MultiPot Recipes

8 Quart!

Mouthwatering recipes carefully crafted for MultiPot magic!

WITH RECIPES CONTRIBUTED BY

Jill Selkowitz of This Old Gal

Caroline Chambers • Jennifer Mosinski
Pressure cook, slow cook, sauté, simmer, bake, or steam – all at the touch of a button!
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 8 Quart 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 Jill Selkowitz of This Old Gal, Caroline Chambers, and Jennifer Mosinski for their recipe contributions.
Chicken Dinner with Potatoes & Carrots by Jennifer Mosinski

A hearty dinner awaits with this quick-and-easy 1-pot meal. Chicken is seasoned and cooked with potatoes and carrots to provide a comforting dinner that will warm you up on a cold night.

**Ingredients**

1 1/2 pounds boneless, skinless chicken breasts, cut in half
1 pound boneless, skinless chicken thighs
1/2 teaspoon paprika
salt and ground black pepper to taste
1 1/2 tablespoons canola oil
1 cup chicken stock
3/4 cup apple juice
1 yellow onion, cut into chunks
1 1/2 pounds fingerling potatoes
4 large carrots, cut into 1-inch chunks
minced parsley to garnish
sea salt to taste

**Directions**

1. Season **chicken breasts and thighs** with **paprika**, **salt**, and **ground black pepper**.

2. Heat **oil** in inner steel pot of MultiPot set to Sauté on **High**. Working in batches, sear **chicken** in hot **oil** until golden, about 4 minutes per side. Transfer chicken to a plate.

3. Pour **water**, **apple**, and **onion pieces** into pot, scraping any bits from the bottom of the pot with a spatula. Arrange **chicken** in a layer in the bottom of the pot. Place trivet over chicken.

4. Place **fingerling potatoes** and **carrot chunks** in steamer basket and place basket on trivet.

5. Lock MultiPot lid in place and set steam vent handle to Sealing. Select **Pressure Cook** and cook on **High Pressure** for 5 minutes. Let pressure release naturally for 10 minutes, then turn steam vent handle to Venting to quick-release remaining pressure.

6. Divide **chicken**, **potatoes**, and **carrots** between plates and top with **parsley** and **sea salt**.
Poached Lemon-Oregano Chicken & Rice by Caroline Chambers

Lemon and oregano pair beautifully in this 2-in-1 pressure cooker recipe. The chicken comes out flavorful and juicy, and the rice is perfectly fluffy. Throw everything together in a bowl with the toppings of your choice (Peaches in the summertime! Butternut squash in the winter!) and make Mediterranean chicken bowls!

**Ingredients**

1 cup chicken stock
3 lemons, zested and juiced
2 tablespoons extra-virgin olive oil
1 tablespoon dried oregano
1 teaspoon salt, plus more to taste
½ teaspoon freshly ground black pepper
pinch red pepper flakes, or to taste
4 boneless skinless chicken breasts (about 2 pounds)
2 cups white rice, rinsed until water runs clear
2 cups water
1 lemon, cut into wedges

Toppings
arugula, chopped parsley, cucumber slices, sliced cherry tomatoes, olives, hummus, Feta cheese

**Directions**

1. Whisk **chicken stock, lemon zest, lemon juice, olive oil, oregano, salt, black pepper,** and **red pepper flakes** together in inner steel pot of MultiPot. Place **chicken breasts** in pot and turn to coat. Arrange breasts evenly across bottom of pot, making sure not to overlap.

2. Combine **rice** and **water** in a small oven-proof bowl.

3. Place trivet over **chicken**, ensuring that the trivet legs hit the bottom of the pot, not the chicken, and place bowl of rice on top of trivet.

4. Lock pressure cooker lid in place and turn steam vent handle to **Sealing**. Select **Pressure Cook** and cook for 6 minutes on **High** pressure. Allow pressure to release naturally for 10 minutes, then turn steam vent handle to **Venting** to quick-release remaining pressure. Press **Cancel**.

