

AROMA®



QUICK & EASY COOKING GUIDE

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For your 3-rice cup Rice Cooker & Steamer

BON APPETIT

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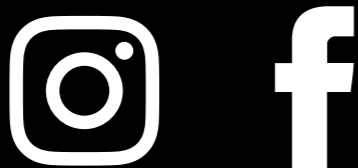
Thank you for choosing an Aroma rice cooker, and welcome to our growing community of home chefs.

Whether you're a seasoned cook or a beginner in the kitchen, this guide will help you get the most out of your rice cooker.

Don't forget – there's even more to discover on social media. Follow us @aromahousewares for more recipe ideas, cooking tips, and inspiration!

Let's get started!

CONTACT INFO



@AromaHousewares
www.AromaCo.com

Contact Us

We're here to help! Get in touch with our customer care team for product recommendations, replacement parts, and answers to all your questions.

Email Customerservice@aromaco.com

Call 1-800-276-6286 (toll-free)

Hours Mon-Fri, 8:00am-4:30pm PST

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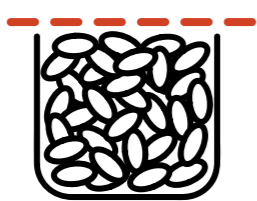
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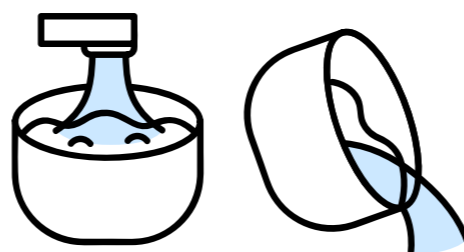
HOW TO COOK WHITE RICE

1. Measure rice using the provided rice measuring cup. Over fill the cup slightly, then level it off at the brim of the cup for an accurate measurement.
2. Rinse measured rice in a bowl of water before adding to the inner pot. Rinse rice for 10 seconds and drain the water. Repeat this process at least 2 times, or until the water runs clear.
3. Add rinsed rice to the inner pot, filling up to the line that matches the number of cups of rice.
4. Place the pot into the rice cooker and put the lid on top.
5. Plug the power cord into a nearby 120-volt AC wall outlet.
6. Press the **COOK** switch down to turn on the indicator light and start cooking.
7. The **COOK** switch will automatically flip up to the **WARM** mode when white rice is ready.
8. Stir and fluff with the spatula before serving.
9. Unplug the power cord to turn off the rice cooker before cleaning.

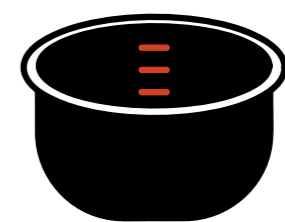
Tips



- Fill to the top of your rice measuring cup



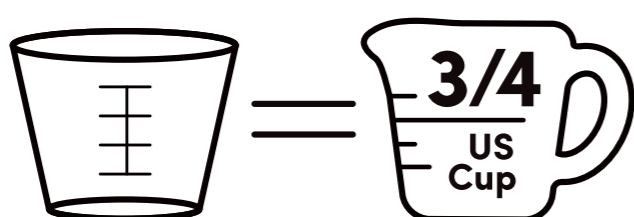
- Rinse and drain rice to remove starch



- Look for water lines inside the pot

Note

- **Always use the included rice measuring cup (Rice Cup) for above table**
1 Rice Measuring Cup = $\frac{3}{4}$ U.S. Cup (180ml)



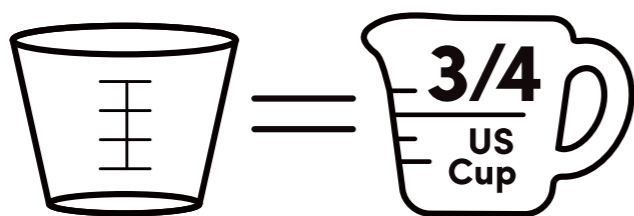
WHITE RICE CHART

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| WHITE RICE uncooked | WATERLINE inside the Pot | COOK TIME on average | YIELDS cooked rice |
|---------------------|--------------------------|----------------------|--------------------|
| 1 Rice Cup | Line 1 (≈ 230 ml) | 15-20 Min. | 2 Rice Cups |
| 1½ Rice Cup | Line 1½ (≈ 355 ml) | 21-26 Min. | 3 Rice Cups |

