on the rack in the cooking pot of the Multicooker. Cover and set to Brown/Saute at 400°F. Roast peppers for about 1 hour, turning them every 20 minutes. After an hour of roasting, turn unit off and let peppers rest in the Multicooker with cover in place for about an hour to cool and to allow the skins to loosen.
- Once peppers have rested, remove and discard skins and seeds and roughly chop the peppers. Completely wipe out the cooking pot.
- Put the olive oil in the cooking pot and set to Brown/Sauté at 350°F. Once the unit is preheated, add the shallot and garlic and sauté until soft. Stir in the peppers with ¼

- teaspoon each salt and pepper; sauté for a few additional minutes.
- Stir in the white wine and simmer until just about evaporated. Add the chicken broth and bring to a simmer. Reduce temperature to 200°F to maintain light simmer and cook for an additional 30 minutes.
- Blend sauce either in a blender or transfer sauce to a deep and narrow vessel to blend with an immersion blender.
- Add honey and remaining salt and pepper to taste.

Nutritional information per serving (2 tablespoons):

*Calories 26 (26% from fat) • carb. 3g • pro. 1g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 115mg
• calc. 4mg • fiber 0g*

Wild Mushroom Sauté

A tasty accompaniment to the poached chicken, this simple wild mushroom sauté works well with many dishes.

Setting: Brown/Sauté



Makes about 1 cup

- 1 teaspoon olive oil**
- 1 small leek, root end rimmed, washed well and sliced (dark green parts removed and reserved for other use)**
- 2 garlic cloves, peeled and crushed**
- 4 ounces sliced wild mushrooms**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- ¼ cup dry white wine**
- ½ cup chicken broth, low sodium**

- Put the olive oil in the cooking pot of the Multicooker and set to Brown/Sauté at 350°F. Once unit is preheated, add the leek and garlic and sauté until fragrant and soft.
- Add the mushrooms with the salt and pepper. Sauté, stirring occasionally, until golden, about 10 to 15 minutes.
- Once golden, add the white wine and simmer until evaporated. Add the broth and simmer for an additional 5 minutes.

*Nutritional information per serving: (½ cup)
Calories 40 (30% from fat) • carb. 4g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 156mg
• calc. 12mg • fiber 1g*

Steamed Sole with Fennel and Leeks

A nice, light one-pot dish, perfect as a weeknight meal.

Settings: Brown/Sauté
Steam



Makes 2 servings

- 1 **teaspoon olive oil**
- 1 **medium leek trimmed, washed well and sliced, (dark green parts reserved for other use)**
- 1 **small shallot, peeled and sliced**
- 1 **fennel bulb, cut into ¼-inch vertical slices**
- 2 **garlic cloves, peeled and crushed**
- 2 **fresh thyme sprigs**
- ½ **cup dry white wine**
- ½ **cup water**
- 2 **sole or flounder fillets, about ½ pound**
- ¼ **teaspoon kosher salt**
- ½ **teaspoon freshly ground black pepper**
- lemon wedges for serving**

1. Put the oil into the cooking pot of the Multicooker and set to Brown/Sauté at 350°F. When unit is preheated, add the leek, shallot, fennel, garlic and thyme. Sauté vegetables until soft and slightly golden, about 15 to 20 minutes. Reduce temperature to 300°F to avoid any burning. Stir occasionally.
2. Once all vegetables are soft, add the wine and water and increase temperature to 350°F to bring to a boil. Season the fish fillets with the salt and pepper.
3. Once liquid comes to a boil place the fish fillets on the steaming rack and then carefully put into the pot and cover. Set unit to Steam and steam for about 5 minutes, until fish is completely cooked through.
4. Adjust seasoning to taste. Serve fish and vegetables with plenty of lemon wedges.

Nutritional information per serving:

Calories 207 (20% from fat) • carb. 20g • pro. 17g
• fat 5g • sat. fat 1g • chol. 51mg • sod. 706mg
• calc. 19mg • fiber 0g

Sides

Braised Fennel

Braising is one of the most rewarding preparations for fennel. It sweetens the vegetables and brings out the rich licorice tones.