5. Remove bowl with **chicken** and trivet from pot; fluff rice with a fork.

6. Transfer **chicken breasts** to a cutting board and slice or chop.

7. Divide **rice** and **chicken** between four bowls and top with desired toppings. Garnish each bowl with a **lemon wedge**.
Orange Chicken with Rice  

by Caroline Chambers

Who needs takeout when you've got this easy recipe for at-home orange chicken and rice? The entire dish is ready in about 15 minutes, and yields tender, succulent bites of chicken with a thick, sticky orange sauce.

**Ingredients**

1 cup orange juice  
¼ cup soy sauce  
2 tablespoons brown sugar  
2 tablespoons rice wine vinegar  
1 tablespoon sesame oil  
½ teaspoon red pepper flakes  
3 garlic cloves, grated  
1 (1 inch) piece ginger, peeled and grated  
4 pounds boneless, skinless chicken thighs  
2 cups white rice, rinsed until water runs clear  
2 cups plus 2 teaspoons cold water  
2 teaspoons cornstarch  
sesame seeds, for garnish

**Directions**

1. Add orange juice, soy sauce, brown sugar, rice wine vinegar, sesame oil, red pepper flakes, garlic, and grated ginger to inner steel pot of MultiPot and stir. Add chicken and turn to coat. Arrange chicken in an even layer on bottom of pot. Place trivet over chicken, ensuring that the trivet legs hit the bottom of the pot, not the chicken.

2. Stir rice and 2 cups water together in a small, oven-proof bowl. Place bowl on top of trivet.

3. Lock MultiPot lid in place and set steam vent handle to Sealing. Select Pressure Cook and cook on High Pressure for 4 minutes. Let pressure release naturally for 10 minutes, then turn steam vent handle to Venting to quick-release remaining pressure.

4. Remove bowl and trivet from MultiPot inner pot and fluff rice with a fork. Set rice bowl aside.

5. Whisk remaining 2 teaspoons water and cornstarch together in a small bowl until smooth.

6. Select Sauté on High and bring orange chicken to a simmer. Add cornstarch mixture, stirring constantly, and cook until sauce thickens, 2 to 3 minutes.

7. Divide rice between bowls and ladle chicken over the top. Garnish with sesame seeds.
**Mississippi Pot Roast**

by Caroline Chambers

Mississippi Pot Roast is a slow cooker and pressure cooker favorite, and we understand why. It yields the most tender, succulent pot roast, and the pepperoncini and seasonings yield the most unique flavor. Mississippi Pot Roast is typically made with a Ranch seasoning packet, but we substituted that for our own homemade, chemical-free spice blend.

**INGREDIENTS**

1 (4 pound) chuck roast  
salt and ground black pepper  
1 tablespoon neutral cooking oil  
2 cups beef broth  
1 cup pepperoncini juice  
15 pepperoncini peppers  
1 tablespoon onion powder  
1 tablespoon garlic powder  
1 teaspoon dried thyme  
1 teaspoon dried parsley  
½ cup unsalted butter, cut into small pieces

**DIRECTIONS**

1. Generously season **chuck roast** with **salt** and **ground black pepper**.

2. Heat oil in inner steel pot of MultiPot set to **Sauté** on **High**. Sear **roast** in hot oil until golden brown on all sides, 2 to 3 minutes per side.

3. Pour **beef broth**, **pepperoncini juice**, and **pepperoncinis** into pot. Stir **onion powder**, **garlic powder**, **thyme**, and **parsley** into broth. Scatter **butter** pieces over top of roast.

4. Lock MultiPot lid in place and turn steam vent handle to **Sealing**. Select **Pressure Cook** and cook on **High Pressure** for 120 minutes. Let pressure release naturally.

5. Shred **beef** using two forks. Serve immediately.

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BBQ Pork Ribs by Jill Selkowitz of This Old Gal

Nothing like the taste of melt-in-your-mouth ribs slathered in your favorite barbeque sauce. Thanks to the wonders of pressure cooking you can have tender, delicious ribs in under an hour. A quick stint under the broiler caramelizes that barbeque sauce to perfection and you’re ready to eat.

INGREDIENTS

1 onion, roughly chopped
1 cup apple juice
½ cup water
1 teaspoon liquid smoke
1 (2 to 3 pound) rack pork spare ribs, cut in half or thirds to fit in pot
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
1 cup barbeque sauce

DIRECTIONS

1. Place onion, apple juice, water, and liquid smoke in inner steel pot of MultiPot.

2. Season ribs with kosher salt and pepper. Place ribs in pot.

3. Lock MultiPot lid in place and set steam vent handle to Sealing. Select Pressure Cook and cook on High Pressure for 20 minutes. Let pressure release naturally for 15 minutes, then turn steam vent handle to Venting to quick-release remaining pressure.