Note

- Not all rice types or brands are the same, so results and timings may vary.
- Do not leave food in the cooker on **WARM** mode for more than 12 hours.
- Before cooking, we recommend rinsing rice in a pot or bowl, not a strainer.
- To add more flavor to rice, try substituting a favorite meat or vegetable broth or stock. The ratio of broth/ stock to rice will be the same as water to rice.
- Before placing the inner pot into the cooker, check that the inner pot is dry and free of debris. Adding the inner pot when wet may damage the cooker.
- After cooking, the inner pot will be very hot. Be sure to use heat-resistant gloves or protective oven mitts to remove the inner pot from the cooker.
- **Always use the included rice measuring cup (Rice Cup) for above table**
1 Rice Measuring Cup = ¾ U.S. Cup (180ml)



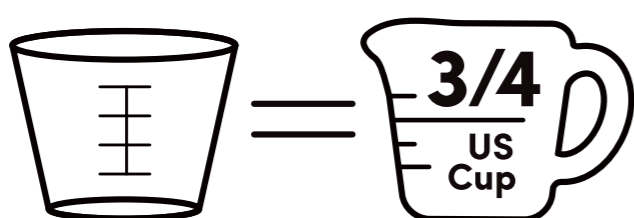
HOW TO COOK BROWN RICE

1. Use the provided measuring cup to pour rice into the inner pot.
2. Rinse rice in the pot for 10 seconds and drain the water. Repeat at least 3 times, or until the water runs clear.
3. Add water to the pot, filling up to the line that matches the number of cups of rice.
4. Place the pot into the rice cooker and put the lid on top.
5. Plug the power cord into a nearby 120-volt AC wall outlet.
6. Press the **COOK** switch down to turn on the indicator light and start cooking.
7. The **COOK** switch will automatically flip up to the **WARM** mode when your rice is ready.
8. Stir and fluff with the spatula before serving.
9. Unplug the power cord to turn off the rice cooker before cleaning.

| BROWN RICE uncooked | WATERLINE inside the Pot | COOK TIME on average | YIELDS cooked rice |
|---------------------------|--------------------------|----------------------|--------------------|
| 1 Rice Cup (max capacity) | Line 1 (≈ 230 ml) | 28-33 Min. | 2 Rice Cups |

Note

- Always use the included rice measuring cup (Rice Cup) for above table
1 Rice Measuring Cup = $\frac{3}{4}$ U.S. Cup (180ml)



HOW TO COOK

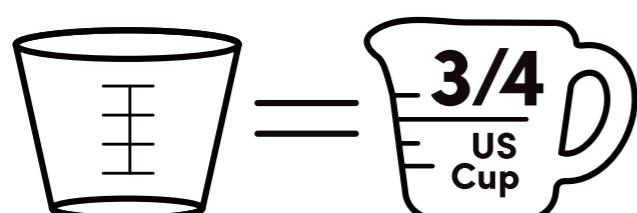
Quinoa

1. Use the provided measuring cup to pour rice into the inner pot.
2. Rinse rice in the pot for 10 seconds and drain the water. Repeat at least 3 times, or until the water runs clear.
3. Add water to the pot, filling up to the line that matches the number of cups of rice.
4. Place the pot into the rice cooker and put the lid on top.
5. Plug the power cord into a nearby 120-volt AC wall outlet.
6. Press the **COOK** switch down to turn on the indicator light and start cooking.
7. The **COOK** switch will automatically flip up to the **WARM** mode when your rice is ready.
8. Stir and fluff with the spatula before serving.
9. Unplug the power cord to turn off the rice cooker before cleaning.

| QUINOA uncooked | WATER or broth | YIELDS cooked | Max grain uncooked |
|-----------------|-------------------------|---------------|--------------------|
| 1 Rice Cup | 1½ Rice Cups (≈ 270 ml) | 2½ Rice Cups | ½ Rice Cups |

Note

- Always use the included rice measuring cup (Rice Cup) for above table
1 Rice Measuring Cup = ¾ U.S. Cup (180ml)



HOW TO COOK OATMEAL

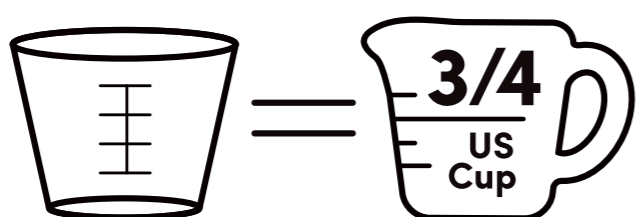
1. Use the provided measuring cup to pour oatmeal into the inner pot.
2. Add water to the pot, according to the chart below.
3. Place the pot into the rice cooker, stir, and **leave the top open without a lid.**
4. Plug the power cord into a nearby 120-volt AC wall outlet.
5. Press the cooking switch down to turn on the indicator light and start cooking.
6. The **COOK** switch will automatically flip up to the **WARM** mode when your oatmeal is ready.
7. Stir and fluff with the spatula before serving.
8. Unplug the power cord to turn off the rice cooker before cleaning.

