Fall-Winter 2020 | Apple Berry Pulled Pork Sandwiches
Getting to Know Your Multi-Cooker

If you’re new to using a multi-cooker, we recommend you familiarize yourself with your manufacturer’s booklet.

“multi-cooker” is the generic term for an Instant Pot® or similar electric pressure cooker. We tested these recipes in a 6-quart Ninja® Foodie® Multi-Cooker, but the experience should be the same for Instant Pot® or any major brand of multi-cooker.

For the recipes in this booklet, your multi-cooker will need two functions: high-pressure and sear or sauté.

We’ve calculated 15 minutes “getting up to pressure” time into the total time of the recipes in this booklet; this may vary.

Make sure to lock the lid and seal your steam release valve before starting the Pressure Cooker setting.

If you forget to rotate the steam release valve into the sealed position, don’t worry. As soon as you can, rotate to lock and continue with the pressure cooking. At this point, it should come up to pressure pretty quickly.

If it’s been an extended amount of time, carefully open your multi-cooker and add some more liquid, if needed.

Releasing pressure

Natural Release: when pressure cooking timer goes off, do nothing; your multi-cooker will go into a “keep warm” or holding cycle. This means the cooking has stopped and as the cooker starts to cool down, the pressure inside the pot is coming down or a “natural release”.

Quick Release: when pressure cooking timer goes off, carefully rotate the steam release valve to the open release steam.

We encourage you to set a timer, as some built-in multi-cooker timers are difficult to hear.

Don’t over-fill your multi-cooker; 2/3 max capacity.

Rate and review the recipes to help others plan their next delicious Tastefully Simple meal!

Grocery List

Produce
- 1 (8 ounce) package sliced fresh button mushrooms
- 1 red bell pepper
- 1 pound baby carrots
- 8 medium celery ribs
- 6 medium Russet potatoes
- 2 pounds golden fleshed potatoes
- Optional: chives (toppings for Bacon Pepper Meatloaf with ‘Baked’ Potatoes)

Meat/Seafood
- 1 pound lean ground beef
- 1 pound ground pork
- 3 pounds bone-in beef short ribs (2-3 inches thick – English style) or 2 pounds boneless country-style beef ribs
- 1½ pounds beef for stew meat
- 3 pounds boneless skinless chicken breasts

Refrigerated/Dairy
- 4 ounces grated Parmesan cheese (1 cup)
- 2 large eggs
- 1 (8 ounce) package cream cheese
- 1½ cups heavy whipping cream
- 1 tablespoon butter
- Optional: butter, sour cream, shredded cheese (toppings for Bacon Pepper Meatloaf with ‘Baked’ Potatoes)

Frozen
- 2 (12 ounce) packages fresh or frozen broccoli florets
- ½ cup canned light coconut milk
- 4 cups reduced sodium beef broth
- 4 cups reduced sodium chicken broth
- 4 cups unsalted chicken broth or stock
- 1 (14.5 ounce) can no salt added diced tomatoes
- 1 (14.5 ounce) can diced tomatoes
- 1½ cups dried beans (white, cannellini, pinto or kidney)
- 1 (12 ounce) package extra-wide egg noodles
- ½ cup plain panko bread crumbs
- ¼ cup + 1½ tablespoons cornstarch
- 7 tablespoons vegetable oil
- Avocado or olive oil cooking spray
- Salt and pepper
- Optional: prepared noodles or rice (for Warm the Oven Chicken)

Tastefully Simple Items
- Bacon Pepper Jam
- Bayou Bourbon™ Glaze
- Mama Mia™ Marinara Sauce Mix
- Onion Onion™ Seasoning
- Seasoned Pepper
- Warm the Oven! Dip Mix
2 tablespoons vegetable oil
3 pounds bone-in beef short ribs (2-3 inches thick – English style)
or 2 pounds boneless country-style beef ribs
2 teaspoons Seasoned Pepper
1 cup chopped baby carrots
1 cup sliced celery
1 tablespoon Onion Onion™ Seasoning
1 ½ cups reduced sodium beef broth
½ cup Bayou Bourbon™ Glaze, divided
¾ cup Bayou Bourbon™ Glaze, divided
¼ cup cornstarch