4. Preheat your oven’s broiler. Line a baking sheet with aluminum foil.

5. Transfer rib racks to prepared baking sheet and brush with barbeque sauce.

6. Place under preheated broiler until sauce caramelizes, 3 to 5 minutes. Serve immediately.

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**Mongolian Beef** by Jill Selkowitz of This Old Gal

Mongolian beef, a favorite in many Chinese restaurants, is quick and easy to make at home using your pressure cooker. Best of all, it's a one-pot dish! Serve over rice with steamed broccoli and you'll have a hit that adults and kids can both love!

**INGREDIENTS**

- ½ cup hoisin sauce
- ½ cup water
- ¼ cup soy sauce
- 1 tablespoon brown sugar
- 1 teaspoon dried chili/red pepper flakes
- 5 garlic cloves, grated
- 1-inch piece fresh ginger, grated
- 2 pounds flank steak, cut into ¼-inch thick strips
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1 teaspoon toasted sesame oil

**DIRECTIONS**

1. Stir **hoisin sauce, water, soy sauce, brown sugar, chili flakes, garlic, and ginger** together in MultiPot inner steel pot. Add **steak strips** and stir to coat.

2. Lock MultiPot lid in place and set steam vent handle to **Sealing**. Select **Pressure Cook** and cook on **High Pressure** for 7 minutes. Let pressure release naturally. Press **Cancel**, remove lid, and select **Sauté on Normal**.

3. Whisk **cornstarch** and **cold water** together in a small bowl; pour into **beef mixture** while stirring to avoid lumps. Continue cooking until sauce thickens 2 to 4 minutes, then stir **sesame oil** into beef. Serve immediately.

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Carnitas and Beans (Taco Party!) by Caroline Chambers

This 2-in-1 recipe cooks juicy, flavorful carnitas and garlic-lime black beans all at the same time in the MultiPot. All you need are tortillas, some sour cream, a few slices of avocado, and dinner is served! If you like your carnitas crispy, throw an even layer into a very hot skillet to crisp up before serving.

**INGREDIENTS**

**Pork**
- 1 (3½ to 4 pound) pork butt, cut into 2-inch cubes
- salt and ground black pepper to taste
- 2 tablespoons neutral cooking oil
- ½ cup chicken stock
- ½ cup fresh orange juice
- 2 limes, juiced
- 4 garlic cloves, smashed
- 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin

**Black Beans**
- 2 cups dry black beans, soaked overnight
- water as needed
- 1 lime, juiced
- 1 garlic clove, smashed
- 1 bay leaf
- salt and ground black pepper to taste

**DIRECTIONS**

1. Generously season pork with salt and ground black pepper.

2. Heat oil in inner steel pot of MultiPot set to Sauté on High. Working in batches, sear pork until brown and crispy on all sides, about 1 minute per side. Transfer seared pork to a plate. Select Cancel.

3. Stir chicken stock, orange juice, juice of 2 limes, 4 smashed garlic cloves, 2 bay leaves, oregano, and ground cumin together in inner pot of MultiPot. Use a wooden spoon or spatula to scrape up any bits stuck to the bottom of the pot.

4. Return pork to pot and distribute evenly in base of pot. Place trivet over pork.

5. Pour beans into a small heatproof bowl and cover with an inch of water. Stir juice of 1 lime, 1 clove smashed garlic, 1 bay leaf, salt, and ground black pepper to taste into beans. Place bowl on top of the trivet.

6. Lock MultiPot lid in place and set steam vent handle to Sealing. Select Pressure Cook and cook on High Pressure for 30 minutes. Let pressure release naturally for 15 minutes, then turn steam vent handle to Venting to quick-release remaining pressure. Remove the bowl of beans and set aside.