| ROLLED OATS uncooked | WATER or broth | YIELDS cooked | Max grain uncooked |
|----------------------|------------------------|---------------|--------------------|
| 1 Rice Cup | 2 Rice Cups (≈ 360 ml) | 2 Rice Cups | ½ Rice Cups |

| STEEL-CUT OATS uncooked | WATER or broth | YIELDS cooked | Max grain uncooked |
|-------------------------|------------------------|---------------|--------------------|
| 1 Rice Cup | 3 Rice Cups (≈ 540 ml) | 2 Rice Cups | ½ Rice Cups |

Note

- **Always use the included rice measuring cup (Rice Cup) for above table**
1 Rice Measuring Cup = ¾ U.S. Cup (180ml)



HOW TO USE STEAM TRAY

1. Use the provided measuring cup to pour 1 cup of water into the inner pot.
2. Place the pot into the rice cooker, add the steam tray with food, and place the lid on top.
3. Plug the power cord into a nearby 120-volt AC wall outlet.
4. Press the **COOK** switch down to turn on the indicator light and start steaming.
5. Follow suggested steaming times for meat and vegetables on **page 10**, then carefully lift the lid and check for doneness.
6. Wear protective, heat-resistant gloves to remove the steam basket, then serve immediately.
7. Unplug the power cord to turn off the rice cooker before cleaning. Once food is fully cooked, flip the cook switch up to switch the rice cooker to Warm mode.

Note

- Do not leave food in the cooker on WARM mode for more than 12 hours.

Tips

- Want to steam small pieces of food? Place a heat-resistant dish inside the steam tray or add a layer of tin foil with small puncture holes.
- Add the same amount of water for small and large batches of steamed vegetables.
- Always check meat for doneness before serving. If meat is still uncooked, simply add more water and repeat the steaming process until it's fully cooked and ready to serve.

HOW TO USE POP-UP STEAM TRAY

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1. Use the provided measuring cup to pour 1 cup of water into the inner pot.
2. Place the inner pot into the rice cooker, and place the desired food in the provided pop-up steam tray.
 - For setting the steam tray inside the inner pot (see **Figure A**), no ring is needed.
 - For setting the steam tray above the inner pot (see **Figure B**), use the provided ring and ensure it is placed with the correct side up.Securely cover the steam tray with the lid.
3. Plug the power cord into a nearby 120-volt AC wall outlet.
4. Press the **COOK** switch down to turn on the indicator light and start steaming.
5. Follow suggested steaming times for meat and vegetables on **page 10**, then carefully lift the lid and check for doneness.
6. Wear protective, heat-resistant gloves to remove the steam basket, then serve immediately.
7. Unplug the power cord to turn off the rice cooker before cleaning. Once food is fully cooked, flip the cook switch up to switch the rice cooker to Warm mode.

