

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



# LOOKS LIKE A POT, FEELS LIKE A JACKPOT.

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

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**BREAKFAST**

# MAPLE CINNAMON OATMEAL

**PREP:** 15 MINUTES | **COOK:** 7 HOURS 10 MINUTES | **MAKES:** 4 SERVINGS

## INGREDIENTS

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

## DIRECTIONS

- 1 Stir milk, maple syrup, butter, vanilla extract, cinnamon, nutmeg, and salt in the pot. Set to **STOVE TOP HIGH**. Cover and cook 10 minutes or until butter is melted.
- 2 Stir in oats. Set to **SLOW COOK LOW** for 7 hours. Cover and cook until oats are tender and mixture is creamy. Stir in cherries.

# APPLE FRENCH TOAST CASSEROLE

**PREP:** 20 MINUTES | **COOK:** 2 HOURS 40 MINUTES | **MAKES:** 6 SERVINGS

## INGREDIENTS

1/2 cup butter  
2 Granny Smith apples, peeled, cored, chopped  
1 cup pecans, chopped  
1/2 cup packed brown sugar  
1/2 cup pure maple syrup  
1 loaf challah bread (about 1 pound), cut in cubes  
6 large eggs  
2 cups milk  
2 teaspoons ground cinnamon  
1 tablespoon vanilla extract  
1/4 teaspoon salt  
Confectioners' sugar, for garnish

## DIRECTIONS

- 1 Place butter in the pot. Set to **STOVE TOP HIGH** and heat until butter is melted. Place apples, pecans, brown sugar, and syrup in the pot. Cook uncovered 10 minutes or until apples are tender, stirring often.
- 2 Place bread in a bowl. In another bowl, beat eggs, milk, cinnamon, vanilla, and salt. Pour egg mixture over bread and stir to coat. Pour bread mixture into the pot and stir.
- 3 Set to **SLOW COOK** for 2 1/2 hours. Cover and cook until center is set. Let stand 10 minutes before serving. Sprinkle with confectioners' sugar.

## PREP SUGGESTION

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



# FRITTATA WITH HASH BROWN POTATOES & BACON

**PREP:** 15 MINUTES | **COOK:** 35 MINUTES | **MAKES:** 6 SERVINGS

## INGREDIENTS

2 tablespoons canola oil  
1 large onion, peeled, chopped  
1 large green pepper, chopped  
4 strips uncooked turkey bacon, chopped  
2 cups frozen diced hash brown potatoes  
12 eggs  
 $\frac{3}{4}$  cup low-fat milk  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon ground black pepper  
1 cup shredded low-fat cheddar cheese

## DIRECTIONS

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

# APPETIZERS



### SERVING SUGGESTION

Make this a main dish by tossing it with pasta and cheese.

# RATATOUILLE

**PREP:** 20 MINUTES | **COOK:** 4 HOURS 40 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, peeled, chopped
- 3 cloves garlic, peeled, sliced
- 1 eggplant (about 1 1/2 pounds), cut in 1-inch pieces
- 2 medium zucchini, cut in 1-inch pieces
- 2 red peppers, cut in 1-inch pieces
- 1 teaspoon salt
- 1 can (28 ounces) diced tomatoes
- 1 tablespoon tomato paste
- 1/2 teaspoon ground black pepper
- 1/2 dried oregano leaves, crushed
- 1/4 cup fresh basil, chopped

## DIRECTIONS

- 1 Pour oil into the pot. Set to **STOVE TOP HIGH** and heat oil. Add onion to the pot. Cook uncovered 5 minutes or until onion is tender, stirring occasionally. Add garlic, eggplant, zucchini, peppers, and salt to the pot. Cook 5 minutes or until vegetables are tender-crisp.
- 2 Stir tomatoes, tomato paste, black pepper, and oregano into the pot. Set to **SLOW COOK HIGH** for 4 1/2 hours. Cover and cook until vegetables are tender. Stir in basil.



# PULLED PORK & APPLE CIDER SLIDERS

**PREP:** 10 MINUTES | **COOK:** 5 1/2 HOURS | **MAKES:** 6 SERVINGS

## INGREDIENTS

1 uncooked boneless pork shoulder roast  
(3 to 4 pounds)

Salt and pepper, to taste

2 teaspoons paprika

1/4 cup spicy brown mustard

1/4 cup packed brown sugar

3 cloves garlic, peeled, minced

1 cup apple cider or apple juice

12 slider or mini sandwich buns, for serving

## DIRECTIONS

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





### **PARTY SUGGESTION**

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

# KOREAN CHICKEN WINGS

**PREP:** 15 MINUTES | **COOK:** 4 HOURS 5 MINUTES | **MAKES:** 4 SERVINGS

## **INGREDIENTS**

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

## **DIRECTIONS**

- 1** Set to **STOVE TOP HIGH**. Add chicken to the pot. Cook uncovered 5 minutes or until chicken is lightly browned on both sides.
- 2** Stir soy sauce, brown sugar, garlic, ginger, and green onions in bowl. Pour mixture over chicken and toss to coat. Set to **SLOW COOK LOW** for 4 hours; cook uncovered.



## WARM & SPICY WHITE BEAN & ARTICHOKE DIP

**PREP:** 15 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 36 SERVINGS

### INGREDIENTS

2 tablespoons olive oil  
2 medium onions, peeled, diced  
4 cloves garlic, peeled, minced  
2 packages (8 ounces each) Neufchatel or light cream cheese, cubed  
2 cans (9 ounces each) artichoke hearts, drained, coarsely chopped  
2 cans (about 15 ounces each) cannellini beans, rinsed, drained, coarsely mashed  
1/2 cup milk  
2 teaspoons cayenne pepper sauce  
1/2 cup grated Parmesan cheese  
Salt and pepper, to taste  
1 tablespoon fresh parsley, for garnish

### DIRECTIONS

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

# **SOUPS & STEWS**



# HEARTY BEEF STEW

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

## INGREDIENTS

2 pounds uncooked stew beef, cubed  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 cup all-purpose flour  
2 tablespoons vegetable oil  
1 1/2 cups beef broth  
4 red potatoes, cut in half  
2 onions, peeled, cut in quarters  
1 cup baby carrots  
4 cloves garlic, peeled, chopped  
2 sprigs fresh thyme or  
1 teaspoon dried thyme leaves, crushed  
1 cup frozen peas, thawed

## DIRECTIONS

- 1** Season beef with salt and black pepper. Coat with flour.
- 2** Pour oil into the pot. Set to **STOVE TOP HIGH** and heat oil. Add beef and cook uncovered 10 minutes or until browned, stirring occasionally.
- 3** Stir broth, potatoes, onions, carrots, garlic, and thyme into pot. Set to **SLOW COOK LOW** for 8 hours. Cover and cook until beef is fork-tender. Stir in peas during last 10 minutes of cooking time.



# WHITE TURKEY CHILI

**PREP:** 20 MINUTES | **COOK:** 8 HOURS 10 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

- 1 can (7 ounces) chipotle peppers in adobo sauce
- 2 tablespoons olive oil, divided
- 1 pound uncooked ground turkey or chicken
- 1 pound Italian-style turkey sausage, casing removed
- 1 small white onion, peeled, diced
- 1 can (4.25 ounces) diced green chiles
- 2 cans (15.5 ounces each) cannellini beans, rinsed, drained
- 2 cups chicken stock
- 1 clove garlic, peeled, chopped
- 1/2 teaspoon cayenne pepper
- 2 tablespoons chili powder
- 1 1/2 teaspoons ground cumin
- 1/2 cup frozen corn

## DIRECTIONS

- 1 Finely chop half the chipotle peppers and reserve 1 teaspoon adobo sauce.
- 2 Pour 1 tablespoon oil into the pot. Set to **STOVE TOP HIGH** and heat oil. Add turkey to pot. Cook uncovered until turkey is browned, stirring often.
- 3 Add sausage and remaining oil to pot. Cook uncovered until sausage is browned, stirring often.
- 4 Stir chipotle peppers, reserved adobo sauce, onion, green chiles, beans, stock, garlic, cayenne pepper, chili powder, and cumin into pot. Set to **SLOW COOK LOW** for to 8 hours. Cover and cook, stirring in corn during last 30 minutes of cooking time.



# BUTTERNUT SQUASH & APPLE SOUP

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

## INGREDIENTS

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

## DIRECTIONS

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

**DO NOT BLEND HOT INGREDIENTS.**

**ENTREES**



### SERVING SUGGESTION

Serve over hot white rice or rice noodles.

# HOT & SOUR SHRIMP SAUTÉ

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

## INGREDIENTS

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

## DIRECTIONS

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



# ITALIAN POT ROAST

**PREP:** 20 MINUTES | **COOK:** 2 HOURS 40 MINUTES | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

2 tablespoons olive oil  
4 pounds uncooked chuck roast or rump roast  
Salt and pepper, to taste  
2 cups carrots, chopped  
2 cups onion, peeled, chopped  
1 cup green bell pepper, chopped  
1 cup red bell pepper, chopped  
3 cloves garlic, peeled, minced  
1 can (28 ounces) whole peeled tomatoes, chopped  
1 1/2 cups tomato sauce  
1 cup medium-bodied Italian red wine  
1 bay leaf  
1/2 tablespoon oregano  
1 tablespoon fresh Italian parsley, chopped

## DIRECTIONS

- 1** Set to **STOVE TOP HIGH** and heat oil. Season roast with salt and pepper, then put in the pot and sear all sides to brown, about 10 minutes. Meanwhile mix together remaining ingredients in a bowl.
- 2** Add mixture to pot. Set to **SLOW COOK HIGH** for 2 1/2 hours.
- 3** Remove roast and let rest 10 minutes. Slice and serve with vegetables and sauce.

