CONGRATULATIONS
Preparing meals now will be easier, healthier and more flavorful!

The Ninja® 3-in-1 Cooking System with Triple Fusion Heat Technology combines oven, stovetop, slow cooking, and revolutionary steam infused roasting and baking to create delicious and healthier meals, faster and with true convenience.
The Ninja® 3-in-1 Cooking System

The Ninja Cooking System allows you to create a healthier, simplified lifestyle utilizing one appliance for all your cooking needs. There are four key preparation modes that make each meal extraordinary!

**FAST ONE-POT MEAL MAKING**
Delicious, fresh ingredient meals prepared in 30 minutes or less

**STEAM INFUSED ROASTING & BAKING**
Prepare juicier, healthier, more delicious meats up to 40% faster and bake moister cakes only using half the fat!

**SEARIOUS SLOW COOKING**
Sear and slow cook your meals all in the same appliance!

WE WANT TO HEAR FROM YOU!
Go to [www.ninjacookingsystem.com](http://www.ninjacookingsystem.com), and rate and review the product and delicious recipes, share tips and ideas. Become part of our NINJA family!
FAST ONE-POT MEAL MAKING

Create easy, delicious meals in 30 minutes or less, all in the same pot. Prepare your favorite pasta meals WITHOUT draining the pasta or using a colander, and healthier meals using lean meats and vegetables, even from frozen! Use our Layered Meals Guide to develop your own creations!

TIPS & TRICKS

1. Dense root vegetables cook slower than many meat cuts or more tender vegetables. Cut vegetables into smaller, thinner slices so they’ll cook at the same rate as other ingredients.

2. The best meats prepared from freezer to table are leaner meats, such as boneless chicken breasts, fish, and pork tenderloin.

3. It is best to use the bottom of the pot for pasta/rice/grains, and the roasting rack for meats and vegetables.
STEAM INFUSED ROASTING

Prepare juicier meats up to 40% faster by setting to oven, and simply adding water or your favorite broth or herbs to the bottom of the pot. Simply sear your meats first using STOVETOP HIGH to enhance color, flavor and texture; then place your meat on the roasting rack, add your favorite liquid, set to OVEN, place lid on pot, and create the most delicious creations!

**TIPS & TRICKS**

1. Searing meats typically takes approximately 5-7 minutes per side. For best results, heat unit first on STOVETOP HIGH for 2-3 minutes. Then sear meat on this setting – look for a golden brown color that begins to create a light crust.

2. In general, 1 cup of water provides you with approximately 10 minutes of steam time. Refer to the chart in the back of the guide to help give you approximate water amounts for certain cuts of meat and weights.

3. Add infusions to your water to make your meals more flavorful. Wine, broth, herbs, and aromatic vegetables add extra flavor to your meals. Refer to the infusion guide for delicious ideas.
STEAM INFUSED BAKING

Prepare delicious desserts that are more moist and healthier! Steam baking only requires you to add HALF the fat of traditional cake and loaf recipes! Simply add water to the bottom of the pot, using 1 cup of water per 10 minutes of steam baking time. (Typical recipes take 3-4 cups of water.) Place your filled baking pans on the roasting rack, and place in pot. Set to OVEN to your desired temperature, place lid on pot, and start baking!

TIPS & TRICKS

1. A handy rule of thumb for steam baking: add a cup of water for about every 10 minutes of baking time.
2. Use mini cupcake and muffin pans, mini springform pans, and cakepop pans to make delicious low calorie desserts.
3. Enhance boxed cake mixes with flavorings (almond, citrus zest) and lighter add-ins (mini chips, sprinkles) for creative low calorie desserts. You only need to use half the fat!
SERIOUS™
SLOW COOKING

Sear your meats and/or sauté your vegetables first to create delicious flavors and textures---then add the rest of your ingredients, and slow cook, right in the same appliance!

TIPS & TRICKS

1. Certain dried spices intensify during slow cooking, such as chili pepper powders, cayenne and red pepper flakes. Use half of your desired amount during cooking, and add more at end if necessary.

2. Do not fill your unit more than \( \frac{3}{4} \) full; cooking unit should be at least \( \frac{1}{4} \) full.

3. Set the time for your slow cooked meal before you leave for work. The slow cooker will automatically shift to KEEP WARM, to keep your meal delicious and at safe temperatures until you are ready to enjoy!
# Recipe Guide for Delicious Recipes!

## FAST ONE-POT MEAL MAKING
1. Skillet Lasagna
2. Chicken Picatta
3. Shrimp Scampi
4. Cavatelli and Broccoli Alfredo
5. Easy Spaghetti and Meatballs
6. Apricot Country Salmon

## STEAM INFUSED ROASTING
7. Prime Rib Au Jus
8. Sweet and Spicy Baby Back Ribs
9. Spicy Mussels
10. Marinated Greek Chicken Kebabs
11. Lemon Chicken with Rosemary
12. Turkey Tenderloin with Chili Sauce

## STEAM INFUSED BAKING
13. Mini Cheesecakes
14. Maple Pumpkin Flan
15. Gluten-Free Chocolate Cupcakes
16. Caramel Baked Apples
17. Lime Kiwi Cupcakes
18. Banana Lime Coconut Bread

## SÉARIOUS SLOW COOKING
19. Chicken Tortilla Soup
20. Beef Stew
21. Sweet Potato Lentil Soup
22. Savory Pot Roast
23. Buffalo Chili
24. Seafood Stew
25. Pork and Apple Cider Sliders
HEARTY SKILLET LASAGNA

INGREDIENTS

- 1 pound ground beef
- 10 uncooked lasagna noodles, broken into 2-inch pieces
- 1 jar (24 ounces) pasta sauce
- 1 ½ cups water
- 1 package (about 6 ounces) fresh baby spinach
- 1 cup shredded mozzarella cheese
- ½ cup ricotta cheese
- ¼ cup shredded Parmesan cheese

DIRECTIONS

1. Place beef into pot. Set to STOVETOP HIGH. Cook uncovered 10 minutes or until beef is browned, stirring often.

2. Arrange noodle pieces over beef. Pour sauce and water over noodles. Set to STOVETOP MED. Cover and cook 20 minutes or until noodles are tender. Turn off pot.


Healthier Tip
Replace ground beef with ground turkey or chicken and add 1 tablespoon olive oil to pot before browning.
DIRECTIONS
1. Stir flour, salt, and black pepper on plate. Coat chicken with flour mixture.

2. Add oil and butter to pot. Set to STOVETOP HIGH and heat until butter is melted. Add chicken to pot. Cook uncovered 10 minutes or until chicken is lightly browned on both sides. Remove chicken from pot.

3. Add broth, wine, lemon juice, and capers to pot. Stir in quinoa and heat to a boil. Place roasting rack into pot and place chicken on rack. Place rack into pot and place asparagus on chicken. Set OVEN to 300˚F for 15 minutes. Cover until chicken is cooked through, asparagus is tender, and quinoa breaks apart.

4. Remove asparagus and chicken from pot. Stir quinoa mixture. Turn off pot. Let quinoa mixture stand.

CHICKEN PICCATA WITH QUINOA
Prep: 5 minutes • Cook: 25 minutes • Mode: STOVETOP/OVEN • Serves: 4

INGREDIENTS
2 tablespoons all-purpose flour
⅛ teaspoon salt
⅛ teaspoon ground black pepper
1 ¼ pounds boneless chicken breast halves, thinly sliced
2 tablespoons olive oil
2 tablespoons butter
1 cup chicken broth

1 cup dry white wine
½ cup lemon juice
¼ cup brined capers, rinsed and drained
1 cup uncooked quinoa, rinsed
1 ¼ pounds fresh asparagus, cut into ½-inch pieces

DIRECTIONS
1. Stir flour, salt, and black pepper on plate. Coat chicken with flour mixture.

2. Add oil and butter to pot. Set to STOVETOP HIGH and heat until butter is melted. Add chicken to pot. Cook uncovered 10 minutes or until chicken is lightly browned on both sides. Remove chicken from pot.

3. Add broth, wine, lemon juice, and capers to pot. Stir in quinoa and heat to a boil. Place roasting rack into pot and place chicken on rack. Place rack into pot and place asparagus on chicken. Set OVEN to 300˚F for 15 minutes. Cover until chicken is cooked through, asparagus is tender, and quinoa breaks apart.

4. Remove asparagus and chicken from pot. Stir quinoa mixture. Turn off pot. Let quinoa mixture stand.

Healthier Tip
Artichokes are a great source of fiber. Stir 1 package (about 9 ounces) frozen artichoke hearts in with the capers in step 3.
SHRIMP SCAMPI WITH ANGEL HAIR

Prep: 5 minutes • Cook: 25 minutes • Mode: STOVETOP/OVEN • Serves: 4

INGREDIENTS
4 tablespoons butter
4 cloves garlic, minced
¼ teaspoon crushed red pepper
1 cup chopped fresh parsley
Salt and ground black pepper
½ cup dry white wine
4 cups water
1 package (1 pound) angel hair pasta, broken in half
1 pound frozen cooked, peeled and deveined medium shrimp

DIRECTIONS
1. Place butter into pot. Set to STOVETOP HIGH and heat until butter is melted. Stir in garlic, red pepper, half the parsley, salt and black pepper into pot. Cook uncovered 5 minutes or until garlic is lightly browned, stirring occasionally.

2. Add wine, water and pasta to pot. Stir to submerge pasta in liquid. Set OVEN to 300˚F. for 15 minutes, checking after 10 minutes. Cover and cook.

3. Add shrimp into pot. Set time for another 10 minutes, cover and cook until pasta is tender and shrimp are heated through. Sprinkle with remaining parsley.

Time Saving Tip
Try garlic that is already chopped, sold in jars in produce department.
CAVATELLI AND BROCCOLI ALFREDO

Prep: 5 minutes • Cook: 25 minutes • Mode: STOVETOP • Serves: 4

INGREDIENTS

1 tablespoon olive oil
1 small white onion, diced (about ¼ cup)
2 cloves garlic, minced
1 package (about 14 ounces) frozen cavatelli

1 package (about 12 ounces) frozen broccoli florets
1 jar (15 ounces) light Alfredo sauce
2 cups water
¼ cup shredded Parmesan cheese

DIRECTIONS

1. Pour oil into pot. Set to STOVETOP HIGH and heat oil. Stir in onion and garlic. Cook uncovered 5 minutes or until onion is tender, stirring occasionally.

2. Stir in cavatelli, broccoli, sauce and water. Set to STOVETOP MED. Cover and cook 20 minutes or until cavatelli and broccoli are tender. Stir in cheese just before serving.

Serving Suggestion Tip
Serve with a tossed green salad and garlic bread.
EASY SPAGHETTI AND MEATBALLS

Prep: 5 minutes • Cook: 25 minutes • Mode: OVEN • Serves: 4

INGREDIENTS

4 cups water
1 pound spaghetti, broken in half
1 jar (28 ounces) pasta sauce
1 package (24 ounces) frozen meatballs

DIRECTIONS

1. Pour water into pot. Stir in spaghetti, sauce and meatballs. Set OVEN to 300°F for 25 minutes. Cover and cook until pasta is tender and meatballs are hot, stirring occasionally. Serve immediately.

NOTE: For thinner tomato sauces, use 3 3/4 cups water. For whole grain and thicker pastas, increase cooking time by 2-4 minutes, or until pasta is tender.

Serving Suggestion Tip
Serve with a tossed green salad and garlic bread.
APRICOT & COUNTRY MUSTARD SALMON
Prep: 5 minutes • Cook: 10 minutes • Mode: OVEN • Serves: 4

INGREDIENTS
2 cups water
¼ cup apricot preserves
2 tablespoons country Dijon-style mustard
1 ½ pounds salmon fillets
Salt and ground black pepper

DIRECTIONS
1. Stir preserves and mustard in bowl. Pour water into pot.
2. Season fish with salt and black pepper. Place fish on steam rack. Spread preserve mixture on fish. Place steam rack into top of pot.
3. Set OVEN to 400˚F for 20 minutes (for thick fillets), checking after 10–15 minutes.