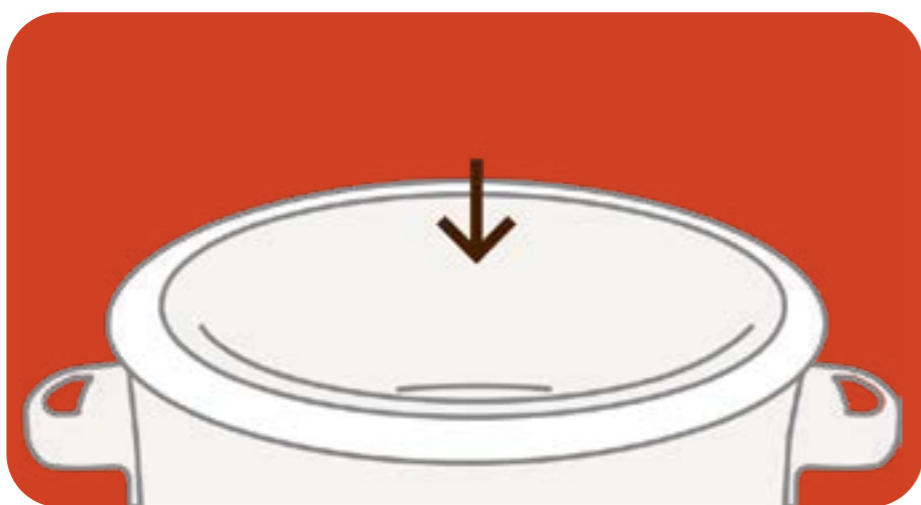


Figure A

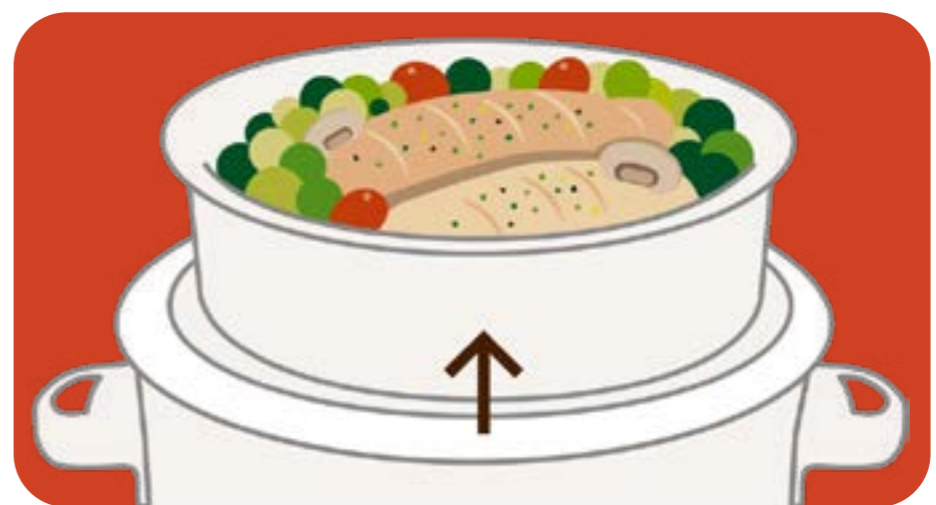


Figure B

STEAM TIME CHART

WITH 1 RICE CUP OF WATER

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| Ingredient | Cooking Time |
|-------------|---|
| Spinach | 5-7 Min. |
| Green Bean | 9-13 Min. |
| Broccoli | 10-14 Min. |
| Cauliflower | 10-14 Min. |
| Cabbage | 7-11 Min. |
| Zucchini | 8-12 Min. |
| Squash | 8-12 Min. |
| Carrot | 8-12 Min. |
| Corn | 20-25 Min. |
| Potato | 25-30 Min. |
| Fish | 25 Min. |
| Chicken | 30 Min. |
| Beef | 25 Min. for medium 30 Min. for medium-well 33 Min. for well |
| Pork | 30 Min. |

Note

- Many factors affect cooking time, including altitude, humidity, and room temperature.
- Use this steaming chart as a reference and always check doneness before serving.

STEAM & COOK

at the same time

.....

Cook up to 1.5 rice cup of white rice and grains by following the instructions on **page 4 to 8**.

1. Place desired food in the provided steam tray, place the tray on the inner pot then securely set the lid on top.
2. Steam ingredients in the upper tray according to the timetable on **page 9**.
3. Once the suggested amount of time has passed, carefully remove the lid and check food for doneness.
4. If the food is finished steaming, remove the steam tray. Wear protective heat-resistant gloves to prevent injury as the steam tray will be hot.
5. Replace the lid and allow the cooking cycle to continue.
6. Once rice or grain is ready, the **COOK** switch will automatically flip up and the cooker will switch to **WARM**.
7. When you finish serving, turn the cooker off by unplugging the power cord.

Tips

- Food can be steamed at any time while rice is cooking, but it's best to add your ingredients in the steam tray toward the end of the cooking cycle.
- Reference **pages 4 to 8** for approximate rice and grain cooking times so that everything will be ready to serve at the same time.
- For information on the cooking capacity of brown rice and other grains, please refer to **page 7**.

Note

- Adding the steam tray limits cooking capacity in the inner pot, so only 1.5 rice cups of white rice can be cooked while steaming.
- Do not leave food in the cooker on WARM mode for more than 12 hours.
- For information on the cooking capacity of brown rice and other grains, please refer to **page 4 to 8**.

HOW TO COOK SOUP

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1. Add ingredients to the inner pot, up to the maximum water line (3).
2. Carefully place the pot inside the rice cooker. To prevent boiling over, leave the top open without a lid.
3. Plug the power cord into a nearby 120-volt AC wall outlet.
4. Press the cooking switch down to turn on the indicator light and start heating.
5. Stir occasionally with a long-handled wooden spoon or heat-safe utensil.
6. When your soup is ready to serve, press the **COOK** switch up for the **WARM** mode.
7. Unplug the power cord to turn off the rice cooker before cleaning.

Note

- Avoid cooking for more than 60 minutes, in order to protect your appliance's heating element and avoid overcooking.
- Do not use the provided serving spatula to stir hot soup, chili, or stew. It is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe spoon to stir food while sautéing.



RECIPE

.....