1. In 6-quart or larger multi-cooker set to Sear/Sauté and HIGH, heat oil. Season ribs with Seasoned Pepper and add to multi-cooker. Sear on all sides. Remove from pot.
2. Reduce heat to MED/HIGH. Add carrots, celery and Onion Onion Seasoning to pot and sauté 3-4 minutes. Stir in broth and ½ cup Bayou Bourbon Glaze. Add ribs back into pot. Set multi-cooker to Pressure Cooker on HIGH for 30 minutes.
3. When ribs are done, do a quick pressure release. Remove ribs from pot. In small bowl, whisk together remaining ¼ cup Bayou Bourbon Glaze, cornstarch and water. Whisk into juices in pot.
4. Serve ribs topped with sauce.

Serve with Onion Onion Mashed Potatoes (recipe on page 5).

**Slow Cooker Option**: Following directions above, sear beef and sauté vegetables in a skillet. Assemble in a 5-quart or larger slow cooker. Cook on LOW 6-8 hours.

**Make Ahead & Freeze**: Season ribs with Seasoned Pepper and place in a gallon freezer bag. Place carrots, celery and Onion Onion Seasoning in a quart freezer bag. Place both bags in a gallon freezer bag. Seal well, label and freeze. Thaw completely and continue with step 1.
Peppery Beef & Noodles

Active Time: 15 minutes
Total Time: 1 hour
Makes 6 servings

NUTRITION
PER SERVING:
- Calories: 600
- Total Fat: 30g
- Sat. Fat: 17g
- Cholest: 200mg
- Sodium: 370mg
- Carbs: 47g
- Fiber: 2g
- Sugar: 2g
- Protein: 35g

1½ pounds beef for stew meat
2 tablespoons Seasoned Pepper
1 tablespoon vegetable oil
1 (8 ounce) package sliced fresh button mushrooms
1 tablespoon Onion Onion™ Seasoning
2½ cups reduced sodium beef broth
1½ cups heavy whipping cream
1 (12 ounce) package extra-wide egg noodles

1. In a gallon freezer bag, combine beef and Seasoned Pepper. Toss to coat and pressing pepper into beef pieces.

2. In 6-quart or larger multi-cooker set to Sear/Sauté and HIGH, heat oil. Add beef to pot. Sear until browned on all sides.

3. Reduce heat to MED/HIGH. Add mushrooms and Onion Onion Seasoning to pot and sauté 3-4 minutes. Stir in broth. Set multi-cooker to Pressure Cooker on HIGH for 25 minutes.

4. When beef is done, do a quick pressure release. Set multi-cooker to Sear/Sauté and HIGH. Stir in cream and noodles; bring to a boil. Reduce heat to MEDIUM and simmer until noodles are tender and sauce is thickened to desired consistency, about 6-8 minutes, stirring occasionally.

Serve with Sautéed Pepper Broccoli (recipe on page 7).

Slow Cooker Option: Following directions above, sear beef and sauté vegetables in a skillet. Assemble in a 4-quart or larger slow cooker. Cook on LOW 6-8 hours. Turn to HIGH, add cream and noodles. Cook 20-30 minutes.


Sautéed Pepper Broccoli

Active Time: 10 minutes
Total Time: 10 minutes
Makes 6 servings

NUTRITION
PER SERVING:
- Calories: 70
- Total Fat: 4.5g
- Sat. Fat: 1.5g
- Cholest: <5mg
- Sodium: 45mg
- Carbs: 6g
- Fiber: 2g
- Sugar: 0g
- Protein: 3g

1 tablespoon vegetable oil
1 tablespoon butter
2 (12 ounce) packages fresh or frozen broccoli florets
2 teaspoons Seasoned Pepper
2 tablespoons water

1. In large skillet, heat oil and butter over medium heat.

2. Add broccoli and Seasoned Pepper. Toss to coat. Cook, stirring occasionally, 3-4 minutes.

3. Add 2 tablespoons water. Continue cooking until tender-crisp and lightly browned, about 3-4 minutes.

Wine Pairing: Pinot Gris
1. In large bowl, combine first 6 ingredients, ½ cup Bacon Pepper Jam and 1½ teaspoons Seasoned Pepper. Mix until just combined, being sure not to over mix. Form into a greased 8-inch round cake pan.*

2. In a 6-quart or larger multi-cooker, add wire rack and 1½ cups of hot water. Place cake pan on rack. Top with second wire rack*.