7. Shred carnitas with two forks and serve in tortillas or over rice with guacamole, the black beans, and your favorite sauces!
Easiest Mac and Cheese  

by Caroline Chambers

The recipe title says it all - this is truly the easiest mac and cheese recipe you will ever make. In fact, it might be easier than making boxed mac and cheese, it's that easy. Keep it simple or add a shake of garlic powder and Italian seasoning. I like to finish mine off with a bit of grated Parmesan for a salty kick.

**INGREDIENTS**

1 pound large shell pasta
4 cups water
2 tablespoons unsalted butter
1 teaspoon salt
2½ cups shredded Cheddar cheese (or cheese of choice)
¾ cup whole milk

**DIRECTIONS**

1. Stir **shell pasta, water, butter, and salt** together in inner steel pot of MultiPot.

2. Lock MultiPot lid in place and set steam vent handle to **Sealing**. Select **Pressure Cook** and cook on **High Pressure** for 4 minutes. Turn steam vent handle to **Venting** to quick-release pressure.

3. Stir **cheese and milk into pasta** until cheese is completely melted. Season with any optional seasonings, if desired. Ladle into bowls and serve immediately.

**Toppings**
garlic powder, cayenne pepper, mustard powder, ground black pepper, hot sauce, Italian seasoning, grated Parmesan cheese

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Mushroom Risotto by Jill Selkowitz of This Old Gal

Risotto is a breeze in a pressure cooker -- all the flavor and in just a fraction of the time it takes to make stovetop risotto. Cremini mushrooms and Parmesan cheese give this risotto plenty of flavor to this filling dish.

INGREDIENTS

1 tablespoon unsalted butter
1 tablespoon olive oil
1 ½ cups Arborio rice
3 large shallots, finely chopped
1 teaspoon fennel seeds (crushed)
½ cup dry white wine
8 ounces fresh cremini mushrooms, sliced
½ teaspoon salt
3 ½ cups chicken stock
1 cup grated Parmesan cheese
2 tablespoons finely chopped parsley

DIRECTIONS

1. Melt butter and olive oil together in inner steel pot of MultiPot set to Sauté on High. Sauté rice, shallots, and fennel seeds in hot oil and butter until shallot softens, 3 to 5 minutes.

2. Pour white wine into pot and stir until wine has mostly evaporated, about 1 minute. Add in chicken stock, mushrooms, and salt.

3. Lock MultiPot lid in place and set steam vent handle to Sealing. Select Pressure Cook and cook on High Pressure for 4 minutes. Turn steam vent handle to Venting to quick-release pressure.

4. Stir risotto until desired creaminess is reached. If you want to loosen the consistency, add a splash of water or chicken stock.

5. Stir Parmesan cheese and parsley into risotto until cheese is melted and incorporated. Serve immediately.
Vegan Quinoa Burrito Bowls  by Caroline Chambers

Vegans and non-vegans alike will leap for joy at this easy, flavorful recipe. It's the ultimate meal-prep recipe; it makes a huge batch and it's an inexpensive recipe to feed lots of hungry mouths.

INGREDIENTS

2½ cups water
2 cups quinoa, rinsed
1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can kidney beans, drained and rinsed
1 small yellow onion, diced
1 red bell pepper, diced
1 green bell pepper, diced
1 teaspoon ground cumin
1 teaspoon chili powder
¾ teaspoon salt
2 cups salsa

Toppings
salsa, shredded lettuce, avocado, cheese, sour cream, pickled jalapeños, red onions, green onions, cilantro

DIRECTIONS

1. Stir water, quinoa, black beans, kidney beans, onion, red bell pepper, green bell pepper, cumin, chili powder, and salt together in inner steel pot of MultiPot. Pour salsa over top (do not stir!).

2. Lock MultiPot lid in place and set steam vent handle to Sealing. Select Pressure Cook and cook on High Pressure for 10 minutes. Let pressure release naturally.

3. Fluff quinoa with a fork. Divide quinoa between bowls, add desired toppings, and serve.
Egg Roll in a Bowl by Jill Selkowitz of This Old Gal

Skip the deep-fry and get right to the good stuff with this healthier alternative to traditional egg rolls. Pork, shrimp, cabbage, scallions, and a killer blend of spices and sauce make this quick and easy recipe a hit with anyone who loves egg rolls. Enjoy with rice and a little sweet and sour sauce for the full taste experience.