Setting: Brown/Sauté

Makes about 3 cups

- 2 **tablespoons olive oil**
- 2 **fennel bulbs (about 1½ to 2 pounds in total), cut into ½-inch slices (save the fronds for another use)**
- ½ **teaspoon kosher salt**
- ½ **teaspoon freshly ground black pepper**
- ⅓ **cup dry white wine**
- 1½ **cups chicken broth, low sodium**
- ½ **teaspoon grated orange zest**
- ¼ **cup oil-cured black olives, pitted and halved**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 375°F.
2. Once unit has preheated, add one third of the sliced fennel. Sauté about 2 to 4 minutes per side, until golden brown. Remove and reserve; repeat with remaining fennel.
3. Put all of the fennel back into the cooking pot and season with the salt and pepper. Add the wine and cook until almost evaporated, about 1 to 2 minutes.
4. Add the broth. Reduce the heat to 300°F. Cover and cook for 20 to 25 minutes or until the fennel is fully softened, sweet and fragrant. Add the zest and olives to the pot during the last 5 minutes of cooking.
5. Serve immediately.

Nutritional information per serving (½ cup):
Calories 90 (57% from fat) • carb. 7g • pro. 2g
• fat 6g • sat. fat 1g • chol. 6mg • sod. 112mg
• calc. 40mg • fiber 2g

Broccoli Rabe with Sausage

This dish takes a few steps to complete, but it is well worth the effort. The broccoli rabe is first steamed – this improves the overall texture of the finished dish, making it nice and tender.

Settings: Steam
Brown/Sauté

Makes 4 servings

- 1 quart water**
- 1 large bunch broccoli rabe, approximately 1 pound, ends trimmed**
- 1 teaspoon olive oil**
- 12 ounces pre-cooked Italian sausage, sweet, hot or mix of both, cut into ½-inch slices**
- 3 garlic cloves, peeled and finely chopped**
- ¼ cup dry white wine**
- 1½ cups chicken broth, low sodium**
- ¼ teaspoon crushed red pepper flakes**

1. Steam the broccoli rabe: Put the quart of water into the cooking pot of the Multicooker and insert the steaming rack. Set to Steam for 8 minutes; cover. Once tone sounds, put the broccoli rabe on the rack and cover.
2. Unit automatically turns off when steaming is complete. Remove and reserve broccoli rabe. Carefully remove water and wipe cooking pot dry. Cooking pot will be hot, so use caution.
3. Put the olive oil into the cooking pot and set to Brown/Sauté at 350°F. Once hot, cook sausage until well browned on all sides; about 10 to 15 minutes.
4. Once sausage is browned, add garlic. Sauté until fragrant. Add white wine and allow to cook until almost evaporated. Scrape up any flavorful brown bits that have accumulated in the bottom of the pan. Add chicken broth and red pepper. Simmer for about 5 minutes to blend the flavors.

5. Reduce the temperature to 300°F. Add broccoli rabe and allow to simmer, covered, for an additional 10 minutes.
6. Serve immediately.

Nutritional information per serving:
Calories 356 (62% from fat) • carb. 10g • pro. 21g
• fat 24g • sat. fat 8g • chol. 48mg • sod. 1286mg
• calc. 77mg • fiber 0g

Garlic-Rosemary Beans

These are delicious served alongside lamb chops. You can also purée them in a food processor to make a white bean dip to serve with a crudité's platter.*

Settings: Brown/Sauté
Slow Cook



Makes about 6 cups

- 1 pound dried navy or cannellini beans**
 - 1½ teaspoons olive oil**
 - 6 to 8 garlic cloves, peeled and crushed**
 - 2 fresh rosemary sprigs**
 - ½ teaspoon kosher salt**
 - 2½ cups vegetable or chicken broth, low sodium**
1. Put beans in a large bowl, cover with room temperature water by 2 inches. Soak overnight. Once soaked, drain, rinse, and drain again.
 2. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 350°F. Add the garlic. Sauté until the garlic is golden and fragrant, about 1 to 2 minutes. Add the remaining ingredients. Stir to combine, cover and switch to Slow Cook on High for 2½ hours.

3. Once the time has expired, the unit will automatically switch to Keep Warm. Serve warm or at room temperature.

* If puréeing, more liquid (about ½ to 1 cup) may need to be added when processing.