3. Pierce potatoes in several places with fork. Lightly spray with cooking spray and sprinkle with remaining ½ teaspoon Seasoned Pepper. Place on second rack in pot. Set multi-cooker to Pressure Cooker on HIGH for 25 minutes.

4. When meatloaf and potatoes are done, allow a 10 minute natural release, then continue with a quick release. Remove potatoes and meatloaf; drain off grease from meatloaf. Spread remaining Bacon Pepper Jam over meatloaf and let stand 5 minutes before serving. Serve potatoes topped with desired toppings.

Serve with steamed veggies of choice.

Slow Cooker Option: Following directions above, line a 3-quart or larger slow cooker with aluminum foil. Prepare step 1, form loaf to fit your slow cooker. Place in slow cooker. Cook on LOW 6 hours. Prepare potatoes in microwave or oven (see Notes below).

Make Ahead & Freeze: Prepare step 1 and place in a gallon freezer bag. Place remaining Bacon Pepper Jam in a quart freezer bag and add to meatloaf bag. Seal well, label and freeze. Thaw completely and continue with step 1.

*Notes: If you don’t have an 8-inch cake pan or it doesn’t fit your multi-cooker, use 2 sheets of heavy duty aluminum foil to create a pan that will fit your multi-cooker. Also, if you don’t have a second rack or are slow cooking, potatoes can be microwaved on HIGH 5-6 minutes or baked at 375°F for 1 hour.

Wine Pairing: Red Blend

$3.90 per serving*

Tuscan Chicken & Bean Soup

Active Time: 15 minutes
Total Time: 1½ hours
Makes 6 servings

NUTRITION PER SERVING:
Calories: 410
Total Fat: 6g
Sat. Fat: 1g
Cholest: 85mg
Sodium: 590mg
Carbs: 43g
Fiber: 15g
Sugar: 9g
Protein: 42g

Wine Pairing: Pinot Grigio

Bacon Pepper Meatloaf with “Baked” Potatoes

Active Time: 15 minutes
Total Time: 1 hour
Makes 6 servings

NUTRITION PER SERVING:
Calories: 810
Total Fat: 34g
Sat. Fat: 14g
Cholest: 185mg
Sodium: 610mg
Carbs: 82g
Fiber: 4g
Sugar: 40g
Protein: 40g

Wine Pairing: Red Blend

$2.75 per serving*
Warm the Oven Chicken

Active Time: 15 minutes  
Total Time: 40 minutes  
Makes 6 servings

1 (8 ounce) package cream cheese, softened  
1 packet Warm the Oven! Dip Mix  
2 tablespoons vegetable oil  
1½ pounds boneless skinless chicken breasts, cut into 6 pieces  
2 teaspoons Seasoned Pepper  
1 (14.5 ounce) can diced tomatoes, undrained  
½ tablespoons cornstarch  
½ tablespoons water  
Prepared noodles or rice, optional  

1. In medium bowl, mix together cream cheese and Warm the Oven! Dip Mix until well combined. Set aside.  
2. In 6-quart or larger multi-cooker set to Sear/Sauté and HIGH, heat oil. Season chicken with Seasoned Pepper and add to multi-cooker. Sear chicken on both sides until lightly browned. Remove from pot; pause multi-cooker.  
3. Add tomatoes with juices to pot; stir in cheese mixture. Top with chicken. Set multi-cooker to Pressure Cooker on HIGH for 8-10 minutes. When chicken is done, do a quick pressure release.  
4. Remove chicken from the pot. In small bowl, whisk together cornstarch and water. Whisk into sauce in pot until thickened. Serve chicken and sauce over prepared noodles or rice, if desired.  