**Ingredients**

- 2 tablespoons olive oil
- 1 pound ground pork
- 1 (1 inch) piece fresh ginger, grated
- 4 garlic cloves, grated
- 2 green onions, thinly sliced
- 1 celery stalk, chopped
- 1 (8 ounce) can water chestnuts, drained
- 3 pounds coleslaw mix
- ½ cup black soy sauce, divided
- 5 tablespoons low-sodium soy sauce, divided
- ¼ teaspoon Chinese Five Spice
- freshly ground black pepper to taste
- 2 pounds raw shrimp (21-25), chopped

**Directions**

1. Heat olive oil in MultiPot set to Sauté on High. Sauté pork, ginger, and garlic in hot oil until pork is browned, 3 to 5 minutes. Add green onions, celery, and water chestnuts; sauté until celery is softened, 1 to 3 minutes more.

2. Stir coleslaw mix, ¼ cup black soy sauce, 3 tablespoons soy sauce, Chinese Five Spice, and black into pork mixture.

3. Lock MultiPot lid in place and turn steam vent handle to Sealing. Select Pressure Cook and cook on High Pressure for 1 minute. Turn steam vent handle to Venting to quick-release pressure. Drain excess liquid from pot.

4. Select Sauté on Normal and stir shrimp, remaining ¼ cup black soy sauce, and remaining 2 tablespoons soy sauce into pork mixture. Cook, stirring, until shrimp are cooked through, 1 to 2 minutes. Serve immediately.
Beef and Bean Chili  
by Caroline Chambers

There's no better way to feed a crowd than with a huge, simmering pot of chili. Make it ahead of time, then reheat it using your MultiPot's Keep Warm function when it's time to feed the masses. Set out bowls of all the different toppings and let your guests make their own bowls with their favorite toppings. Don't forget the cornbread or tortilla chips!

**INGREDIENTS**

- 1 pound dry black beans, rinsed, stones removed
- cold water as needed
- 1 tablespoon olive oil
- 2 small yellow onions, finely chopped
- 2½ pounds ground beef
- 1 small jalapeño with seeds, minced
- 6 garlic cloves, minced
- ¼ cup chili powder
- 2 tablespoons ground cumin
- 2 teaspoons kosher salt
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- 2½ cups beef broth
- 1 (6 ounce) can tomato paste

**Toppings**
- sour cream, shredded cheese, chopped green onions, chopped cilantro, minced jalapeño

**DIRECTIONS**

1. Rinse **beans** and remove any stones. Pour beans into inner steel pot of MultiPot and cover with **cold water** by 1 inch.

2. Lock MultiPot lid in place and set steam vent handle to **Sealing**. Select **Pressure Cook** and cook on **High Pressure** for 1 minute. Turn steam vent handle to **Venting** to quick-release pressure.


4. Heat **olive oil** in MultiPot set to **Sauté on High**. Sauté **onion** in hot oil until translucent, 4 to 6 minutes. Add **ground beef**, **jalapeño**, and **minced garlic**; sauté until beef is cooked through, about 5 minutes more.

5. Stir **chili powder**, **cumin**, **paprika**, **kosher salt**, **oregano**, **garlic powder**, and **cayenne pepper** into beef; continue cooking until fragrant, about 1 minute.

6. Stir **black beans**, **beef broth**, and **tomato paste** into pot.

7. Lock MultiPot lid in place and set steam vent handle to **Sealing**. Select **Pressure Cook** and cook on **High Pressure** for 20 minutes. Let pressure release naturally. Press **Cancel**.

8. Remove lid, select **Sauté**, and cook, stirring, until desired consistency is reached. Ladle chili into bowls and serve with toppings of your choice.
Grits and Grillades  by Jennifer Mosinski

A staple in New Orleans kitchens, grits and grillades combines creamy grits with top round steak cooked in a rich tomato gravy. Add some Gruyère cheese and you’ve got yourself a filling, stick-to-your-ribs meal that will have you wondering where this has been all your life.

