

RECIPES For George Foreman/Black and Decker MULTICOOKER



SOPA de ALBÓNDIGAS **Vegetable Soup with Little Meatballs**

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| 1 lb. ground turkey | 1 cup coarsely chopped yellow squash |
| ½ cup minced onion | 1 cup coarsely chopped zucchini |
| 1/3 cup oats, regular or quick cooking | 1 medium green pepper, chopped |
| 1 small clove garlic, minced | 1 medium onion, chopped |
| ¼ tsp salt | 1 cup mini farfalle (bow tie pasta) |
| 1/8 tsp pepper | ¼ cup loosely packed chopped basil leaves |
| 1 tbsp. light olive oil | ½ tsp salt |
| 8 cups fat free, low sodium chicken broth | ¼ tsp red pepper flakes |
| 1 can (14 ½ oz) petite cut diced tomatoes | |

In medium bowl, combine turkey, minced onion, oats, garlic, salt and pepper; do not over mix. Shape into 1-inch meatballs.

Heat **Black & Decker** Multicooker set at 350° F. Add olive oil and add about 16 meatballs; do not crowd. Turn to brown all sides. Remove to bowl and keep warm. Repeat with remaining meatballs. Add chicken broth, tomatoes, squash, peppers and onions. Bring to boil; add pasta, basil, salt and pepper flakes.

Reduce heat to 300° F. Cover and cook about 6 minutes or until pasta is tender, stirring occasionally. .

If desired sprinkle with grated Monterey Jack or Parmesan cheese.

Makes 6 to 8 servings.



SPICY PORK AND BEANS STEW

1 lb pork tenderloin
½ tsp salt
¼ tsp coarsely ground black pepper
1 tbsp olive oil
1 medium onion, quartered
2 large cloves garlic
½ cup chicken broth or stock

2 pkgs. (7 oz., ea.) frozen yellow carrots,
spinach and white beans in garlic herb sauce
1 can (4.5 oz) diced green chilies
1 medium tomato chopped
½ tsp ground cumin
¼ cup chopped fresh cilantro
2 cups hot cooked quinoa

Cut pork tenderloin into ¾-inch pieces; season with salt and pepper.

Heat **Black & Decker** Multicooker set at 350° F. Add olive oil and brown pork pieces on all sides. Remove to bowl and keep warm. Add onion and garlic and cook until onion is tender, stirring often. Add chicken broth, reserved pork, vegetable mixture, green chilies, tomato pieces and cumin. Bring to boil; reduce heat to 250° F. Cover and cook about 20 minutes or until pork is tender, stirring occasionally. Sprinkle with cilantro.

Serve with quinoa.

Makes 4 servings (about 5 cups mixture).

Feijoada
Brazilian Pork Stew

3 ounces pancetta, diced
1 lb pork loin, cubed
½ lb ham, cubed
½ lb. linguica, thickly sliced
½ lb. smoked pork sausage
1 large onion, chopped
4 large cloves garlic, chopped
1 ½ cup beef broth
1 can (14 ½ oz.) diced tomatoes
1 can (16 oz.) black beans, rinsed and drained

1 cup coarsely chopped green pepper
2 ounces rinsed dried beef, cut into 1-inch pieces
¼ cup chopped cilantro
1 bay leaf
1 tsp. dried oregano
½ tsp. seasoned pepper
2 tbsp. cornstarch
¼ cup beef broth or water
Hot cooked rice
6 oranges, sectioned

Preheat MULTICOOKER at 350° F. Add pancetta and sauté until golden, stirring often. Remove and set aside.

Add pork and ham and brown well on all sides. Remove to bowl with pancetta.

Add sausages and brown on cut sides. Add to pancetta. Add onion and garlic and cook until onion is softened. Add broth, tomatoes, black beans, dried beef, cilantro, bay leaf, oregano and pepper into removable pan. Return meats to pan. Cover and bring to a boil. Reduce temperature to 250° F and cook for 20 minutes.

Blend cornstarch into beef broth. Stir into stew and cook until mixture is thickened and smooth.

Serve over rice and garnish with orange segments.

Makes about 12 cups (about 3 quarts; 2.8 liters).

Moroccan Beef Stew

3 lbs top round, cut in 1 ½ inch cubes
1 tbsp olive oil
1 large purple onion, cut in wedges
3 large cloves garlic, minced
4 cups beef broth or stock
½ cup dry red wine
1 ½ tsp. ground cumin
1 ½ tsp. salt
1 tsp. ground cinnamon
½ tsp coarse ground black pepper
1 lb sweet potatoes, peeled and cut into 1-inch chunks
1 pkg. (7 oz.) dried apricots
3 cups baby spinach
Hot cooked rice
Greek yogurt

Preheat MULTICOOKER at 350° F. Add enough beef cubes to pan without any touching and brown on all sides. Remove and set aside. Repeat with remaining beef until all pieces are browned.

Add onion and garlic and cook until onion is softened. Add broth and seasonings. Return meats to pan. Cover and bring to a boil. Reduce temperature to 250° F and cook for 40 minutes.

Add sweet potatoes and apricots and cook 15 minutes or until sweet potatoes are tender. Add spinach and cook 2 minutes.

Serve over rice and garnish with yogurt..

Makes about 10 cups (about 2 ½ quarts; 2.4 liters).

BROWN RICE AND SQUASH BLEND

- 1 pkg.(8 oz.) mushrooms, sliced
- 2 tbsp. butter or margarine
- 1 large onion, chopped
- 3 large cloves garlic, minced
- 4 cups white wine and culinary broth
- 1 ½ cups brown rice blend (such as Lundberg)
- 1 medium butternut squash, peeled, seeded and cubed
- ½ cup dried cranberries
- 1 tsp. salt
- ½ tsp. coarse ground pepper

Preheat MULTICOOKER at 350° F. Brown mushrooms in butter in pan. Add onion and garlic and cook until onion is softened. