

MultiPot Recipes



Mouthwatering recipes carefully crafted for MultiPot magic!

WITH RECIPES CONTRIBUTED BY

Laura Pazzaglia of Hip Pressure Cooking

Laurel Randolph • Caroline Chambers • Jennifer Mosinski

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Congratulations on your purchase of the Mealthy MultiPot and welcome to the Mealthy Movement!

We are excited for you to start cooking with your new MultiPot, and put together this recipe booklet to get you started. For even more recipes, tips, tricks, and how-to videos, download our app or visit our website at www.mealthy.com!

Special thanks to Laura Pazzaglia of *Hip Pressure Cooking*,
Laurel Randolph, Caroline Chambers, and Jennifer Mosinski
for their recipe contributions.

Pressure Cooker Faux-tisserie Chicken by Jennifer Mosinski

Did you know your MultiPot steel pot is also ovenproof? A quick cook in your MultiPot followed by a few minutes under the broiler make for a succulent, beautiful "roisserie" chicken in half the time!

INGREDIENTS

- 1½ cups chicken stock
- ½ yellow onion, thinly sliced
- 2 cloves garlic, minced
- 1 (4 pound) whole chicken, giblets removed, patted dry
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon dried thyme
- 3 tablespoons butter, melted
- ½ teaspoon paprika

DIRECTIONS

1. Pour **chicken stock**, **onion**, and **garlic** into the MultiPot steel pot. Place rack over top of **onions** and **stock**.
2. Season **chicken** with **salt**, **black pepper**, and **thyme**; place **chicken**, breast up, on rack in pot.
3. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Poultry**. Cook on High Pressure for 17 minutes.
4. While **chicken** is cooking, preheat your oven's broiler.
5. Whisk melted **butter** and **paprika** together in a bowl.
6. When cooking is complete, turn steam vent handle to **Venting** to quick-release pressure. Remove lid. Pull rack with **chicken** out of pot; discard **stock** and **onions**. Brush **chicken** all over with **butter** mixture. Place rack with **chicken** back into pot.
7. Broil **chicken** in pot under broiler until skin is browned and crispy, about 5 minutes. Transfer **chicken** to a plate or carving board to rest for 5 minutes before carving.



Teriyaki Chicken Wings by Laura Pazzaglia of Hip Pressure Cooking

One pot is all you need to make these quick-and-easy chicken wings, which are cooked in just a few minutes. Topped with a delicious Teriyaki sauce, these wings will have you and your guests going back for seconds and thirds!

INGREDIENTS

- ¾ cup brown sugar
- ¾ cup soy sauce
- ½ cup apple cider vinegar
- 2 tablespoons minced fresh ginger
- 2 tablespoons minced fresh garlic
- 1 teaspoon ground black pepper
- 2 pounds chicken wings
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1 teaspoon sesame seeds

DIRECTIONS

1. Stir **brown sugar**, **soy sauce**, **cider vinegar**, **ginger**, **garlic**, and **black pepper** together in the MultiPot steel pot until **sugar** dissolves. Add **chicken wings** and toss to coat.
2. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Poultry**. Cook on High Pressure for 10 minutes. Turn steam vent handle to **Venting** to quick-release pressure. Remove lid and transfer **chicken** wings to a plate.
3. Whisk **cornstarch** and **water** together in a small bowl.
4. Set MultiPot to **Sauté**. Whisk **cornstarch** slurry into sauce; cook until desired consistency is reached. Pour thickened sauce over **chicken** and top with **sesame seeds**.



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Chicken Tikka Masala by Caroline Chambers

Everyone's favorite Indian dish, with its rich, flavorful, and creamy sauce, can be made in under an hour using a pressure cooker. Serve with basmati rice and naan bread to complete the experience!

INGREDIENTS

1½ pounds boneless, skinless chicken thighs, cut into 1-inch cubes

1¼ teaspoons salt, divided

¼ teaspoon ground black pepper

1 tablespoon unsalted butter

½ onion, chopped

2 garlic cloves, minced

1 (1 inch) piece fresh ginger root, peeled and grated

2 teaspoons garam masala

1 teaspoon ground coriander

1 teaspoon curry powder

½ teaspoon ground cumin

½ teaspoon turmeric

⅛ teaspoon cardamom

⅛ teaspoon cayenne pepper

1 (14 ounce) can diced tomatoes

½ cup heavy cream

1 tablespoon cornstarch

1 lemon, juiced

¼ cup chopped cilantro leaves

DIRECTIONS

1. Season **chicken** with ½ teaspoon **salt** and ¼ teaspoon **black pepper**. Set aside.

2. Set your MultiPot to **Sauté**; melt **butter** in steel pot. Sauté **onion**, **garlic**, and **ginger** in hot butter until onions are translucent, 3 to 4 minutes.

3. Stir **garam masala**, **coriander**, **curry powder**, **cumin**, **turmeric**, **cardamom**, and **cayenne pepper** into onions and sauté until fragrant, about 30 seconds. Add **tomatoes** and ½ teaspoon **salt**, scraping up any browned bits that are stuck to the bottom of the pot.

4. Stir **chicken** into tomato-spice mixture. Turn off **Sauté**, lock the MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Poultry**. Cook on High Pressure for 15 minutes. Let pressure release naturally for 10 minutes, then turn steam vent handle to **Venting** to quick-release pressure.

5. Remove lid and set MultiPot to **Sauté**.

6. Whisk **cream** and **cornstarch** together in a bowl. Slowly whisk cream mixture into pot; cook, stirring, until sauce is thickened, 2 to 4 minutes. Stir **lemon juice** into sauce; top with **cilantro**.



Beef Chili by Caroline Chambers

This stick-to-your-bones, beefy chili is the perfect inexpensive meal to feed a crowd on a chilly afternoon or evening.

INGREDIENTS

2 pounds beef chuck, cut into 1-inch cubes
4 teaspoons kosher salt, divided
1 teaspoon ground black pepper, divided
4 teaspoons olive oil, divided
1 yellow onion, diced
2 bell peppers, diced
3 garlic cloves, minced
1 tablespoon ground cumin
1 teaspoon chili powder
½ teaspoon cayenne pepper
1 chipotle in adobo sauce, minced
4 cups low-sodium chicken broth
1 (14.5 ounce) can black beans, drained and rinsed

Toppings

sour cream, Cheddar cheese,
sliced jalapeños, chopped cilantro

DIRECTIONS

- Season **beef** all over with 1 teaspoon **salt** and ½ teaspoon **black pepper**.
- Set your MultiPot to **Sauté**; heat **oil** in steel pot. Working in batches, sear **beef** until browned all over, 4 to 6 minutes. Transfer **beef** to a bowl.
- Heat remaining 2 teaspoons **oil** in pressure cooker pot. **Sauté onion, peppers, and garlic** in hot oil until softened, 3 to 4 minutes. Stir **cumin, chili powder, cayenne pepper, chopped chipotle, and remaining salt and pepper** into pot and cook until fragrant, about 30 seconds. Press **Cancel** to turn off **Sauté** setting.
- Return **beef** to pot with vegetables and spices; pour chicken broth into the pot. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Meat/Stew**. Cook on High Pressure for 45 minutes. Turn steam vent handle to **Venting** to quick-release pressure. Remove lid.
- Set MultiPot to **Keep Warm** and stir **black beans** into chili. Replace lid and let sit for flavors to combine, at least 10 minutes. Garnish with your favorite chili toppings.



Pot Roast by Team Mealthy

You can have a lovely, tender pot roast ready for the entire family without ever warming up the oven, thanks to this simple and delicious recipe.

INGREDIENTS

- 1 (3 pound) boneless beef chuck roast or shoulder, trimmed
- salt and freshly ground black pepper to taste
- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- 3 garlic cloves, minced
- 1 (14.5 ounce) can beef broth
- ¾ cup dry red wine
- 2 fresh thyme sprigs
- 2 fresh rosemary sprigs
- 2 pounds Yukon Gold potatoes, scrubbed and cut into 1½-inch chunks
- 6 carrots, peeled and cut into 1½-inch chunks
- 1 bay leaf

DIRECTIONS

- Season **beef** generously all over with **salt** and **black pepper**.
- Heat **olive oil** in your MultiPot set to **Sauté**. Cook **beef** in hot oil until browned on all sides, 5 to 7 minutes per side. Transfer to a plate.
- Sauté** **onion** and **garlic** in the remaining hot fat until soft and fragrant, about 3 minutes. Pour **beef broth** and **red wine** into the pot to deglaze, using the flat edge of a wooden spoon to scrape any browned bits of food from the bottom of the pot.
- Return **beef** to the pot; add **thyme** and **rosemary**.
- Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Meat/Stew**. Cook on High Pressure for 45 minutes. Let pressure release naturally. Remove lid.
- Add **potatoes**, **carrots**, and **bay leaf** to the pot.
- Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and cook on High Pressure for an additional 4 minutes. Turn steam vent handle to **Venting** to quick-release pressure. Remove lid.
- Discard **thyme** and **rosemary** sprigs. Transfer **beef** to a large serving platter. Arrange the vegetables around the pot roast to serve.



Beef and Barley Stew by Laura Pazzaglia of Hip Pressure Cooking

Chuck roast, bone-in beef short ribs, brisket, and shoulder are perfect cuts for this hearty dish. To make this stew thicker, reduce beef stock to 4 cups.

INGREDIENTS

1 tablespoon sesame oil or other neutral oil
2 pounds stew beef, cut into 1-inch cubes
¼ cup white wine
1 cup pearled barley
1 large yellow onion, roughly sliced
3 large carrots, cut into ½-inch rounds
2 celery stalks, sliced into ½-inch pieces
1 teaspoon garlic powder
1 teaspoon ground cumin
1 bay leaf
6 cups beef stock
chopped fresh parsley to taste

DIRECTIONS

1. Set MultiPot to **Sauté** and pour **oil** into the steel pot. Working in batches, sear **beef** in hot oil until browned on all sides, about 5 minutes per batch.
2. Pour **white wine** into pot to deglaze, scraping brown bits off the bottom of the pot with a wooden spoon. Add **barley, onion, carrots, celery, garlic powder, ground cumin, and bay leaf**. Stir **stock** into beef and vegetable mixture.
3. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Meat/Stew**. Cook on High Pressure for 20 minutes. Let pressure release naturally for 10 minutes, then turn steam vent handle to **Venting** to quick-release pressure.
4. Spoon into bowls and top with **parsley**.



French Onion Soup by Caroline Chambers

French onion soup is a rich classic for a cold day. Enjoy this version in just a few minutes, thanks to your MultiPot!

INGREDIENTS

2 tablespoons unsalted butter
8 cups thinly sliced yellow onions
½ cup water
2 teaspoons granulated sugar
1 teaspoon salt
½ teaspoon ground black pepper
½ cup dry white wine
3 cups low-sodium beef stock
2 thyme sprigs
2 fresh or dried bay leaves
1 tablespoons sherry vinegar
1 teaspoon fish sauce (optional)
4 baguette slices
1 cup shredded Gruyère cheese