Serving Suggestion Tip
Sprinkle the fish with sliced green onion and serve with baked potatoes and a green salad.
PRIME RIB AU JUS
Prep: 10 minutes • Cook: 1 hour 30 minutes • Mode: STOVETOP/OVEN • Serves: 4

INGREDIENTS
Salt and ground black pepper
1 beef standing rib roast (about 5 pounds)
1 tablespoon chopped fresh rosemary leaves
4 cups beef broth
1 tablespoon butter, softened
1 tablespoon all-purpose flour

DIRECTIONS
1. Season beef with salt, black pepper and rosemary. Set pot to STOVETOP HIGH. Add beef and cook uncovered 10 minutes or until browned on all sides. Remove beef from pot.

2. Pour broth into pot. Place wire rack into pot. Place beef on rack. Set OVEN to 350˚F. for 1 hour. Cover and cook 1 hour for medium-rare or until desired doneness. Remove beef to cutting board and cover with foil.

3. Stir butter and flour in bowl. Add butter mixture to pot. Set to STOVETOP HIGH. Cook 10 minutes or until the mixture is slightly reduced, stirring constantly. Serve sauce with beef.

Serving Suggestion Tip
Serve with garlic mashed potatoes and creamed spinach for a real steakhouse-style dinner!
SWEET AND SPICY BABY BACK RIBS
Prep: 10 minutes • Cook: 1 hour 40 minutes • Mode: STOVETOP/OVEN • Serves: 4

INGREDIENTS
Salt and ground black pepper
1 tablespoon smoked paprika
1 tablespoon packed brown sugar
½ teaspoon cayenne pepper
1 rack pork baby back ribs (about 3 pounds), cut in half
1 tablespoon vegetable oil
3 cups beef broth or water
½ cup barbecue sauce

DIRECTIONS
1. Stir paprika, brown sugar and cayenne pepper in bowl. Rub ribs with paprika mixture. Season with salt and black pepper.

2. Pour oil into pot. Set to STOVETOP HIGH and heat oil. Add half the ribs to pot. Cook uncovered 5 minutes or until browned on both sides. Remove ribs from pot. Repeat with remaining ribs.

3. Pour broth into pot. Place roasting rack into pot. Place ribs on rack. Set OVEN to 375˚F for 1 hour. Cover and cook until pork is fork-tender.

4. Uncover pot and brush ribs with sauce. Set OVEN to 375˚F for 30 minutes. Cover and cook until sauce is hot.

Serving Suggestion Tip
After cooking, cut ribs in between bones for easy serving.
SPICY MUSSELS
Prep: 10 minutes • Cook: 20 minutes • Mode: STOVETOP/OVEN • Serves: 6

INGREDIENTS
2 tablespoons olive oil
1 small onion, chopped
½ small fennel bulb, chopped (about 2 cups)
½ teaspoon salt
3 cloves garlic, minced
1 cup white wine
1 cup vegetable broth
½ teaspoon crushed red pepper
2 pounds mussels, scrubbed
1 tablespoon fresh chopped parsley

DIRECTIONS
1. Pour oil into pot. Set to STOVETOP HIGH and heat oil. Add onion, fennel and salt to pot. Cook uncovered 10 minutes or until vegetables are very tender, stirring occasionally. Stir in garlic. Cook 1 minute, stirring often. Stir in wine, broth and red pepper.

2. Place mussels on wire rack. Place rack into pot. Set OVEN to 350˚F for 10 minutes. Cover and cook until mussels are cooked. Place mussels into serving bowl. Stir parsley into broth mixture and pour broth mixture over mussels.

Serving Suggestion Tip
Serve this dish with crusty bread for dipping in the savory broth.
MARINATED GREEK CHICKEN KABOBS
Prep: 35 minutes • Cook: 28 minutes • Mode: STOVETOP/OVEN • Serves: 4

INGREDIENTS
Salt and ground black pepper
1 cup plain Greek yogurt
1 garlic clove, crushed
2 tablespoons lemon juice
1 teaspoon dried oregano leaves, crushed
1 pound boneless, skinless chicken breast halves, cut into 1-inch pieces
1 small red pepper, cut into 1 ½ -inch pieces
1 lemon, cut into 12 wedges
12 wooden skewers (6-inch)
2 tablespoons olive oil
1 cup hot water
4 pita breads (6-inch), cut in quarters

DIRECTIONS
1. Stir yogurt, garlic, lemon juice and oregano in shallow, nonmetallic dish. Season with salt and black pepper. Add the chicken and stir to coat. Cover and refrigerate 15 minutes.

2. Thread 1 piece pepper, 2 pieces chicken and 1 wedge lemon on each skewer.

3. Pour oil into pot. Set to STOVETOP HIGH and heat oil. Add half the kabobs to pot. Cook uncovered 5 minutes. Turn kabobs over and cook 3 minutes. Remove kabobs from pot. Repeat with remaining kabobs.

4. Pour water into pot. Set wire rack into pot. Place kabobs on rack. Place steam rack into top of pot. Place pita bread on rack. Set OVEN to 400˚F for 3 minutes. Cover and cook until chicken is cooked through. Serve kabobs with pita bread.

Time Saving Tip
No need to soak wooden skewers before use in this recipe.
LEMON CHICKEN WITH ROSEMARY

DIRECTIONS
1. Grate and reserve 1 tablespoon zest from lemon. Cut lemon in quarters. Chop and reserve 1 sprig rosemary.
2. Remove package of giblets and neck from chicken cavities. Rinse chicken and pat dry with paper towel. Place lemon quarters and remaining rosemary sprigs into chicken cavity. Season chicken with salt and pepper.
3. Set to STOVETOP HIGH. Place chicken into pot. Cook uncovered, searing chicken for approximately 5–7 minutes on each side as desired.
4. Place onions, garlic and broth into pot. Place chicken on roasting rack, and put rack with chicken in pot. Sprinkle chicken with reserved lemon zest and chopped rosemary. Set OVEN to 375°F for 1 hour and 15 minutes. Cover and cook until chicken is cooked through and juices run clear.