Serve with steamed vegetables of choice.  

Slow Cooker Option: Following directions above, sear chicken in skillet. Assemble in 3-quart or larger slow cooker. Cook on LOW 4-5 hours.  

Make Ahead & Freeze: Season chicken with Seasoned Pepper and place in a quart freezer bag. Combine cream cheese and Warm the Oven! Dip Mix and place in a quart freezer bag. Place both bags in a gallon freezer bag. Seal well, label and freeze. Thaw completely. Continue with step 1.

Wine Pairing: Chardonnay

Wine Pairing:

NUTRITION  
PER SERVING: (does not include noodles or rice)  
Calories: 340  
Total Fat: 21g  
Sat. Fat: 9g  
Cholest: 125mg  
Sodium: 360mg  
Carbs: 9g  
Fiber: <1g  
Sugar: 6g  
Protein: 29g

Refrigerated/Dairy

- 7 ounces grated Parmesan cheese  
- ½ cup milk  
- 1 large egg

Liquor

- ½ cup red wine or unsalted beef broth (for Beef Ragù)

Tastefully Simple Items

- Bacon Pepper Jam  
- Bayou Bourbon™ Glaze  
- Mama Mia™ Marinara Sauce Mix  
- Onion Onion™ Seasoning  
- Seasoned Pepper  
- Spiced Apple Berry Sauce  
- Warm the Oven! Dip Mix

Make Ahead & Freeze:

- Season chicken with Seasoned Pepper and place in a quart freezer bag. Combine cream cheese and Warm the Oven! Dip Mix and place in a quart freezer bag. Place both bags in a gallon freezer bag. Seal well, label and freeze. Thaw completely. Continue with step 1.
Apple Berry Pulled Pork Sandwiches

1 cup hot water
1 tablespoon Onion Onion™ Seasoning
1 (3 pound) boneless pork shoulder roast, cut into 4 sections
3 teaspoons Seasoned Pepper, divided
1 (14 ounce) package tri-color coleslaw mix (without dressing)
1 bottle Spiced Apple Berry Sauce, divided
¼ cup mayonnaise
6 brioche hamburger buns, toasted
1 (2.8 ounce) container French fried onions, toasted

1. In a 6-quart or larger multi-cooker, combine water and Onion Onion Seasoning. Season roast with 2 teaspoons Seasoned Pepper and place in pot.

2. Set multi-cooker to Pressure Cooker on HIGH for 40 minutes. In large bowl, combine coleslaw mix, mayonnaise, ¼ cup Spiced Apple Berry Sauce and remaining 1 teaspoon Seasoned Pepper. Toss to coat well. Refrigerate until ready to serve.

3. When pork is done, allow a 10 minute natural release, then continue with a quick release of pressure. Remove pork from cooker; drain off liquid.

4. Shred pork and add it back into multi-cooker. Stir in remaining Spiced Apple Berry Sauce. Set multi-cooker to Sauté on MEDIUM. Simmer, stirring occasionally, for 5-10 minutes.

5. Serve pork in toasted buns topped with coleslaw and toasted French fried onions.

Serve with Bayou Glazed Green Beans (recipe on page 13).

Slow Cooker Option: Prepare as directed above in a 6-quart or larger slow cooker. Cook on LOW 8-10 hours. Simmer step 4 for 30 minutes on LOW.


Bayou Glazed Green Beans

Active Time: 10 minutes
Total Time: 10 minutes
Makes 6 servings

1 tablespoon vegetable oil
1 pound fresh green beans, cleaned and trimmed
2 tablespoons water
1½ teaspoons Seasoned Pepper
¼ cup Bayou Bourbon™ Glaze

1. In large skillet, heat oil over medium heat.

2. Add green beans; sauté 2-3 minutes. Add water and Seasoned Pepper. Sauté until crisp-tender or desired doneness, about 2-3 minutes.