Make healthy, delicious dishes with ease.
We're here to help.



Apple Cinnamon Oatmeal

SERVES 1-2.

| | |
|--------|-------------------|
| 1 cup | Apple juice |
| ½ cup | Water |
| ½ cup | Steel-cut oats |
| ½ cup | Dried mixed fruit |
| ½ tbsp | Brown sugar |
| ½ tbsp | Butter |
| ¼ tsp | Cinnamon |
| 1 dash | Nutmeg |
| 1 dash | Salt |
| ½ tbsp | Lemon juice |

- Add all ingredients to the pot and mix well.
- Place the inner pot in the rice cooker (without a lid) and press the **COOK** switch down.
- After 10 minutes, carefully stir with a long-handled wooden spoon, avoiding hot steam.
- Continue cooking until the rice cooker automatically switches to **WARM**.
- Wait 10 minutes, then stir and serve with a sprinkle of sugar on top, if desired.



Creamy Corn Egg Drop Soup

SERVES 2.

| | |
|---------|----------------------|
| ½ can | Sweet creamed corn |
| 1 cup | Chicken stock |
| 1 | Egg |
| 1 | Green onion, chopped |
| 1 slice | Thick-cut ham |

- Pour chicken stock, green onion whites, and corn into the inner pot.
- Place the inner pot in the rice cooker (without a lid) and press the **COOK** switch down.
- Crack eggs into a small bowl and beat with a whisk.
- After 15 minutes, add eggs to the soup while constantly stirring.
- Serve in bowls with sliced ham on the side.



One-Pot Tomato Rice

.....

SERVES 1.

| | |
|----------|-----------------|
| 1 cup | Rice |
| ¼ cup | Sausage, diced |
| ¼ cup | Corn |
| ¼ cup | Onion, diced |
| ¼ cup | Mushroom, diced |
| ¼ cup | Carrot, diced |
| ¼ cup | Pea |
| 1 medium | Tomato |
| 1 cup | Water |

- Pour all ingredients into the rice cooker (except the tomato) and stir.
- Using a knife, cut an 'X' across the bottom of the tomato and add it to the top of the pot.
- Place the inner pot in the rice cooker, close the lid, and press the **COOK** switch down.
- Immediately after the rice cooker switches to **WARM** mode, stir and serve.



Chicken Noodle Soup

.....

SERVES 1.

| | |
|----------|-----------------------|
| 1 tbsp | Olive oil |
| ¼ cup | Onion, diced |
| ¼ cup | Carrot, sliced |
| 1 tsp | Garlic, minced |
| ½ | Chicken breast, cubed |
| 1½ cup | Chicken stock |
| ¼ cup | Rotini pasta |
| To taste | Salt and pepper |

- Add olive oil, onion, carrot, garlic to inner pot.
- Press the **COOK** switch down, sauté for 5 minutes.
- Add the pasta, chicken, chicken broth, stir to combine. Do not place the glass lid on top.
- Cook for approximately 15 minutes. Season with salt and pepper and push the cook switch up to switch the cooker to **WARM** mode. Serve hot.



Beef Chili

SERVES 1.

| | | | |
|--------|-----------------|----------|-----------------|
| ½ lb | Ground beef | ½ cup | Beef broth |
| 2 tbsp | Olive oil | To taste | Salt and pepper |
| ½ cup | Black bean | | |
| ½ cup | Kidney bean | | |
| 1 tbsp | Chili powder | | |
| 1 tbsp | Tomato paste | | |
| ½ cup | Diced tomato | | |
| 2 tbsp | Chili seasoning | | |

- Add olive oil, ground beef to inner pot.
- Press the **COOK** switch down, sauté for 10 minutes.
- Add all remind ingredients to inner pot and stir. Do not place the glass lid on top.
- Cook until the cycle done and cook switch to **WARM** mode. Serve hot.



Cilantro Lime Rice

.....

SERVES 1.

| | |
|----------|---------------------------|
| 1 tsp | Olive oil |
| ¼ cup | Onion, chopped |
| ½ tbsp | Garlic, minced |
| ½ cup | Long grain rice |
| ¾ cup | Water |
| 1 tbsp | Fresh squeezed lime juice |
| ⅛ cup | Cilantro, chopped |
| To taste | Salt |

- Add olive oil, and onion to the inner pot.
- Press the **COOK** switch down, sauté for 5 minutes.
- Add garlic, rice, water, and salt to the inner pot and stir to combine.
- Place the glass lid on top and cook until the cycle is done and cook switch to **WARM** mode. Fluff rice and serve hot.



Macaroni & Cheese

.....