INGREDIENTS
1 lemon
3 sprigs fresh rosemary
6 pound whole roasting chicken
Salt and ground black pepper
2 large onions, sliced
3 cloves garlic, sliced
4 cups chicken broth

Serving Suggestion Tip
Serve with mashed potatoes and oven browned carrots.
DRY SEARED-ROASTED TURKEY TENDERLOINS WITH SWEET CHILI
Prep: 10 minutes • Cook: 30 minutes • Mode: STOVETOP/OVEN • Serves: 6

INGREDIENTS
1 tablespoon sugar
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon garlic powder
½ teaspoon dried thyme leaves, crushed
¼ teaspoon ground cumin
1 package (24 ounces) boneless turkey breast tenderloins
2 tablespoons olive oil
½ cup sweet chili sauce
1 teaspoon Worcestershire sauce

DIRECTIONS
1. Stir sugar, salt, cinnamon, garlic powder, thyme, and cumin in bowl. Brush turkey with 1 tablespoon oil. Rub turkey with sugar mixture.

2. Pour remaining oil into pot. Set to STOVETOP HIGH and heat oil. Add turkey to pot. Cook uncovered 15 minutes or until browned on both sides. Remove turkey from pot.

3. Place roasting rack into pot. Place turkey on rack. Set OVEN to 350˚F for 8 minutes. Cover and cook until turkey is cooked through. Remove turkey from pot and let stand 5 minutes before slicing.

MINI CHEESECAKES
Prep: 15 minutes • Cook: 35 minutes • Chill: 4 hours • Mode: OVEN • Serves: 4

INGREDIENTS
- ½ cup graham cracker crumbs
- 2 tablespoons melted butter
- ½ cup sugar
- 1½ 8-ounce packages cream cheese, softened
- 1 egg
- 1 teaspoon vanilla extract
- 4 cups water

DIRECTIONS
1. Cover outside of 2 (4-inch) springform pans with foil.
2. Stir graham cracker crumbs, butter, and 1 tablespoon sugar in bowl. Press mixture into bottoms of pans.
4. Pour water into pot. Place roasting rack into pot and place filled pans on rack and cover. Set OVEN to 325°F for 35 minutes. Do not lift lid during cooking.
5. Remove pans from pot, let cool. Cover and refrigerate at least 4 hours or overnight.

Serving Suggestion Tip
Serve topped with fresh fruit, fruit preserves, lemon curd, caramel sauce and toasted chopped pecans or mini chocolate chips.
MAPLE PUMPKIN FLAN

Prep: 10 minutes • Cook: 45 minutes • Chill: 4 hours • Mode: OVEN • Serves: 8

INGREDIENTS
½ cup pure maple syrup
3 eggs, beaten
¾ cup canned pumpkin
½ cup milk
¼ cup sugar
1 teaspoon pumpkin pie spice
1 teaspoon vanilla extract
8 cups boiling water

DIRECTIONS
1. Place 2 tablespoons syrup in each of 4 (6-ounce) custard cups.
2. Beat eggs, pumpkin, milk, sugar, spice and vanilla extract. Carefully pour pumpkin mixture into custard cups.
3. Pour water into pot. Place roasting rack into pot. Place custard cups on rack (water should cover about ¼ of the bottoms of the custard cups). Set OVEN to 350°F for 45 minutes. Cover and cook until knife inserted in centers comes out clean. Remove custard cups from pot. Let flans cool in cups on cooling rack 5 minutes.
4. Cover custard cups and refrigerate at least 4 hours or overnight. To serve, loosen edges of flans with a knife. Invert onto dessert plates.

Serving Suggestion Tip
Add some orange or lemon zest for flavorful garnish.
GLUTEN-FREE CHOCOLATE ALMOND MINI-CUPCAKES
Prep: 10 minutes • Cook: 20 minutes • Mode: OVEN • Serves: 30

INGREDIENTS

- 3 ½ tablespoons unsalted butter, melted
- 1 ¾ ounces dark or bittersweet chocolate, melted
- 2 large eggs
- ¼ cup cane sugar
- ½ teaspoon gluten-free vanilla
- 2 tablespoons buckwheat flour
- 2 tablespoons almond flour
- 2 teaspoons honey
- 1½ tablespoons water
- 1/4 cup sliced almonds

DIRECTIONS

1. In a small bowl, combine melted butter and melted chocolate. Stir to combine. In an electric mixer, beat the eggs with the sugar and sea salt on medium until pale in color and the batter has doubled in volume. Gently fold in the vanilla and chocolate mixture. Sprinkle the buckwheat flour and almond meal into the batter, and fold gently to combine.

2. Pour the batter into non-stick sprayed silicone petite muffin tray. Pour two cups of water into the pot, and set the roasting rack in pot and the tray on the rack. Set to OVEN 350° for 15 minutes. Cook for 12 minutes or until a toothpick inserted into the center of a cupcake comes out clean.

3. Remove water from pot used for steam baking. Set unit to STOVETOP HIGH and add honey and water; stir to combine. Add almonds and cook until honey water is concentrated and absorbed in nuts and no liquid remains. Top chocolate cakes with honeyed almonds.
CARAMEL BAKED APPLES
Prep: 15 minutes • Cook: 15 minutes • Mode: STOVETOP/OVEN • Serves: 6

INGREDIENTS
- 6 medium apples (about 3 pounds), cored
- 12 vanilla wafer cookies, finely crushed
- ¼ cup butter, melted
- 3 tablespoons raisins
- ½ teaspoon ground cinnamon
- 2 cups water
- ¼ cup packed dark brown sugar
- 18 caramels, unwrapped

DIRECTIONS
1. Remove 1 strip of apple peel about 1 inch from top of each apple. Stir cookie crumbs, 2 tablespoons butter, raisins, and cinnamon in bowl. Stuff about 1 tablespoon cookie crumb mixture into each apple.

2. Stir water, brown sugar, and remaining butter in pot. Place roasting rack into pot. Place stuffed apples on rack. Set OVEN to 350°F for 30 minutes. Cover and cook until apples are tender, checking for doneness after 10 minutes of cooking time.

3. Carefully remove apples and rack from pot. Add caramels to liquid in pot. Set to STOVETOP MED. Cook uncovered 5 minutes or until caramels are melted and mixture is smooth, stirring constantly with wooden spoon. Drizzle 2 tablespoons caramel sauce over each apple.

Serving Suggestion Tip
Serve the apples and caramel sauce warm with vanilla ice cream or sweetened whipped cream.
DIRECTIONS
1. In a small bowl, combine cake flour with 1 tablespoon sugar.
2. With an electric mixer set to high, beat egg whites, vanilla, salt and cream of tartar until soft peaks form. Add 1 teaspoon lime zest, and 1 tablespoon lime juice. Gradually add remaining 2 tablespoons sugar. Beat on high until mixture is fully incorporated, glossy, and stiff peaks are formed.
3. Fold in by hand the flour and sugar mixture in thirds until fully incorporated, keeping batter as voluminous as possible.
4. Fill silicone petite mini-muffin tray with 1 tablespoon batter each. Pour 2 cups of water into pot. Place roasting rack in pot and tray on top. Set OVEN to 325˚F for 15 minutes, checking after 12 minutes, and cook until cake rises and a toothpick inserted in center comes out clean. Remove mini cupcakes and let cool.
5. Stir together 1 teaspoon lime zest, 1 teaspoon lime juice, and powdered sugar and frost the tops of the cakes. Top with kiwi.

Serving Suggestion Tip
Cake flour will create a delicate, tender crumb but all-purpose flour will work if that is what you have.
DIRECTIONS


2. Beat 2 tablespoons butter and sugar in another bowl with electric mixer until mixture is creamy. Beat in egg.

3. Stir banana, milk, half the lime zest, half the lime juice, and vanilla extract in another bowl. Stir half the flour mixture and half the banana mixture into butter mixture. Repeat with remaining flour mixture and butter mixture. Pour batter into pan.

4. Pour water into pot. Place roasting rack into pot. Place pan on rack. Set OVEN to 375°F for 40 minutes. Cover and cook until wooden pick inserted in center comes out clean. Remove pan from pot. Let bread cool in pan on cooling rack 10 minutes.

5. Remove rack from pot and pour out water. Stir remaining butter, pecans, coconut, brown sugar, lime zest, and lime juice in pot. Set to STOVETOP HIGH. Cook uncovered 1 minute or until sugar is dissolved. Spoon coconut mixture over bread.

INGREDIENTS

Cooking spray
Grated zest and juice of 2 limes
1 cup all-purpose flour
1 ½ teaspoons baking soda
Pinch salt
4 tablespoons butter
½ cup sugar
1 egg

½ ripe banana, mashed
¾ cup skim milk
1 teaspoon vanilla extract
4 cups water
1/3 cup chopped toasted pecans
1/3 cup sweetened flaked coconut
1/4 cup packed brown sugar
**CHICKEN TORTILLA SOUP**

Prep: 20 minutes • Cook: 7 hours 25 minutes
Mode: STOVETOP/SLOW COOK • Serves: 8

**DIRECTIONS**

1. Season chicken with salt and black pepper. Pour oil into pot. Set to STOVETOP MED and heat oil. Add chicken to pot. Cook uncovered 5 minutes or until chicken is lightly browned on both sides.

2. Stir onion, garlic, cilantro, tomatoes, enchilada sauce, broth, beans, corn, chili powder and cumin in pot. Set to SLOW COOK HIGH for 2 hours. Cover and cook until chicken is fork-tender.

3. Remove chicken to cutting board. Using 2 forks, shred chicken. Return chicken to pot and stir. Top soup with tortillas before serving.

**INGREDIENTS**

- Salt and ground black pepper
- 1 ¼ pounds boneless skinless chicken breast halves
- 1 tablespoon canola oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- ¼ cup fresh cilantro leaves, chopped
- 2 cans (14.5 ounces each) diced tomatoes, undrained
- 2 cans (10 ounces each) enchilada sauce
- 1 can (14.5 ounces) low-sodium chicken broth
- 1 can (about 15 ounces) black beans, undrained
- 1 package (10 ounces) frozen corn, thawed
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 2 ripe avocados, pitted, peeled and diced
- 5 corn tortillas (6-inch), cut into 3x1/2-inch strips

**Serving Suggestion Tip**

This soup is delicious served with warm cornbread or corn muffins.
DIRECTIONS

1. Season beef with salt and black pepper. Coat with flour.

2. Pour oil into pot. Set to STOVETOP 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 in pot. Set to SLOW COOK LOW for 7 hours. Cover and cook until beef is fork-tender. Stir in peas during last 10 minutes of cooking time.

INGREDIENTS

2 pounds beef for stew
1 teaspoon salt
½ teaspoon ground black pepper
¼ cup flour
2 tablespoons vegetable oil
1 ½ cups beef broth
4 red potatoes, cut in half

2 onions, cut in quarters
1 cup baby-cut carrots
4 cloves garlic, chopped
2 sprigs fresh thyme or 1 teaspoon dried thyme leaves, crushed
1 cup frozen peas, thawed

HEARTY BEEF STEW

Prep: 10 minutes • Cook: 7 to 9 hours
Mode: STOVETOP/SLOW COOK • Serves: 6

Time Saving Tip
You can reduce the slow cook step by slow cooking on HIGH for 4 hours.
**SWEET POTATO LENTIL SOUP**

Prep: 15 minutes • Cook: 7 hours  
Mode: STOVETOP/SLOW COOK • Serves: 10

**INGREDIENTS**

- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 large carrot, peeled and chopped
- 1 large sweet potato, peeled and cut into cubes
- 8 cups chicken broth
- 2 cups dried lentils
- 1 can (14.5 ounces) diced tomatoes
- 1 teaspoon dried oregano leaves, crushed
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 can (about 15 ounces) chickpeas (garbanzo beans), undrained

**DIRECTIONS**

1. Pour oil into pot. Set to STOVETOP HIGH and heat oil. Add onion and garlic to pot. Cook uncovered 5 minutes or until onion is tender, stirring occasionally.

2. Stir carrot, sweet potato, broth, lentils, tomatoes, oregano, salt and black pepper into pot. Set to SLOW COOK LOW for 7 hours. Cover and cook until vegetables are tender. Stir in chickpeas during last 30 minutes of cooking time.