3. Add Bayou Bourbon Glaze and toss to coat; simmer until nicely glazed.

NUTRITION PER SERVING:
Calories: 80
Total Fat: 2.5g
Sat. Fat: 0g
Cholest: 0mg
Sodium: 110mg
Carbs: 15g
Fiber: 2g
Sugar: 12g
Protein: 1g

Wine Pairing: Pinot Noir

NUTRITION PER SERVING:
Calories: 790
Total Fat: 26g
Sat. Fat: 8g
Cholest: 175mg
Sodium: 640mg
Carbs: 79g
Fiber: 4g
Sugar: 46g
Protein: 55g

$4.79 per serving*
Beef Ragù

2 tablespoons vegetable oil
1 (2½ pound) boneless beef chuck roast, cut into 4 sections
2 teaspoons Seasoned Pepper
½ cup diced baby carrots
½ cup diced celery
1 tablespoon Onion Onion™ Seasoning
1 (28 ounce) can no salt added crushed tomatoes
1 (6 ounce) can no salt added tomato paste
½ cup unsalted beef broth or stock
½ cup red wine or unsalted beef broth
¼ cup Mama Mia™ Marinara Sauce Mix
Prepared pasta of choice, mashed potatoes or polenta

1. In 6-quart or larger multi-cooker set to Sear/Sauté and HIGH, heat oil. Season beef with Seasoned Pepper and add to multi-cooker. Sear on all sides until browned. Remove from pot.

2. Reduce heat to MED/HIGH. Add carrots, celery and Onion Onion Seasoning to pot and sauté 3-4 minutes. Stir in crushed tomatoes, tomato paste, broth, wine and Mama Mia Marinara Sauce Mix. Add beef back into pot. Set multi-cooker to Pressure Cooker on HIGH for 60 minutes.

3. When beef is done, allow a 10 minute natural release, then continue with a quick release of pressure. Stir and shred beef to desired size. Serve over desired starch.

Serve with a green salad and Creamy Parmesan Peppercorn Dressing (recipe on page 15).

Slow Cooker Option: Following directions above, sear beef and sauté vegetables in skillet, Assemble in 5-quart or larger slow cooker. Cook on LOW 7-9 hours.

Make Ahead & Freeze: Season beef sections with Seasoned Pepper and place in a gallon freezer bag. Place carrots, celery and Onion Onion Seasoning in a quart freezer bag. Place Mama Mia Marinara Sauce Mix in a quart freezer bag. Place all bags in a gallon freezer bag. Seal well, label and freeze. Thaw completely, Continue with step 1.

Creamy Parmesan Peppercorn Dressing

¼ cup mayonnaise
½ cup grated Parmesan cheese
½ cup milk
1 tablespoon red wine vinegar
1 tablespoon Seasoned Pepper
2 teaspoons Onion Onion™ Seasoning

1. In a pint-sized mason jar with lid or small storage container, combine all ingredients.

2. Tightly cover. Shake well to combine. Refrigerate 1 hour.

3. Serve over your favorite salad, or with veggies or chips as a dip.

Note: Leftover dressing can be stored in the refrigerator for up to 1 week.

NUTRITION PER SERVING:
Calories: 490
Total Fat: 26g
Sat. Fat: 10g
Cholest: 130mg
Sodium: 720mg
Carbs: 18g
Fiber: 5g
Sugar: 12g
Protein: 40g

Wine Pairing: Cabernet Sauvignon
Mama’s Beef & Barley Stew

Active Time: 20 minutes
Total Time: 1 hour
Makes 6 servings

1 ¼ cup all-purpose flour
2 teaspoons Seasoned Pepper, divided
1½ pounds beef for stew meat
2 tablespoons vegetable oil
2 cups sliced baby carrots
1 cup sliced celery
1 cup sliced fresh button mushrooms
¾ cup Mama Mia™ Marinara Sauce Mix

1. In a gallon freezer bag, combine flour and 1 teaspoon Seasoned Pepper; add beef. Toss to coat. In a 6-quart or larger multi-cooker set to Sear/Sauté on HIGH, heat oil. Remove beef from flour, shaking off excess, and add to pot. Sear until browned on all sides. Remove from pot.

2. Reduce heat to MED/HIGH. Add carrots, celery, mushrooms and Onion Onion Seasoning to pot and sauté 3-4 minutes. Stir in tomato paste and then broth.