Nutritional information per serving (½ cup):
Calories 138 (7% from fat) • carb. 24g • pro. 9g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 182mg
• calc. 60mg • fiber 9g

Macaroni & Cheese

We upped the creaminess factor in our version of everyone's favorite comfort food. Béchamel is the centerpiece of this ultimate macaroni and cheese.

Settings: Brown/Sauté
Slow Cook

Makes about 6 servings

- 4** **tablespoons unsalted butter**
- ¼** **cup unbleached, all-purpose flour**
- 3** **cups whole milk**
- ½** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**
- pinch ground nutmeg**
- ¼** **teaspoon dried mustard powder**
- 6** **ounces various shredded cheeses (such as Cheddar and/or fontina)**
- 2** **ounces grated Parmesan**
- ½** **pound macaroni, par-cooked (see package instructions and cook half of the suggested time), reserved**

1. Put the butter into the cooking pot of the Multicooker set to Brown/Sauté at 300°F. Once butter has melted, stir in the flour and cook, stirring often, for about 4 to 5 minutes or until mixture is lightly browned and thickened.
2. Gradually whisk in the milk, salt, pepper, nutmeg and dried mustard using a nonstick whisk. Raise heat to 325°F to bring the mixture to a boil. Stirring constantly, cook about 2 to 3 minutes or so, until thickened.
3. Once the white sauce has thickened, stir in the cheeses and mix until melted.
4. Stir in the macaroni until well mixed and cover.
5. Switch the unit to Slow Cook on Low for 2 hours.
6. Once time has expired, the unit will automatically switch to Keep Warm. Serve immediately, garnished with toasted breadcrumbs if desired.

Nutritional information per serving (1 cup):
Calories 460 (49% from fat) • carb. 37g • pro. 20g
• fat 24g • sat. fat 15g • chol. 71mg • sod. 570mg
• calc. 456mg • fiber 1g

Sautéed Red Potatoes

A quick and flavorful way to enjoy red potatoes. Be patient with flipping the potatoes – they brown best if they are left to sit in the hot cooking pot before turning.

Settings: Brown/Sauté

Makes about 4 to 6 servings

- ½** **tablespoons olive oil**
- 1** **pound small red new potatoes, cut into wedges**
- ½** **teaspoon kosher salt**
- pinch freshly ground black pepper**
- 3 to 4** **garlic cloves, peeled and smashed**
- 2** **teaspoons chopped fresh rosemary**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 350°F.
2. Once the oil is hot, add the potatoes, salt and pepper.
3. Cook the potatoes uncovered for about 30 to 35 minutes, stirring occasionally until fully cooked and well browned.
4. During the last 5 minutes of cooking, add the garlic and rosemary, and toss to combine.
5. Serve immediately.


Nutritional information per serving (½ cup):
Calories 86 (36% from fat) • carb. 13g • pro. 2g
• fat 4g • sat. fat 1g • chol. 0mg • sod. 204mg
• calc. 12mg • fiber 1g

Steamed Artichokes

Trimming the bottoms of the artichokes ensures that they stand up straight, so do not skip that step. Also, in addition to adding flavor, the lemon slices prevent the artichokes from turning brown during cooking. Enjoy plain or dip in a nice lemon oil.

Setting: Steam

Makes 4 servings

- 
- 1 quart water**
 - 4 medium artichokes**
 - 4 garlic cloves, peeled and thinly sliced**
 - ¼ cup fresh lemon juice (from about 1 lemon)**
 - pinch freshly ground black pepper**
 - pinch kosher salt**
 - 4 thin slices lemon**

1. Put the water into the cooking pot of the Multicooker fitted with the steaming rack and cover.
2. Cut the stems off the artichokes so they are able to stand. Using a serrated knife, cut the tops of the artichokes off, and with kitchen shears, trim the tips of the outer leaves. Pull leaves back to open the artichokes.
3. Evenly stuff the garlic slices in between the leaves of each artichoke. Season each with lemon juice, pepper and salt. Place one lemon slice on top of each artichoke.
4. Set the unit to Steam for 25 minutes.
5. Once tone sounds, indicating unit is ready to steam, place the artichokes upright on the rack and cover again.
6. Artichokes are done when the leaves can be pulled off easily, and when turned over, the tip of a paring knife easily pierces the bottom-center of the artichoke (the heart).