SERVES 1.

| | |
|--------------------|--------------------------|
| 1 cup | Macaroni pasta |
| $\frac{3}{4}$ cup | Chicken stock |
| $\frac{1}{4}$ tsp | Salt |
| $\frac{1}{4}$ cup | Milk |
| $\frac{1}{2}$ cup | Cheddar cheese, shredded |
| $\frac{1}{2}$ tbsp | Butter |
| $\frac{1}{4}$ cup | Skim mozzarella cheese |
| To taste | Salt and pepper |

- Add the pasta, chicken stock, milk, and salt to the inner pot and place the glass lid on top.
- Press the **COOK** switch down and cook until all liquid is absorbed.
- Carefully remove the lid and add the cheese, and butter, and stir well.
- Cook until the cycle is done and cook switch to **WARM** mode, and serve.



One-Pot Pasta

.....

SERVES 1.

| | |
|-------|--|
| 1 cup | Pasta (elbow macaroni, bow tie or corkscrew pasta) |
| 1 cup | Water or chicken broth |
| ½ cup | Pasta sauce of your choice |
| ½ cup | Shredded cheese of your choice |
| ½ tsp | Olive oil |
| -- | Basil leaves, for garnish |

- Combine all ingredients except the cheese in the inner pot.
- Place the lid on top and press the **COOK** switch down to begin heating.
- Carefully open the lid to stir occasionally with a long-handled heat-safe spoon.
- When the cooker automatically switches to **WARM**, open the lid and stir in the cheese. Allow the cheese to melt by replacing the lid and cooking for an additional 5 minutes. Serve with more cheese and basil leaves if desired.



Frittata

.....

SERVES 1.

| | |
|---------|-----------------------------------|
| 2 | Egg |
| 1 slice | Deli meat of your choice, chopped |
| 1 | Small tomato, chopped |
| ½ cup | Spinach |
| ½ cup | Cheese, shredded |
| 1 pinch | Salt and pepper |

- Combine all ingredients in the inner pot and mix well.
- Place the lid on top and press the **COOK** switch down to begin heating.
- When the cooker automatically switches to **WARM**, allow the frittata to rest for an additional 5 minutes or until the eggs are fully set then serve.



California-Style Egg Muffins

.....

SERVES 1.

| | |
|---------|------------------------------------|
| 1 tbsp | Butter |
| 1 | Whole wheat english muffin, halved |
| 1 slice | Canadian bacon |
| 1 | Egg |
| -- | Avocado slices, for garnish |

- Press the **COOK** switch down to begin preheating the inner pot. Add the butter and allow it to fully melt.
- Cut a quarter-sized hole in the middle of the Canadian bacon and English muffin.
- Once the butter has melted, first place the English muffin into the inner pot then top with the Canadian bacon slice. Crack the egg into the quarter-sized hole.
- Place the lid on top and allow the cooker to heat until it automatically switches to **WARM**. If additional cooking is needed, let the sandwich sit in the inner pot on Warm for 5 minutes or until fully cooked.
- Slide onto a plate and top with avocado slices, salt, pepper and paprika if desired.



Curry Couscous

SERVES 1.

| | |
|-------|------------------------|
| ½ tsp | Olive oil |
| ¼ cup | Onion, chopped |
| ¼ cup | Red bell pepper, diced |
| 2 | Garlic cloves, minced |
| ½ cup | Couscous |
| 1 cup | Chicken broth |
| ¼ tsp | Curry powder |
| ¼ tsp | Cumin |

- Press the **COOK** switch down to begin preheating the inner pot. Add oil and allow it to heat for 3 minutes.
- Add in garlic, red pepper and onions and cook for 5 minutes or until the onions are translucent.
- Stir in the cumin, chicken broth, curry powder and couscous.
- Place the lid on top and allow the couscous to cook until the cooker automatically switches to **WARM** then serve.



Creamy Cheesecake

SERVES 1.

| | |
|-------|------------------------|
| 8 oz. | Cream cheese, softened |
| 1 cup | Sugar |
| 1 | Egg |
| ½ tsp | Vanilla extract |
| -- | Cooking spray |

- Beat the cream cheese, sugar, egg and vanilla with a mixer until the consistency is smooth.
- Lightly coat the inner pot with cooking spray then pour the cheesecake mixture in.
- Place the lid on top and press the **COOK** switch down to begin heating.
- When the cooker automatically switches to **WARM**, allow the cheesecake to rest for an additional 30 minutes.
- Refrigerate for 2-3 hours then serve cold with mixed berries and whipped cream if desired.



Teriyaki Shrimp & Rice

.....