**Serving Suggestion Tip**

Stir ¼ cup finely chopped fresh parsley, 1 tablespoon grated lemon zest and 1 clove garlic, minced in bowl. Sprinkle mixture over soup before serving. Finish with a drizzle of olive oil.
SAVORY POT ROAST
Prep: 20 minutes • Cook: 7 to 8 hours
Mode: STOVETOP/SLOW COOK • Serves: 8

INGREDIENTS
- 1 boneless beef chuck roast (3 to 4 pounds)
- ¼ cup plus 2 tablespoons flour
- ¼ cup olive oil
- 2 carrots, peeled and chopped
- 2 stalks celery, chopped
- 1 medium onion, chopped
- 3 cloves garlic, crushed
- 1 can (28 ounces) whole plum tomatoes in puree
- 1 cup each red wine and beef broth
- 3 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 1 tablespoon butter, softened

DIRECTIONS
1. Coat beef with ¼ cup flour.
2. Pour half the oil into pot. Set to STOVETOP HIGH and heat oil. Add beef to pot. Cook uncovered 10 minutes or until browned on all sides. Remove beef from pot.
3. Add remaining oil, carrots, celery, onion and garlic to pot. Cook uncovered 10 minutes or until vegetables are tender, stirring occasionally. Add tomatoes, wine, broth, thyme and rosemary and heat to a boil.
4. Return beef to pot. Set to SLOW COOK LOW for 6 to 8 hours. Cover and cook until beef is fork-tender.
5. Remove beef to cutting board. Stir butter and remaining flour in bowl. Stir butter mixture into pot. Set to STOVETOP HIGH. Cook uncovered 2 minutes or until gravy is thickened. Serve beef with gravy.

Time Saving Tip
Cook pot roast in about half the time: Set pot to SLOW COOK HIGH for 4 hours.
BUFFALO CHILI
Prep: 10 minutes • Cook: 2 to 3 hours
Mode: STOVETOP/SLOW COOK • Serves: 6

INGREDIENTS
2 pounds ground buffalo
1 medium onion, chopped
1 large green pepper, chopped
3 cloves garlic, finely chopped
2 tablespoons chili powder
1 ½ tablespoons ground cumin
1 ½ teaspoons salt
1 can (28 ounces) crushed tomatoes
2 tablespoons tomato paste
3 tablespoons Worcestershire sauce
2 tablespoons red wine vinegar
2 cans (15 ounces each) dark red kidney beans, drained and rinsed

DIRECTIONS
1. Place buffalo, onion, pepper and garlic into pot. Set to STOVETOP HIGH. Cook uncovered 20 minutes or until buffalo is cooked through, stirring occasionally.

2. Stir in remaining ingredients. Set to SLOW COOK HIGH for 2 hours. Cover and cook.

Serving Suggestion Tip
Serve this chili topped with sour cream, avocado, chopped fresh cilantro, shredded Cheddar or Monterey Jack cheese and/or diced red onions.
HEARTY SEAFOOD STEW
Prep: 15 minutes • Cook: 4 hours
Mode: STOVETOP/SLOW COOK • Serves: 6

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 bulb fennel, thinly sliced crosswise
- 1 clove garlic, chopped
- ½ teaspoon crushed red pepper
- 1 cup dry white wine
- 1 can (14.5 ounces) diced tomatoes, undrained
- ½ pound large sea scallops
- ¾ pound cod fillets, cut into 1-inch pieces
- ½ pound uncooked jumbo shrimp, peeled and deveined
- 2 pounds mussels, scrubbed
- 1 loaf crusty Italian bread, sliced and toasted

DIRECTIONS

1. Add oil, onion, fennel, garlic, and red pepper to pot. Set to STOVETOP HIGH. Cook uncovered 3 minutes or until onions are tender, stirring occasionally.

2. Stir in wine and tomatoes. Cover and set to SLOW COOK HIGH for 4 hours. After 3½ hours, add seafood and cook for 20–30 minutes or until mussels open and seafood is cooked through. Discard mussels that do not open. Serve with bread.
**PORK AND APPLE CIDER SLIDERS**

Prep: 10 minutes • Cook: 5 to 6 hours • Mode: SLOW COOK • Serves: 6

**INGREDIENTS**
1. boneless pork shoulder roast (3 to 4 pounds)
2. Salt and ground black pepper
3. 2 teaspoons paprika
4. ¼ cup spicy brown mustard
5. ¼ cup packed brown sugar
6. 3 cloves garlic, minced
7. 1 cup apple cider or apple juice
8. 1 package (15 ounces) slider or mini sandwich buns (12 mini buns)

**DIRECTIONS**
1. Season pork with salt, black pepper and paprika. Stir mustard, brown sugar, garlic and cider in pot. Add pork and turn to coat. Set to SLOW COOK HIGH for 5 to 6 hours. Cover and cook until pork is fork-tender.