DIRECTIONS

1. Set MultiPot to **Sauté**. Melt **butter** in MultiPot steel pot. **Sauté onions** in hot butter until they start to release their liquid, 3 to 5 minutes. Stir **water, sugar, salt**, and **pepper** into onions.
2. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Poultry**. Cook on High Pressure for 15 minutes. Turn steam vent handle to **Venting** to quick-release pressure.
3. Remove MultiPot lid and set to **Sauté**. Stir **white wine** into broth. Cook until broth no longer smells like wine, 3 to 4 minutes.
4. Add **beef stock, thyme**, and **bay leaves**. Lock MultiPot lid in place again, turn steam vent handle to **Sealing**, and cook on High Pressure for additional 4 minutes. Turn steam vent handle to **Venting** to quick-release pressure. Remove lid.
5. Discard **thyme** and **bay leaves**. Stir **sherry vinegar** and **fish sauce** into soup; season with **salt** and **ground black pepper** to taste.
6. Preheat your oven's broiler.
7. Spoon soup into four ovenproof bowls. Top each with 1 **baguette** slice and ¼ cup **Gruyère** cheese.
8. Cook under the broiler until cheese is browned and bubbly, 2 to 4 minutes.



White Beans with Tomatoes and Sage by Jennifer Mosinski

Hearty white beans with tomatoes and sage create an irresistible combination that will warm you up on a cool evening.

INGREDIENTS

1 pound dried Great Northern beans
½ yellow onion, finely chopped
5½ cups vegetable stock
15 cherry tomatoes, halved
2 tablespoons chopped fresh sage
salt and ground black pepper to taste

DIRECTIONS

1. Stir **beans** and **onion** together in the steel pot of your MultiPot. Pour **vegetable stock** over beans.

2. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Beans/Chili**. Cook on High Pressure until beans are tender, about 55 minutes. Let pressure release naturally. Stir **cherry tomatoes** and **sage** into beans. Season with **salt** and **black pepper** to taste.



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Perfect Brown Rice by Caroline Chambers

Make perfectly seasoned and delicious rice every time with this quick and easy recipe.

INGREDIENTS

- 1 cup brown rice
- 1 cup water
- 2 teaspoons seasoned rice vinegar (optional)
- 2 teaspoons sesame oil (optional)
- 1 tablespoon toasted sesame seeds (optional)

DIRECTIONS

1. Combine **brown rice** and **water** in the steel pot of your MultiPot.
2. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Multigrain**. Cook on High Pressure for 15 minutes. Turn steam vent handle to **Venting** to quick-release pressure. Leave lid on cooker and let **rice** steam for an additional 5 minutes.
3. Fluff **rice** with a fork. Gently stir **vinegar**, **oil**, and **sesame seeds** into rice.



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Cilantro Lime Quinoa by Team Mealthy

This cilantro lime quinoa recipe is ridiculously tasty and incredibly simple to make, thanks to your Mealthy MultiPot! At just 30 minutes from start to finish, it's an ideal quick salad or weeknight side.

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- ½ onion, minced
- 2 cloves garlic, minced
- 1 cup quinoa, rinsed
- 2 teaspoons dried cilantro
- 1 large pinch salt
- 1 cup vegetable broth
- 1 tablespoon lime juice, or more to taste
- ½ bunch fresh cilantro, roughly chopped, or more to taste
- salt and freshly ground black pepper to taste

DIRECTIONS

1. Set MultiPot to **Sauté** and add **oil**. Sauté **onion** and **garlic** in hot oil until softened and caramelized, 7 to 10 minutes.
2. Stir **quinoa**, **cilantro**, and a pinch of **salt** into onions. Pour **vegetable broth** and **lime juice** over the top.
3. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Multigrain**. Cook on High Pressure for 1 minute. Let pressure release naturally for 10 minutes, then turn steam vent handle to **Venting** to quick-release pressure.
4. Fluff quinoa with a fork. Stir **fresh cilantro** into quinoa; season with additional **lime juice**, **salt**, and **pepper**.



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Crispy Pork Carnitas by Team Mealthy

This recipe for authentic Mexican pork carnitas uses a quick-and-easy dry rub before pressure cooking to lock in flavor and moisture. A few minutes in the oven brings a great crispy texture, complemented by subtle notes of cinnamon and citrus.