Nutritional information per artichoke:

Calories 67 (2% from fat) • carb. 15g • pro. 4g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 156mg
• calc. 61mg • fiber 7g

Brown Rice Risotto

This colorful side dish works well with most main dishes. Any vegetable or herb can easily be substituted for a variation.

Settings: Brown/Sauté
Slow Cook



Makes about 4 cups

- 1 teaspoon olive oil**
- 1 small red bell pepper, cut into ½-inch dice**
- 1 small yellow bell pepper, cut into ½-inch dice**
- 1 small onion, cut into ½-inch dice**
- 2 garlic cloves, peeled and crushed**
- 2 sprigs fresh thyme**
- 1¼ teaspoons kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 1 cup brown basmati rice**
- 1¾ cups chicken broth, low sodium**
- ½ cup frozen peas**
- ¼ cup fresh parsley leaves, chopped**
- 2 scallions, trimmed and chopped**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 350°F. Add the peppers, onion, garlic, thyme, salt and pepper. Sauté until softened, about 5 to 6 minutes.
2. Add the rice and stir to coat with oil and ingredients in the pot. Cook for 1 minute. Add the broth and bring to a boil. Cover and switch to Slow Cook on High for 1 hour.
3. Once time has expired, the unit will automatically switch to Keep Warm. Let the rice sit covered for 15 minutes. When 5 minutes are remaining, stir in the peas. Finish by stirring in the parsley and scallions for garnish.

Nutritional information per ½-cup serving:

Calories 115 (13% from fat) • carb. 22g • pro. 4g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 376mg
• calc. 13mg • fiber 2g

Desserts

Applesauce

When fall comes around, nothing is better than the aroma of apples cooking in the home.

Setting: Slow Cook

Makes about 4 cups



- 3½ pounds apples, cored and cut into two-inch pieces (peeled or unpeeled)**
- 2 cinnamon sticks**
- 2 pinches freshly ground nutmeg**
- pinch ground cloves**
- pinch kosher salt**
- ¾ cup water**
- 2 tablespoons fresh lemon juice**

1. Put all of the ingredients into the cooking pot of the Multicooker.
2. Cover and set to Slow Cook on Low for 4 hours.
3. Once unit switches to Keep Warm, remove the cinnamon sticks. If a chunky sauce is desired, use a potato masher to mash apples to desired consistency. If a smooth sauce is preferred, transfer apples to a fine mesh strainer and press through with the help of a ladle. Once the apples have passed through the strainer, discard the skins (if necessary) and return smooth apples to the cooking pot. Keep sauce on Keep Warm for serving, or cool to room temperature and store in the refrigerator.

Nutritional information per serving (½ cup):
Calories 105 (3% from fat) • carb. 28g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 21mg
• calc. 16mg • fiber 5g

Apple Butter

Cooking the applesauce down with some sugar and spices makes a delicious alternative to your usual spread for toast.

Setting: Slow Cook

Makes about 3½ cups



- 1 recipe smooth applesauce (previous recipe)**
- ½ cup packed light brown sugar**
- 1½ teaspoon ground cinnamon**
- ½ teaspoon ground allspice**

- ½ teaspoon freshly ground nutmeg**
- ¼ teaspoon ground cloves**

1. Put all ingredients into the cooking pot of the Multicooker.
2. Set to Slow Cook on High for 2 hours and cook uncovered until the apple butter has reduced and is very thick.
3. Cool apple butter to room temperature and enjoy on toast, stirred into oatmeal, or on top of pancakes or waffles.

Nutritional information per serving (2 tablespoons):
Calories 44 (2% from fat) • carb. 12g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 6mg
• calc. 6mg • fiber 1g

Dulce de Leche

Making your own dulce de leche is simple and satisfying. The longer you cook it, the richer and more concentrated the caramel flavor gets.