SERVES 1-2.

| | |
|--------|----------------------|
| 5 | Raw medium shrimp |
| ¼ cup | Sweet onion, chopped |
| ¼ cup | Frozen peas |
| ½ cup | Jasmine rice |
| 1 | Garlic clove, minced |
| ½ tsp | Fresh ginger, grated |
| ¾ cup | Water |
| ¼ cup | Soy sauce |
| 1 tbsp | Brown sugar |

- Add the onion, peas, rice, garlic, ginger and water to the inner pot and mix thoroughly.
- Once all ingredients have been combined, place the shrimp on top.
- Place the lid on and press the **COOK** switch down to begin heating.
- After the cooker automatically switches to **WARM**, stir in the soy sauce and brown sugar then serve.



One-Pot Spanish Quinoa

.....

SERVES 1.

| | | | |
|-------|------------------------------|---------|-----------------------|
| 1 | Italian sausage link, sliced | 1 pinch | Cumin powder |
| 1 tsp | Olive oil | 1 pinch | Salt and pepper |
| 1 | Garlic clove, minced | ½ | Avocado, diced |
| ½ cup | Quinoa | 1 tsp | Lemon juice |
| ¾ cup | Chicken broth | -- | Cilantro, for garnish |
| ¼ cup | Corn kernels | | |
| ¼ cup | Tomato, diced | | |
| ¼ tsp | Chili powder | | |

- Add the sausage, olive oil, garlic, quinoa, chicken broth, corn, diced tomatoes, chili powder, cumin, salt and pepper to the inner pot and mix thoroughly.
- Place the lid on top and press the **COOK** switch down to begin heating.
- When the cooker automatically switches to **WARM**, fluff the quinoa slightly then serve with lemon juice, avocado, and cilantro.



BBQ Meatballs

.....

SERVES 1-2.

| | |
|-------|--------------------------|
| 1 tsp | Olive oil |
| 6 oz | Frozen meatballs |
| ¼ cup | Yellow onion, chopped |
| ½ cup | BBQ sauce |
| 2 cup | Cabbage, shredded |
| ¼ cup | Cheddar cheese, shredded |

- Add the olive oil, meatballs, onion, and BBQ sauce to the inner pot and mix thoroughly.
- Place the lid on top and press the **COOK** switch down to begin heating.
- Allow the meatballs to cook for 10 minutes then using caution, remove the lid and mix in the shredded cabbage.
- After the cooker automatically switches to **WARM**, stir in the cheddar cheese and cook for an additional 2 minutes or until all the cheese has melted then serve.



Goulash

.....

SERVES 1-2.

| | | | |
|--------|-----------------------|----------|----------------|
| 1 tsp | Olive oil | 1 cup | Elbow macaroni |
| ¼ cup | Yellow onion, chopped | ¼ cup | Water |
| 1 | Garlic clove, minced | To taste | Salt |
| ½ cup | Bell pepper, chopped | | |
| ¼ lb. | Ground beef | | |
| ½ cup | Tomato, diced | | |
| 2 tbsp | Tomato paste | | |
| 1 tsp | Italian seasoning | | |

- Add all ingredients to the inner pot and mix thoroughly.
- Place the lid on top and press the **COOK** switch down to begin heating.
- After the cooker automatically switches to **WARM**, add salt to taste then serve.



Chocolate Pumpkin Cake

.....

SERVES 2.

| | |
|-------|-----------------|
| ½ cup | Pancake mix |
| ½ cup | Water |
| ¼ cup | Pumpkin puree |
| ¼ cup | Chocolate chips |
| -- | Cooking spray |

- In a large bowl, whisk together the pancake batter and water. Once incorporated, stir in the pumpkin purée and chocolate chips.
- Lightly coat the inner pot with cooking spray then pour the batter in.
- Place the lid on top and press the **COOK** switch down to begin heating.
- Allow the cake to cook for about 20 minutes or until you can insert a toothpick into the middle and remove it with no batter sticking to it.
- Serve **WARM** with a drizzling of melted chocolate, powdered sugar, maple syrup, berries, or whipped cream.



Sausage & Egg Casserole

SERVES 1.

| | |
|---------|--------------------------|
| ¼ lb | Ground pork sausage |
| 2 | Large egg |
| ½ cup | Milk |
| ¼ tsp | Salt |
| ¼ tsp | Ground mustard |
| 1 slice | White bread, cubed |
| ¼ cup | Cheddar cheese, shredded |

- In a large bowl, beat the eggs then mix in the milk, salt and mustard.
- Once combined, stir in the bread cubes, cheese and ground sausage.
- Pour the egg mixture into the inner pot.
- Place the lid on top and press the **COOK** switch down to begin heating.
- After the cooker automatically switches to **WARM**, allow the casserole to rest for an additional 25 minutes or until the eggs have set then serve.