INGREDIENTS

- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- ½ teaspoon ground cinnamon
- 1 (3 to 4 pound) boneless pork shoulder, cut into 2-inch chunks
- ¾ cup chicken broth
- 1 orange, juiced
- 1 lime, juiced
- 4 cloves garlic, crushed
- 2 bay leaves

DIRECTIONS

1. Mix **cumin**, **oregano**, **paprika**, **onion powder**, **salt**, **pepper**, and **cinnamon** together in a bowl; add **pork** and toss to coat.
2. Transfer **pork** to the steel pot of your MultiPot and let sit for dry rub to set, 15 to 30 minutes.
3. Pour **chicken broth**, **orange juice**, and **lime juice** over **pork**; add **garlic** and **bay leaves**.
4. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Meat/Stew**. Cook on High Pressure for 50 minutes. Let pressure release naturally for 15 minutes, then turn steam vent handle to **Venting** to quick-release pressure. Remove lid.
5. Preheat oven to 450°F (235°C). Line a rimmed baking sheet with aluminum foil.
6. Transfer **pork** to prepared baking sheet, reserving juices in the pressure cooker. Slightly shred **pork** with a fork.
7. Roast **pork** in the preheated oven, stirring occasionally, until crisped, about 10 minutes.
8. Discard **bay leaves**. Skim fat from reserved juices and pour over **pork** to serve.



Beer-Braised Short Ribs by Laurel Randolph

Short ribs are given the sausage treatment in a beer braise with peppers and onions. Thanks to the magic of pressure, the tough pieces of meat are fall-off-the-bone tender in about an hour.

INGREDIENTS

2 pounds bone-in beef short ribs
1 teaspoon smoked paprika
½ teaspoon dried oregano
½ teaspoon cayenne pepper
salt and ground black pepper to taste
1 tablespoon canola oil
1 small onion, sliced
4 garlic cloves, smashed
1 cup lager or pilsner beer
½ cup beef or chicken broth
1 tablespoon soy sauce
1 bell pepper, diced

DIRECTIONS

1. Season **short ribs** on all sides with **paprika**, **oregano**, **cayenne pepper**, **salt**, and **ground black pepper**.
2. Set your MultiPot to **Sauté** and add **oil** to the steel pot. Cook **short ribs** until browned on all sides, about 3 minutes per side. Transfer **short ribs** to a plate.
3. Sauté **onion** and **garlic** in the same pot until softened, about 2 minutes. Add **beer** to deglaze, scraping any brown bits off the bottom of the pot with a wooden spoon. Bring mixture to a simmer and cook until slightly reduced, about 2 minutes. Press **Cancel** to turn off **Sauté**.
4. Add **broth**, **soy sauce**, and **bell pepper** to pot; return short ribs in a single layer to the pot.
5. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Meat/Stew**. Cook on High Pressure for 40 minutes. Let pressure release naturally. Transfer **short ribs** to plates and top with **onions** and **peppers**; drizzle with reserved juices.



Creamy Mashed Potatoes by Team Healthy

Light, creamy, and fluffy all at once, these may be the best mashed potatoes that you ever eat. Best of all, they are ready in nearly no time, so you can even make them for weeknight dinners.

INGREDIENTS

3 pounds Yukon Gold potatoes, peeled and quartered

1½ cups water

½ teaspoon salt

½ cup heavy cream

⅓ cup unsalted butter

salt and ground black pepper to taste

2 tablespoons chopped fresh chives, or to taste

cracked black pepper to taste

DIRECTIONS

1. Combine **potatoes**, **water**, and **salt** in the steel pot of your MultiPot.
2. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Pressure Cook**. Cook on High Pressure for 8 minutes. Turn steam vent handle to **Venting** to quick-release pressure. Remove lid. Drain **potatoes**, reserving liquid.
3. While **potatoes** are cooking, warm **heavy cream** and **butter** together in a small saucepan over medium heat until **butter** is melted.
4. Mash **potatoes** in a large bowl. Stir cream mixture into mashed potatoes; season with **salt** and **ground black pepper** to taste. Thin **potatoes** with reserved cooking liquid to reach your desired consistency. Garnish with **chives** and **cracked black pepper**.