3. Stir in barley and Mama Mia Marinara Sauce Mix. Set multi-cooker to Pressure Cooker on HIGH for 25 minutes. When soup is done, do a quick pressure release. Stir. Serve with a green salad and crusty bread.

Make Ahead & Freeze: Place flour and Seasoned Pepper in a gallon freezer bag. Place beef in a quart freezer bag. Place step 2 ingredients in a quart freezer bag. Place Mama Mia Marinara Sauce Mix in a quart freezer bag. Place all bags in a gallon freezer bag. Seal well, label and freeze. Thaw completely and continue with step 1.

Wine Pairing: Pinot Noir

Warm the Oven Sausage Risotto

Active Time: 15 minutes
Total Time: 30 minutes
Makes 6 servings

1 pound mild or hot ground Italian sausage
1 (8 ounce) package sliced fresh button mushrooms
2 teaspoons Onion Onion™ Seasoning
1½ cups Arborio rice
4 cups unsalted chicken broth or stock
1 packet Warm the Oven! Dip Mix
¾ cup grated Parmesan cheese

1. In 6-quart or larger multi-cooker set to Sear/Sauté on HIGH, cook and crumble sausage, mushrooms and Onion Onion Seasoning, until mostly cooked through and nicely broken up, about 5-6 minutes.

2. Stir in rice and allow to cook 1-2 minutes. Stir in broth and Warm the Oven! Dip Mix. Set multi-cooker to Pressure Cooker on HIGH for 7 minutes.

3. When rice is done, do a quick pressure release. Stir in Parmesan cheese.

Serve with steamed veggies of choice.

Slow Cooker Option: Following directions above, prepare step 1 in a skillet. Stir in rice and cook 1 minute. Assemble in a 3-quart or larger slow cooker. Cook on HIGH 2 hours or until liquid is absorbed.

Make Ahead & Freeze: Combine step 1 ingredients in a gallon freezer bag. Place Warm the Oven! Dip Mix packet in a quart freezer bag. Place in bag with sausage. Seal well, label and freeze. Thaw completely. Continue with step 1.

Wine Pairing: Chardonnay or Pinot Noir
Mama Mia Penne with Turkey Meatballs

Active Time: 15 minutes
Total Time: 30 minutes
Makes 6 servings

1½ pounds lean ground turkey
½ cup plain panko bread crumbs
½ cup grated Parmesan cheese
1 large egg
5 tablespoons Mama Mia™ Marinara Sauce Mix, divided
1 tablespoon vegetable oil
1 (29 ounce) can tomato purée
2 cups water
12 ounces penne pasta

1. In large bowl, combine first 4 ingredients and 1 tablespoon Mama Mia Marinara Sauce Mix. Form into 18 large meatballs.

2. In a 6-quart or larger multi-cooker set to Sear/Sauté on HIGH, heat oil. Add meatballs and sear on all sides.

3. Gently stir in remaining ingredients and remaining 4 tablespoons Mama Mia Marinara Sauce Mix. Set multi-cooker to Pressure Cooker on HIGH for 6 minutes.

4. When pasta is done, allow a 3 minute natural release, then continue with a quick release of pressure. Stir. Let stand until desired consistency is reached.

Serve with a green salad and garlic bread.

Slow Cooker Option: Following directions above, sear meatballs in a skillet. Assemble in a 5-quart or larger slow cooker. Cook on HIGH 2-3 hours.

Make Ahead & Freeze: Prepare step 1. Place meatballs in a gallon freezer bag between sheets of wax paper. Place remaining 4 tablespoons Mama Mia Marinara Sauce Mix in a quart freezer bag. Add to bag with meatballs. Seal well, label and freeze. Thaw completely. Continue with step 2.

Nutrition

PER SERVING:
Calories: 570
Total Fat: 21g
Sat. Fat: 6g
Cholest: 125mg
Sodium: 780mg
Carbs: 58g
Fiber: 5g
Sugar: 11g
Protein: 34g

only $2.45 per serving*

Wine Pairing: Merlot

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