Sausage & Lentil Stew

.....

SERVES 1.

| | | | |
|-------|------------------------------|-------|----------------|
| 1 | Italian sausage link, sliced | ¼ tsp | Cayenne |
| ¼ cup | Yellow onion, chopped | ¼ tsp | Smoked paprika |
| ¼ cup | Zucchini | ¼ tsp | Ground cumin |
| 1 cup | Carrot, cubed | ¼ tsp | Dried oregano |
| 1 | Celery stalk, sliced | 2 oz | Frozen spinach |
| 1 | Garlic clove, minced | | |
| ½ cup | Lentil | | |
| 2 cup | Chicken broth | | |

- Add the sausage and vegetables to the inner pot and mix thoroughly.
- Press the **COOK** switch down to begin heating.
- Sauté the sausage and vegetables until the sausage is no longer pink.
- Add the lentils, cayenne, cumin, smoked paprika, oregano, and chicken broth then place the lid on top.
- After the cooker automatically switches to **WARM**, stir in the frozen spinach then press the cook switch down once more.
- Allow the stew to cook until the cooker automatically switches to Warm again, then serve.



Navy Bean Soup

.....

SERVES 2.

| | | | |
|-------|-----------------------------|----------|----------------|
| 1 | Italian sausage link, cubed | ¼ tsp | Dried thyme |
| ¼ cup | Yellow onion, chopped | ⅛ tsp | Dried rosemary |
| 2 | Garlic cloves, minced | 3 cup | Water |
| 1 cup | Fresh baby spinach | To taste | Salt |
| 1 cup | Carrot, cubed | | |
| 1 | Celery stalk, sliced | | |
| ½ cup | Dry navy beans | | |
| 1 | Bay leaf | | |

- Soak the navy beans in water overnight in the refrigerator.
- Add the sausage, onion, garlic, spinach, carrots and celery to the inner pot and mix thoroughly.
- Press the **COOK** switch down to begin heating.
- Sauté the sausage and vegetables until the sausage is no longer pink.
- Add the soaked navy beans, bay leaf, thyme, rosemary, and water then place the lid on top.
- After the cooker automatically switches to Warm, press the cook switch down once more.
- Allow the soup to cook until the cooker automatically switches to **WARM** again, then add salt to taste and serve.



Steamed Fish Over Rice

.....

SERVES 1.

| | |
|--------|----------------------|
| 1 cup | Rice |
| 2 cups | Water |
| 1 | White fish fillet |
| ½ tbsp | Cooking wine |
| ½ tbsp | Ground pepper |
| 1 tsp | Brown sugar |
| 4 tbsp | Soy sauce |
| 2 tbsp | Olive oil |
| 2 | Green onion, chopped |

- Rinse rice and add water to the inner pot.
- Put the fish fillet and a handful of chopped green onions in the steam tray.
- Place the inner pot in the rice cooker, stack the steam tray inside, close the lid, and press the **COOK** switch down.
- While the fish and rice are cooking, combine and whisk remaining ingredients in a small bowl.
- Immediately after the rice cooker switches to **WARM** mode, check the meat for doneness, brush sauce on fish, and serve.



Meatloaf

.....

SERVES 2.

| | |
|----------|-----------------------------|
| ¼ cup | Sweet onion, finely chopped |
| ¼ cup | Carrot, finely chopped |
| ¼ cup | Breadcrumbs or panko |
| 2 tbsp | Cooking wine |
| 1 | Egg |
| 1 cup | Water |
| ¼ lb | Ground beef |
| To taste | Salt and pepper |

- Combine all the ingredients except water in a large bowl and mix well.
- Place a piece of parchment paper in the steam tray. Add the beef mixture onto the parchment and shape into a small loaf.
- Add water to the inner pot then place the steam tray on top and cover with the lid.
- Press the **COOK** switch down to begin heating.
- Once the cooker switches to **WARM**, remove the meatloaf from the parchment and serve.



Steamed Shrimp in Garlic Sauce

.....

SERVES 1.

| | |
|-------|----------------------------------|
| 5 | Medium white shrimp |
| 6 | Garlic clove, minced |
| -- | Green onion, chopped for garnish |
| -- | Lemon slice, for garnish |
| ¼ cup | Water |

- Place a piece of parchment paper in the steam tray. Add the shrimp to the parchment then coat with minced garlic.
- Add water to the inner pot, then place the steam tray on top and cover with the lid.
- Press the **COOK** switch down to begin heating.
- Once the cooker switches to **WARM**, remove the shrimp then garnish with chopped green onions and lemon to serve.

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