---

**Serving Suggestion Tip**
Keep this meal quick and simple and serve with sweet potato fries from the freezer section and sliced fresh cucumber with ranch dressing for dipping.
<table>
<thead>
<tr>
<th>Protein</th>
<th>Flavor Choice</th>
<th>Liquid</th>
<th>Seasoning</th>
<th>Extra Flavor Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHICKEN</td>
<td>Tuscan</td>
<td>3 cups White Wine, ¼ cup Lemon Juice</td>
<td>1 cup Arugula</td>
<td>1 cup Fennel, 1 cup Pear</td>
</tr>
<tr>
<td></td>
<td>Mediterranean</td>
<td>4 cups Chicken Broth</td>
<td>2 tsp. dried Oregano, 1 cup Onion</td>
<td>½ cup Feta Cheese, 2 Tbsp. Cumin, 1 cup Cilantro</td>
</tr>
<tr>
<td></td>
<td>Caribbean</td>
<td>2 cups Orange Juice, 2 cups Broth</td>
<td>2 cup Bell Pepper</td>
<td>½ cup Curry Paste</td>
</tr>
<tr>
<td></td>
<td>Thai</td>
<td>2 cans Coconut Milk, ¼ cup Water</td>
<td>1 ½ Tbsp. minced Ginger</td>
<td></td>
</tr>
<tr>
<td>FISH</td>
<td>Southern</td>
<td>2 cups Fish Stock</td>
<td>½ cup Onion</td>
<td>½ cup Bacon, 1 cup Corn</td>
</tr>
<tr>
<td></td>
<td>French</td>
<td>2 cups White Wine</td>
<td>1 cup Leek</td>
<td>1 cup Mushrooms</td>
</tr>
<tr>
<td></td>
<td>Italian</td>
<td>2 cups Broth</td>
<td>2 tsp. dried Basil, 2 minced Garlic Cloves</td>
<td>1 can Cannellini Beans, undrained</td>
</tr>
<tr>
<td></td>
<td>Lemon Dill</td>
<td>1½ cups Wine, ¼ cup Lemon Juice</td>
<td>1 Tbsp. chopped Dill</td>
<td>½ pkg. frozen Spinach</td>
</tr>
<tr>
<td>PORK</td>
<td>German</td>
<td>4 cups Chicken Broth</td>
<td>2 minced cloves Garlic, 1 tsp. Allspice</td>
<td>2 cups Onion</td>
</tr>
<tr>
<td></td>
<td>Sweet/Savory</td>
<td>4 cups Apple Juice</td>
<td>1 cup Onion</td>
<td>4 cups Red Cabbage, ½ cup Bacon</td>
</tr>
<tr>
<td></td>
<td>American</td>
<td>2 cups Broth, 2 cups Barbeque Sauce</td>
<td>2 minced Garlic Cloves</td>
<td></td>
</tr>
<tr>
<td></td>
<td>French</td>
<td>4 cups Chicken Broth</td>
<td>4 Cloves</td>
<td>¼ cup Honey Mustard</td>
</tr>
<tr>
<td>BEEF</td>
<td>Mexican</td>
<td>2 cups Salsa, 2 cups Beef Broth</td>
<td>2 Tb. chopped Chilies, 2 tsp. Cumin</td>
<td>2 minced Garlic Cloves, ½ cup Cilantro</td>
</tr>
<tr>
<td></td>
<td>Asian</td>
<td>2 cups Teriyaki Sauce, 2 cups Water</td>
<td>½ cup Green Onions, 4 minced Garlic Cloves</td>
<td>½ Tb. minced Ginger, 2 Tbsp. Hot Garlic Paste</td>
</tr>
<tr>
<td></td>
<td>Greek</td>
<td>3 cups Red Wine, 1 cup Water</td>
<td>1 can Tomato Paste, 2 Tbsp Olive Oil</td>
<td>2 Tbsp chopped Rosemary</td>
</tr>
<tr>
<td></td>
<td>Spain</td>
<td>1 can diced Tomato, 2 cups Chicken Broth</td>
<td>2 cups Red Bell Pepper, 4 minced Garlic Cloves</td>
<td>1 cup Sherry, 2 tsp. Saffron</td>
</tr>
<tr>
<td>Layered Meals</td>
<td>Protein</td>
<td>Vegetable</td>
<td>Starch</td>
<td></td>
</tr>
<tr>
<td>---------------</td>
<td>---------</td>
<td>-----------</td>
<td>--------</td>
<td></td>
</tr>
<tr>
<td>Quick Cooking 9 Minutes or Less</td>
<td>Fish Fillets, Small Chicken Cutlets, Frozen Shrimp/Frozen Fish Fillets</td>
<td>Asparagus, Bell Peppers, Haricots Vert, Spinach, Onions, Pea Pods, Sugar Snap Peas, Frozen Peas, Mushrooms, Thin-Sliced Zucchini, Thin-Sliced Crookneck</td>
<td>Couscous, 90-Second Microwave Rice, Israeli Couscous, Kasha, Rice Stick Cellophane Noodles, Angel Hair Pasta, Whole Wheat Spaghetti</td>
<td></td>
</tr>
<tr>
<td>Medium Cooking 10–20 minutes</td>
<td>Frozen Large Chicken Cutlets, Small Chicken Cutlets, Frozen Shrimp/Frozen Fish Fillets</td>
<td>Broccoli, Cauliflower, Green Beans, Thick Asparagus, Thick-Sliced Zucchini, Eggplant</td>
<td>Buckwheat Noodles, Quick Barley, Quinoa, 10-Minute Rice</td>
<td></td>
</tr>
<tr>
<td>Longer Cooking 20+ minutes</td>
<td>Frozen Boneless Chicken Breast, Beef Roast (1 ½ inch or smaller if using steaming tray), Bone In Meats, Chicken Thighs</td>
<td>Carrots, Sweet Potatoes, Parsnips, Rutabagas, Turnips, Artichokes, Corn on the Cob</td>
<td>Polenta, Potato, Rice, Wild, Brown, &amp; Jasmine, Lentils, Pilaf, Dried Beans</td>
<td></td>
</tr>
</tbody>
</table>
# Baking Accessories