Setting: Brown/Sauté

Makes about 1¾ cups

- 2 cans (13–14 ounces) sweetened condensed milk**
- pinch kosher salt**
- ½ teaspoon baking soda**

1. Put all of the ingredients into the cooking pot of the Multicooker.
2. Set the unit on Brown/Sauté at 350°F to bring mixture to a boil, uncovered, stirring frequently. Once mixture just comes to a boil, reduce heat to 250°F so it is at a low simmer. Keep pot uncovered and stir occasionally, cooking the sauce until it is a dark caramel color and thickened, but pourable, about 1 to 1 hour 15 minutes.
3. Switch to Slow Cook on Warm if serving immediately, or cool to room temperature and store in refrigerator if using at a later time.*

Nutritional information per serving (1 tablespoon):
Calories 85 (24% from fat) • carb. 14g • pro. 2g
• fat 2g • sat. fat 1g • chol. 9mg • sod. 61mg
• calc. 75mg • fiber 0g

*To reheat, first bring dulce de leche to room temperature, and then warm desired amount in a small saucepan over low heat.

Dulce de Leche Bread Pudding

This dessert is definitely for the sweet tooth. While you can purchase dulce de leche from most grocery stores, we found that homemade is the way to go when it is the center of your dish.

Setting: Slow Cook

Makes 10 to 12 servings

- nonstick cooking spray**
- 2 cups whole milk**
- 1 cup heavy cream**
- 4 large eggs, beaten**
- 1 teaspoon pure vanilla extract**
- ¼ teaspoon kosher salt**
- ¼ to ½ teaspoon ground cinnamon**
- 1 loaf (1 pound) challah bread, cut into 1- to 2-inch cubes**
- ¾ cup dulce de leche, plus 2 tablespoons (see previous recipe), divided (room temperature/pourable consistency)**

1. Lightly coat the cooking pot of the Multicooker with nonstick cooking spray.
2. In a large bowl combine the milk, cream, eggs, vanilla, salt and cinnamon. Whisk until frothy. Add the bread cubes and stir to fully combine. Add ¾ cup of the dulce de leche and stir to incorporate.
3. Transfer mixture to the prepared cooking pot.
4. Cover and set to Slow Cook on Low for 3½ hours.
5. Once the time has elapsed, turn unit off and drizzle the remaining 2 tablespoons of the dulce de leche on top of the pudding.
6. Serve immediately with freshly whipped cream.

*Nutritional information per serving
(based on 12 servings):*

*Calories 310 (43% from fat) • carb. 35g • pro. 10g
• fat 15g • sat. fat 8g • chol. 123mg • sod. 319mg
• calc. 183mg • fiber 1g*

Poached Pears

Poached pears can be enjoyed simply with whipped cream or a rich vanilla ice cream.

Settings: Brown/Sauté
Slow Cook



Makes 8 servings

- 2 cups white Zinfandel, or other sweet rosé wine**
- 6 cups water**
- ¼ cup granulated sugar**
- 1 vanilla bean, halved and seeds scraped (or 1½ teaspoons pure vanilla extract)**
- 1 two-inch piece orange peel, bitter white pith removed**
- 2 tablespoons fresh lemon juice**
- pinch kosher salt**
- 4 firm pears; peeled, halved and cored**

1. Put all of the ingredients, except the pears, into the cooking pot of the Multicooker.
2. Cover and set to Brown/Sauté at 375°F to bring to a boil.
3. Once boiling, uncover and reduce temperature to 300°F and allow to simmer for about 30 minutes to reduce mixture slightly.
4. Add the pears, cover and switch unit to Slow Cook on High for 2 hours. When finished pears should be just tender. You should be able to pierce the fruit with the tip of a paring knife, getting little resistance. If overcooked, the pears will be mushy, if undercooked, they will be tough and grainy. All pears are different, so if you find that they need additional time, add another 30 minutes and check after every 10 minutes.
5. Once pears are properly poached, carefully remove with a slotted spoon and reserve on a platter.
6. If a serving sauce is desired, switch the unit to Brown/Sauté at 375°F for 30 minutes, uncovered to reduce liquid to a light syrup.

-
7. Serve pears warm or at room temperature, with some of the poaching syrup poured over them.