Hawaiian Chicken Sliders by Team Healthy

Prepared using your MultiPot as a slow cooker, these sweet and savory Hawaiian-inspired flavors make beautiful music together in this one-pot chicken dish.

PINEAPPLE SLAW

¼ cup apple cider vinegar
¼ cup canola oil
1 small pineapple, diced
½ head red cabbage, shredded
¼ cup chopped fresh cilantro
4 green onions, sliced

CHICKEN

1 cup brown sugar
½ cup chicken broth
½ cup soy sauce
½ cup honey
¼ cup pineapple juice
2 tablespoons minced garlic
2 tablespoons freshly grated ginger
1 teaspoon freshly ground black pepper
1½ pounds skinless, boneless chicken breast halves
2 tablespoons cornstarch
2 tablespoons water
1 package of 12 Hawaiian-style rolls

DIRECTIONS

1. Whisk **cider vinegar** and **oil** together in a large bowl. Add **pineapple, cabbage, green onions,** and **cilantro**; toss to coat. Cover bowl with plastic wrap and refrigerate for at least 1 hour.
2. Mix **brown sugar, chicken broth, soy sauce, honey, pineapple juice, garlic, ginger,** and **black pepper** together in the MultiPot steel pot.
3. Set MultiPot to **Slow Cook** on **High** to heat the liquid, stirring to dissolve **brown sugar** and **honey** completely; add **chicken breasts** and turn to coat.
4. Lock MultiPot lid in place, turn steam vent handle to **Venting**, and select **Slow Cook**. Cook on Low until **chicken** is fork-tender, 6 to 8 hours.
5. Remove **chicken breast** with a slotted spoon to a cutting board; shred with a pair of forks.
6. Whisk **cornstarch** into water to dissolve; pour into liquid and stir.

7. Set cooker to **Slow Cook** on **High**; simmer sauce, stirring occasionally, until thickened, 5 to 10 minutes.

8. Return **chicken** to pot and stir to coat.

9. Preheat your oven's broiler. Halve the loaf of **Hawaiian rolls** lengthwise without separating into individual rolls. Place the halves, cut-side up, onto a baking sheet

10. Toast **rolls** under the preheated broiler until golden brown, about 3 minutes.

11. Spoon **shredded chicken** onto the bottom half of rolls and top with slaw. Replace the top half of the rolls and cut into individual sliders to serve.



Spinach and Three Cheese Egg Muffins by Laurel Randolph

Tall or short half-pint jars work great for these cute mini-frittatas. Add a couple tablespoons of chopped tomatoes or cooked bacon if you feel so inclined. And who wouldn't feel inclined to add bacon?

INGREDIENTS

cooking spray
1 cup water
7 eggs, beaten
2 tablespoons heavy cream
salt and ground black pepper to taste
8 ounces chopped frozen spinach, thawed and squeezed of excess moisture
½ cup sharp Cheddar cheese, divided
¼ cup crumbled goat cheese
2 tablespoons grated Parmesan cheese

DIRECTIONS

1. Prepare four half-pint jars by spraying with **cooking spray**. Pour **water** into MultiPot steel pot and place rack over water.
2. Whisk **eggs**, **cream**, **salt**, and **black pepper** together in a bowl. Stir **spinach** into **eggs**. Add ¼ cup **Cheddar cheese**, **goat cheese**, and **Parmesan cheese**; stir.
3. Divide egg mixture equally between prepared jars. Set jars on rack in steel pot.
4. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Egg**. Cook on High Pressure for 5 minutes. Let pressure release naturally.
5. Remove jars from MultiPot and top each jar with remaining **Cheddar cheese**. Let sit until eggs set, about 5 minutes, before serving.



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Chocolate Brownies by Laura Pazzaglia of Hip Pressure Cooking

Brownies are only minutes away with this version of your favorite chocolate goodness. Mix things up by adding hazelnuts or pecans instead of walnuts.