INGREDIENTS

3 cups water
⅔ cup stone ground grits
1 teaspoon butter
⅔ cup flour, divided
2 tablespoons Cajun seasoning, divided
2 pounds top round steak, pounded ¼-inch flat and cut into 3-inch pieces
2 tablespoons cooking oil, plus more as needed
1 large yellow onion, small dice
1 green bell pepper, small dice
2 celery ribs, small dice
3 garlic cloves, minced
1 tablespoon butter
1 (28 ounce) can diced tomatoes
1½ cups chicken stock
1 tablespoon Louisiana hot sauce (such as Crystal), or more to taste
splash red wine vinegar
1 bay leaf
1 cup shredded Gruyère cheese
salt and ground black pepper to taste
minced flat-leaf (Italian) parsley to garnish

DIRECTIONS

1. Combine water, grits, and 1 teaspoon butter in an oven-proof bowl or pan that will fit into inner pot of MultiPot. Set aside.

2. Whisk ½ cup flour and 1 tablespoon Cajun seasoning together in a shallow bowl.

3. Dredge steak pieces in flour mixture to coat completely, shaking off any excess flour.

4. Heat oil in inner steel pot of MultiPot set to Sauté on High. Working in batches, sear steak slices in hot oil until browned on each side, 2 to 3 minutes per side. Transfer steak to a plate.

5. Sauté onion, green pepper, and celery in hot oil (adding more oil if necessary) until onion is softened and translucent, 5 to 7 minutes. Add garlic and sauté until fragrant, about 30 seconds.

6. Stir 1 tablespoon butter and remaining ¼ cup flour into vegetables; stir until flour is incorporated.

7. Pour diced tomatoes with juices and chicken stock into pot and stir to combine. Add hot sauce, red wine vinegar, remaining 1 tablespoon Cajun seasoning, and bay leaf into tomato mixture. Transfer beef and any accumulated juices back to pot; stir to combine.
8. Place trivet over steak mixture. Place bowl with grits on trivet.

9. Lock MultiPot lid in place and set steam vent handle to Sealing. Select Pressure Cook and cook on High Pressure for 40 minutes. Let pressure release naturally for 10 minutes, then turn steam vent handle to Venting to quick-release remaining pressure.

10. Remove grits bowl from pot and stir grits until desired creaminess is reached. Stir Gruyére cheese into grits and season with salt and ground black pepper to taste.

11. Select Sauté on High and remove trivet from pot. Bring tomato mixture to a boil and simmer until liquid reduces and thickens, about 5 minutes. Season grillades with salt and ground black pepper to taste.

12. Ladle grits into bowl and top with grillades. Garnish with parsley and serve.
Broccoli Cheddar Soup  🍓 by Caroline Chambers

This recipe makes a large batch of one of America's favorite soups. It's creamy, cheesy, and perfect for a simple dinner party. Soup might not seem the obvious choice for a dinner party, but make a big batch of crunchy sourdough croutons and serve them alongside the soup for a decadent meal that will allow you to actually spend time with your guests.

**INGREDIENTS**

1 tablespoon unsalted butter
1 small yellow onion, diced
4 cups small broccoli florets
2 celery stalks, diced
3 cups vegetable stock
2 cups shredded carrots (from 2 or 3 carrots)
2 celery stalks, diced
¼ cup all-purpose flour
2 cups whole milk
8 ounces shredded Cheddar cheese

**Cheese & Milk Mixture**

2 tablespoons cornstarch (optional)
2 tablespoons cold water (optional)

**DIRECTIONS**

1. Melt 1 tablespoon **butter** in inner pot of MultiPot set to Sauté on High. Sauté onion in hot butter until onion is softened, about 3 minutes. Press **Cancel**.

2. Stir **broccoli**, **vegetable stock**, **carrots**, and **celery** into onion.

3. Lock MultiPot lid in place and set steam vent handle to **Sealing**. Select **Pressure Cook** and cook on **High Pressure** for 1 minute. Let pressure to release naturally for 5 minutes, then turn steam vent handle to **Venting** to quick-release remaining pressure.

4. While the soup is cooking, melt remaining ¼ cup **butter** in a saucepan over medium heat. Whisk **flour** into butter to form a thick paste. Increase heat to medium-high. Slowly pour **milk** into butter-flour mixture, whisking constantly, until smooth. Cook, whisking constantly, until milk thickens.