<table>
<thead>
<tr>
<th>Description</th>
<th>Brand Name</th>
<th>Size</th>
<th>Usage</th>
<th>Qty in Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>White porcelain. Oven to table serving. Good for soufflés, personal-size</td>
<td>BIA Blanc De Table</td>
<td>5&quot; round</td>
<td>Quiches, soufflés, sides, dips</td>
<td>2</td>
</tr>
<tr>
<td>quiches, deserts, and individual servings of sides.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White porcelain. Oven to table serving. Good for soufflés, personal size</td>
<td>BIA Blanc De Table</td>
<td>6&quot; oval</td>
<td>Crème brûlée</td>
<td>2</td>
</tr>
<tr>
<td>quiches, deserts, and individual servings of sides.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ramenkins – White porcelain. Oven to table.</td>
<td>HIC</td>
<td>6 ounce each – 3.5&quot; round</td>
<td>Soufflés</td>
<td>4</td>
</tr>
<tr>
<td>Individual mini cupcake pans – metal</td>
<td>Foxrun</td>
<td>3.25&quot; round</td>
<td>Cupcakes</td>
<td>4</td>
</tr>
<tr>
<td>Individual mini cupcake pans – metal</td>
<td>Foxrun</td>
<td>2.25&quot; round</td>
<td>Mini cupcakes</td>
<td>8</td>
</tr>
<tr>
<td>Cake pops – fast and easy way to make cake pops. Includes food-grade</td>
<td>As seen on TV – TastyTop</td>
<td>8&quot; x 5&quot;</td>
<td>Cake pops</td>
<td>1 tray makes 8 pops</td>
</tr>
<tr>
<td>nonstick silicone 2-piece tray, 50 sticks, and decorating guide. Use with</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>any cake mix.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Create a giant cupcake that the whole party can enjoy! Comes with 2-piece</td>
<td>As seen on TV – Big Top Cupcake</td>
<td>7.5&quot; round x 4&quot;</td>
<td>Giant cupcake</td>
<td>1</td>
</tr>
<tr>
<td>silicone cake pan and filling insert. Filling ideas – Ice cream, pudding,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>gelatin, fruit, candy, or whip cream.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Petite stoneware dish for personal-size desserts and quiches. Multicolor.</td>
<td>Le Creuset</td>
<td>4 ¼&quot;</td>
<td>Tarts, flans, quiches, meats</td>
<td>2</td>
</tr>
<tr>
<td>Nonstick petite tart pan</td>
<td>Wilton</td>
<td>4&quot; x ¾&quot; round</td>
<td>Tarts, quiches</td>
<td>2</td>
</tr>
<tr>
<td>6 oz. custard glass cups</td>
<td>Anchor</td>
<td>3.75&quot; x 2&quot; round</td>
<td>Custards, mini cakes, reheating</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>food</td>
<td></td>
</tr>
<tr>
<td>Description</td>
<td>Brand Name</td>
<td>Size</td>
<td>Usage</td>
<td>Qty in Unit</td>
</tr>
<tr>
<td>------------------------------</td>
<td>-------------------</td>
<td>-----------------------</td>
<td>------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Mini pie baking kit</td>
<td>Nordicware</td>
<td>7&quot; round</td>
<td>Pies, pot pies, quiches, tarts</td>
<td>1</td>
</tr>
<tr>
<td>6&quot; round cake pan - Nonstick</td>
<td>WS - Goldtouch</td>
<td>6&quot; round</td>
<td>Cakes</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Nonstick</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4&quot; round cake pan - Nonstick</td>
<td>WS - Goldtouch</td>
<td>4&quot; round</td>
<td>Individual-size cakes</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Nonstick</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2&quot; timbale molds</td>
<td>William Sonoma</td>
<td>2&quot; pans</td>
<td>Petite souffles, brioches, french</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>cakes or popovers</td>
<td></td>
</tr>
<tr>
<td>Silicone baking cups</td>
<td>Regency Silicups</td>
<td>4&quot; round</td>
<td>Cup cakes, candy, muffins, quiches</td>
<td>6</td>
</tr>
<tr>
<td>Silicone mini baking cups</td>
<td>Regency Silicups</td>
<td>2&quot; round</td>
<td>Mini cupcakes, candy, muffins,</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>quiches</td>
<td></td>
</tr>
<tr>
<td>Disposable foil mini loaf pan</td>
<td>Durable Foil</td>
<td>5 5/8&quot; x 3 3/16&quot; x 1 15/16&quot;</td>
<td>Mini breads, cakes</td>
<td>2</td>
</tr>
<tr>
<td>Disposable foil loaf pan</td>
<td>Durable Foil</td>
<td>8&quot; x 3 3/4&quot; x 2 3/8&quot;</td>
<td>Breads, cakes, meatloaf</td>
<td>1</td>
</tr>
<tr>
<td>Heart-shaped mini cake pan</td>
<td>Chloe Kitchen</td>
<td>3&quot; x 3.25&quot;</td>
<td>Mini cakes</td>
<td>4</td>
</tr>
<tr>
<td>4&quot; tube pans</td>
<td>Chloe Kitchen</td>
<td>4&quot; round</td>
<td>Mini cakes</td>
<td>2</td>
</tr>
<tr>
<td>Mini loaf pan, Nonstick</td>
<td>Chloe Kitchen</td>
<td>5.5&quot; x 2.75&quot;</td>
<td>Mini breads and meatloaf</td>
<td>2</td>
</tr>
</tbody>
</table>
### Retail Accessory List

<table>
<thead>
<tr>
<th>Description</th>
<th>Brand Name</th>
<th>Size</th>
<th>Usage</th>
<th>Qty in Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oval Au gratin dish – Porcelain, Oven to table.</td>
<td>Apilco</td>
<td>10” x 5 1/2” x 1 1/3” high</td>
<td>Casserole</td>
<td>1</td>
</tr>
<tr>
<td>Disposable foil rectangle pan</td>
<td>Mainstays</td>
<td>6” x 8” x 2.5”</td>
<td>Casseroles, roasts, chicken, fish</td>
<td>1</td>
</tr>
<tr>
<td>Disposable foil rectangle pan</td>
<td>Mainstays</td>
<td>7.37” x 5.25” x 1.75”</td>
<td>Casseroles, roasts, chicken, fish</td>
<td>1</td>
</tr>
<tr>
<td>Disposable foil pan</td>
<td>Hefty</td>
<td>8” x 4”</td>
<td>Meatloaf</td>
<td>1</td>
</tr>
<tr>
<td>1.5 qt. round side dish</td>
<td>CorningWare</td>
<td>7.5” x 2.5” round</td>
<td>Casseroles, roasts, chicken, fish</td>
<td>1</td>
</tr>
<tr>
<td>Oval mini casserole dishes, Ceramic, Oven to table</td>
<td>CorningWare</td>
<td>5.5” H x 3.0” x 2.5”</td>
<td>Mini casseroles, sides, onion soup</td>
<td>2</td>
</tr>
<tr>
<td>Pouch pods. Silicone form. Floats in water during cooking.</td>
<td>Fusion Brands</td>
<td>3.5” x 2.5”</td>
<td>Pouched eggs, frittata, baked goods</td>
<td>5</td>
</tr>
<tr>
<td>Flexible grilling skewers</td>
<td>FireWire</td>
<td>24”</td>
<td>Meat, seafood, vegetable skewers</td>
<td>1</td>
</tr>
<tr>
<td>Spice bags</td>
<td>Regency</td>
<td>4” x 3”</td>
<td>Flavor meats, chicken, fish, and vegetables</td>
<td>1</td>
</tr>
</tbody>
</table>
## Roasting Accessories

<table>
<thead>
<tr>
<th>Description</th>
<th>Brand Name</th>
<th>Size</th>
<th>Usage</th>
<th>Qty in Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flavor injector</td>
<td>BBB Exclusive</td>
<td>N/A</td>
<td>Meat and poultry</td>
<td>1</td>
</tr>
<tr>
<td>Porcelain baking dishes</td>
<td>Homeessentials &amp; Beyond</td>
<td>5&quot; x 5&quot; square</td>
<td>Mini casseroles, hot clips, reheat</td>
<td>1</td>
</tr>
<tr>
<td>Meat thermometer</td>
<td>Polder</td>
<td>N/A</td>
<td>Meat and poultry</td>
<td>1</td>
</tr>
</tbody>
</table>

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