Mouthwatering recipes carefully crafted for MultiPot magic!

WITH RECIPES CONTRIBUTED BY
Laura Pazzaglia of *Hip Pressure Cooking*
Laurel Randolph • 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 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 "rotisserie" chicken in half the time!

**Ingredients**

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

- 1 1/2 pounds boneless, skinless chicken thighs, cut into 1-inch cubes
- 1 1/4 teaspoons salt, divided
- 1/4 teaspoon ground black pepper
- 1 tablespoon unsalted butter
- 1/2 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
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/4 teaspoon cardamom
- 1/2 teaspoon cayenne pepper
- 1 (14 ounce) can diced tomatoes
- 1/2 cup heavy cream
- 1 tablespoon cornstarch
- 1 lemon, juiced
- 1/4 cup chopped cilantro leaves

**Directions**

1. Season chicken with 1/2 teaspoon salt and 1/4 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 1/2 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

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**

1. Season beef all over with 1 teaspoon salt and ½ teaspoon black pepper.

2. 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.

3. 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.

4. 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.

5. 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**

1. Season beef generously all over with salt and black pepper.

2. 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.

3. 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.

4. Return beef to the pot; add thyme and rosemary.

5. 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.

6. Add potatoes, carrots, and bay leaf to the pot.

7. 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.

8. 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**


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 Mealthy

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
½ cup unsalted butter
salt and ground black pepper to taste
2 tablespoons chopped fresh chives, or 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 Mealthy

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**

- 1/4 cup apple cider vinegar
- 1/4 cup canola oil
- 1 small pineapple, diced
- 1/2 head red cabbage, shredded
- 1/4 cup chopped fresh cilantro
- 4 green onions, sliced

**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.

**CHICKEN**

- 1 cup brown sugar
- 1/2 cup chicken broth
- 1/2 cup soy sauce
- 1/2 cup honey
- 1/4 cup pineapple juice
- 2 tablespoons minced garlic
- 2 tablespoons freshly grated ginger
- 1 teaspoon freshly ground black pepper
- 1 1/2 pounds skinless, boneless chicken breast halves
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1 package of 12 Hawaiian-style rolls
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
1/3 cup sugar
1/3 cup all-purpose flour
1/3 cup unsweetened cocoa powder
1/3 cup semisweet chocolate chips
1/2 cup chopped walnuts
1/4 cup olive oil
1 tablespoon milk
1/2 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.


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**

**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 "Yogurt". 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.

**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.
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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