5. Add **cheese** to milk mixture and stir until melted.

6. Stir **cheese** mixture into vegetable mixture in inner pot of MultiPot.

7. To thicken soup (optional), whisk **cornstarch** and **cold water** together in a small bowl until smooth.

8. Select **Sauté** on **High**. Pour cornstarch mixture into soup in a steady stream, whisking constantly, until soup thickens to desired consistency. Ladle soup into bowls and serve immediately.
Chocolate Nutella Lava Cakes by Jennifer Mosinski

Chocolate Nutella lava cakes and all their melty, chocolatey goodness are a snap to make in your pressure cooker. Simply pour the batter into ramekins or mason jars and cook for a few minutes. You'll have an amazing dessert in mere minutes and your dinner guests will be thanking you and asking for the recipe!

**Ingredients**

- cooking spray
- 1½ cups water
- 8 ounces dark or semisweet chocolate, broken into pieces
- ½ cup butter
- ½ cup granulated sugar
- 3 eggs
- ¼ cup Nutella chocolate hazelnut spread
- ¼ cup flour
- 1 teaspoon vanilla extract

**Toppings**

blueberries, strawberries, ice cream, whipped cream, confectioners sugar

**Directions**

1. Spray four ramekins with cooking spray. Pour water into inner steel pot of MultiPot and place trivet in pot.

2. Melt chocolate and butter together in the top of a double boiler (or in a microwave-safe bowl in 10-second intervals in the microwave), stirring often, until completely melted and blended, 3 to 5 minutes.

3. Whisk sugar, eggs, Nutella, flour, and vanilla extract together in a bowl until smooth. Add chocolate to egg mixture and whisk until batter is smooth.

4. Divide batter between prepared ramekins. Place ramekins onto trivet in MultiPot.

5. Lock MultiPot lid in place and set steam vent handle to Sealing. Select Cake and cook on High Pressure for 9 minutes. Turn steam vent handle to Venting to quick-release pressure.

6. Carefully invert ramekins onto plates to release cakes. Dust with confectioners sugar and top with berries or cream. Or both!
Oreo Cheesecake by Caroline Chambers

Making cheesecake in a pressure cooker yields near perfect results every single time, and without all the fuss of a water bath and perfect cooking temperatures. This oreo cheesecake is a rather decadent spin on traditional cheesecake, and the results are well worth the extra effort of scraping the oreo filling out of 30 oreo cookies. We knew you were going to scrape out the filling to make one giant cookie for yourself, anyways.

**INGREDIENTS**

1 tablespoon butter, or as needed, softened  
30 oreo cookies, cream filling removed and discarded  
¼ cup unsalted butter, melted  
1½ pounds cream cheese, room temperature  
⅜ cup granulated sugar  
1 teaspoon vanilla extract  
pinch salt  
3 large eggs  
2 cups water  
fudge sauce (optional)

**DIRECTIONS**

1. Line the base of a 7-inch cheesecake or springform pan with a parchment paper round. Grease inside of pan and parchment round with 1 tablespoon butter.

2. Pulse cookies in a food processor until cookie crumbs have a sandy texture. Measure ¾ cup crumbs and set aside; leave remaining crumbs in food processor.

3. Pour ¼ cup melted butter into food processor and pulse until combined, 5 to 10 pulses.

4. Press crumb mixture firmly into base and 2 inches up the sides of prepared cheesecake pan.

5. Blend cream cheese, sugar, vanilla, and salt together in food processor until smooth. Add eggs one at a time, blending until just-combined. Add half of the reserved cookie crumbs with last egg.

6. Pour filling into cheesecake pan. Cover pan tightly with aluminum foil.

7. Pour water into inner steel pot of MultiPot and place trivet in pot. Lower cheesecake pan onto trivet.

8. Lock MultiPot lid in place and set steam vent handle to Sealing. Select Pressure Cook and cook on High Pressure for 45 minutes. Let pressure release naturally.
9. Transfer cheesecake to a wire rack to cool to room temperature, about 1 hour. When cheesecake is at room temperature, transfer to refrigerator to chill completely, at least 8 hours or up to overnight. Before serving run a knife along sides of cheesecake or springform pan, then push up or release the sides of the pan to release cheesecake.

10. Drizzle chilled cake with fudge sauce (if desired) and top with remaining oreo crumbs.
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