*Nutritional information per serving
(based on 8 servings):*

*Calories 101 (1% from fat) • carb. 16g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 24mg
• calc. 9mg • fiber 2g*

Fruit Crisp

No need to turn on your oven to enjoy the taste of homemade pie.

Settings: Brown/Sauté
Slow Cook

Makes 10 servings

Crumb Topping:

- 1 cup unbleached, all-purpose flour**
- 1 cup rolled oats**
- ⅔ cup packed light brown sugar**
- ¼ teaspoon ground nutmeg**
- ¼ teaspoon kosher salt**
- 12 tablespoons unsalted butter**

Filling:

- 3 Bosc pears, peeled, cored and cut into ½-inch chunks**
- 3 peaches, cut into ½-inch chunks**
- 6 small plums, cut into ½-inch chunks**
- 1 cinnamon stick**
- ½ cup granulated sugar**
- ¼ cup tapioca starch**
- 1 teaspoon pure vanilla extract**
- ½ teaspoon ground ginger**
- ¼ teaspoon orange zest**
- ¼ teaspoon kosher salt**
- ¼ teaspoon ground nutmeg**

1. Combine all crumb topping ingredients except the butter in a medium bowl and set aside.
2. Add the butter to the cooking pot of the Multicooker set to Brown/Sauté at 350°F. When the butter is hot and foamy, add the crumb topping ingredients and cook, stirring frequently, until toasted and dark golden brown, about 12 to 15 minutes.

3. Remove crumb topping to a baking sheet lined with parchment paper and set aside to cool completely. Carefully wipe out the cooking pot and return to unit.

4. Gently toss together all remaining ingredients in the cooking pot. Cover and set to Slow Cook on High for 3½ hours. (Start checking fruit at 3 hours to be sure it is not getting mushy.)
5. Once fruit is tender and juices have become a shiny, glaze-like sauce, top evenly all over with crumb coating. Serve immediately or switch to Keep Warm and keep uncovered until serving.
6. Serve with freshly whipped cream and ice cream.

Nutritional information per serving:
*Calories 344 (36% from fat) • carb. 54g • pro. 3g
• fat 14g • sat. fat 9g • chol. 36mg • sod. 118mg
• calc. 10mg • fiber 4g*

Lightened Rice Pudding

The great thing about this dessert is that it can be served warm out of the cooking pot or chilled. Chilled rice pudding does set up and has a different consistency than when served warm. If not serving immediately, stir some extra coconut milk or water into the rice pudding to make it creamier.

Setting: Slow Cook

Makes 8 cups



- 1½ cups Arborio rice**
- 2 cans (14 ounces) coconut milk (not lite)**
- 1 cup water**
- 1½ teaspoons pure vanilla extract**
- ½ cup granulated sugar**
- ½ teaspoon kosher salt**
- 2 cinnamon sticks**
- 2 pinches ground nutmeg**

1. Put all of the ingredients into the cooking pot of the Multicooker. Stir to combine.
2. Set to Slow Cook on High for 2 hours.
3. Once the cooking time has elapsed, the unit will automatically switch to Warm. Let rice pudding sit covered on Keep Warm for 30 minutes.

Nutritional information per serving (½ cup):
Calories 173 (47% from fat) • carb. 22g • pro. 2g
• fat 9g • sat. fat 2g • chol. 0mg • sod. 87mg
• calc. 2mg • fiber 0g

Blueberry Jam

Make use of late summer blueberries in this quick and easy jam.

Setting: Brown Sauté

Makes about 3½ cups



- 1 pound fresh blueberries**
- 1 cup granulated sugar**
- 1 tablespoon fresh lemon juice**
- ¼ teaspoon kosher salt**

1. Put all of the ingredients into the cooking pot of the Multicooker. Stir to combine.
2. Set to Brown/Sauté at 375°F. Bring to a boil, uncovered, and then switch to Slow Cook on High for 1½ hours. Once mixture stops simmering, cover and allow to cook for the remaining time. Jam will continue to thicken as it cools.
3. Cool to room temperature and then store in an airtight container in the refrigerator for up to 2 weeks.

Nutritional information per serving (2 tablespoons):
Calories 37 (1% from fat) • carb. 9g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 11mg
• calc. 1mg • fiber 0g