## SERVING SUGGESTION

To turn this recipe into an Italian stew, cube the roast before browning and add 1 pound Red Bliss or fingerling potatoes.

# ARROZ CON POLLO

**PREP:** 20 MINUTES | **COOK:** 2 HOURS 45 MINUTES | **MAKES:** 8 SERVINGS

## INGREDIENTS

1/4 cup canola oil  
2 teaspoons salt, plus more to taste  
1/4 teaspoon ground black pepper, plus more to taste  
1 teaspoon garlic powder  
1/2 teaspoon cumin  
1/4 teaspoon cayenne pepper  
1/2 teaspoon dry mustard  
1 uncooked whole chicken (about 4 pounds), cut in 8 pieces  
1 medium onion, peeled, diced  
2 cloves garlic, peeled, minced  
1 medium green pepper, diced  
1 medium red pepper, diced  
1 1/2 cups low-sodium chicken stock  
1/2 cup tomato sauce  
1/8 teaspoon saffron, optional  
1 1/2 cups long-grain rice

## DIRECTIONS

- 1** Set to **STOVE TOP HIGH**. Combine salt, pepper, garlic powder, cumin, cayenne pepper, and mustard to form a rub. Season chicken pieces with rub.
- 2** Add half the chicken pieces and sear 3 minutes. Flip and sear 3 more minutes, then remove from the pot. Repeat with remaining chicken pieces.
- 3** Add onion, garlic, and peppers, and sauté 2 minutes, stirring often.
- 4** Add chicken stock, tomato sauce, and saffron, and stir to incorporate. Season with salt and black pepper, to taste.
- 5** Stir in rice, top with browned chicken, and cover.
- 6** Set to **SLOW COOK HIGH** for 2 1/2 hours. Serve immediately.



## PORK CHOPS PROVENÇAL

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

### INGREDIENTS

1/4 pound uncooked bacon, cut in 1-inch strips  
6 uncooked bone-in center-cut pork chops  
Salt and ground black pepper, to taste  
1 large onion, peeled, thinly sliced  
3 cloves garlic, peeled, minced  
1 can (14.5 ounces) diced tomatoes  
1 package (8 ounces) frozen artichoke hearts, thawed, drained  
1 cup kalamata olives, pits removed  
1 tablespoon fennel seed

### DIRECTIONS

- 1** Set to **STOVE TOP HIGH** and place bacon in the pot. Cook uncovered 10 minutes or until bacon is crisp, stirring occasionally. Remove bacon from the pot and drain on paper towels.
- 2** Season pork with salt and black pepper. Add pork to the pot. Cook 10 minutes or until browned on both sides.
- 3** Return bacon to the pot. Add onion, garlic, tomatoes, artichoke hearts, olives, and fennel seed to the pot. Cook 5 minutes, stirring occasionally. Set to **SLOW COOK LOW** for 6 hours. Cover and cook until pork is fork-tender.

**DESSERT**

# MEXICAN CHOCOLATE BREAD PUDDING

**PREP:** 15 MINUTES | **CHILL:** 2 HOURS | **COOK:** 2 1/2 HOURS | **MAKES:** 6-8 SERVINGS

## INGREDIENTS

6 cups day-old challah bread, cubed  
1/2 cup granulated sugar  
1/3 cup cocoa powder  
1 1/2 teaspoons ground cinnamon  
1 teaspoon red chili powder  
1/4 teaspoon salt  
6 eggs  
3 cups milk  
1/4 cup heavy cream  
2 teaspoons vanilla extract  
1 teaspoon almond extract  
1 cup chocolate chips  
Whipped cream, for garnish

## DIRECTIONS

- 1 Grease the pot and place the bread inside.
- 2 In a small bowl, stir together sugar, cocoa powder, cinnamon, red chili powder, and salt until well combined.
- 3 Place eggs, milk, cream, vanilla, and almond extract in a blender and process on low speed. Add sugar mixture and blend to combine. Pour liquid over bread in the pot. Cover and refrigerate 2 hours or overnight.
- 4 Place the pot in the cooker. Remove cover and stir in chocolate chips. Bring to room temperature. Set to SLOW COOK HIGH for 2 1/2 hours, and cook until the top is golden brown and a knife inserted in the center comes out clean.
- 5 Invert onto a sheet pan before cutting and serving in bite-sized portions. Top with whipped cream.

## SERVING SUGGESTION

Make ahead and refrigerate. This makes a great cold dish.

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