INGREDIENTS

1½ cups water
2 large eggs
⅓ cup sugar
⅓ cup all-purpose flour
⅓ cup unsweetened cocoa powder
⅓ cup semisweet chocolate chips
⅓ cup chopped walnuts
¼ cup olive oil
1 tablespoon milk
½ teaspoon baking powder
pinch sea salt

DIRECTIONS

1. Pour water into MultiPot steel pot and place MultiPot rack in pot. Line MultiPot steamer basket with parchment paper.

2. Beat **eggs** and **sugar** together in a bowl. Add **flour, cocoa powder, chocolate chips, walnuts, olive oil, milk, baking powder**, and **sea salt**; stir until batter is combined. Pour batter into prepared steamer basket.

3. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Cake**. Cook on High Pressure for 20 minutes. Turn steam vent handle to **Venting** to quick-release pressure. Remove lid. Transfer steamer basket to a wire rack and let brownies sit for 10 minutes before serving.



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Strawberry Yogurt by Laurel Randolph

This homemade yogurt with fresh strawberry jam requires only 20 minutes of hands-on work. You can literally sleep through the rest, making the yogurt and jam overnight. If you prefer thick Greek-style yogurt, after the Yogurt cycle is complete, place yogurt in a strainer lined with cheesecloth for 30 to 60 minutes to drain excess whey.

INGREDIENTS

- 1 pound fresh strawberries, hulled and halved
- 1 cup sugar
- 3 tablespoons instant fruit pectin
- 1 tablespoon fresh lemon juice
- ½ gallon whole or 2% milk
- ¼ cup plain yogurt with active cultures

DIRECTIONS

Fresh Strawberry Jam

1. Mash **strawberries** in a large mixing bowl until they resemble chunky preserves. Add **sugar** and stir. Let sit for 30 minutes.
2. Stir **pectin** and **lemon juice** into **strawberries** until pectin is completely dissolved.
3. Transfer jam to a container with a lid and let sit at room temperature for 12 hours to 24 hours before transferring to refrigerator. Jam will keep in refrigerator for up to 2 weeks.

DIRECTIONS

Yogurt

1. Pour **milk** into pressure cooker pot, turn steam vent handle to **Sealing**, and select **Yogurt**. Press Yogurt until display reads "Boil". When the program is complete the screen will display "Yogt". Remove lid and check that milk temperature is at least 180°F (if lower than this, set pressure cooker to **Sauté** on Low until milk reaches temperature).
2. Remove steel pot to a wire rack and let cool to 112°F, about 30 minutes.
3. Stir **yogurt** and ½ cup of the warm **milk** together in a small bowl. Gently stir yogurt-milk mixture into remaining warm **milk** without scraping the bottom of the steel pot.
4. Return pot to MultiPot base, lock lid in place, turn steam vent handle to **Sealing**, and select **Yogurt**. Cook through Yogurt cycle, 8 hours.
5. Transfer **yogurt** to refrigerator until chilled, at least 2 hours.
6. Pour chilled **yogurt** into a large bowl, avoiding any stuck-on milk solids at the bottom of the pot. Add fresh **strawberry jam** and stir.



Steel-Cut Oats by Jennifer Mosinski

This breakfast staple is ready in minutes, thanks to your MultiPot! Top with brown sugar, fresh berries, or whatever your heart desires.

INGREDIENTS

1 teaspoon butter
1 cup steel cut oats
1½ cups water
¾ cup whole milk
pinch of salt

DIRECTIONS

1. Set MultiPot to **Sauté** on High. Melt **butter** until foaming; stir **oats** into butter and cook, stirring, until toasted and fragrant, about 30 seconds. Press **Cancel** to turn off **Sauté**.
2. Stir **water**, **milk**, and **salt** into pot.
3. Lock MultiPot lid in place, turn steam vent handle to **Sealing**, and select **Porridge**. Cook on High Pressure for 12 minutes. Turn steam vent handle to **Venting** to quick-release pressure.
4. Stir **oats** to incorporate remaining liquid.



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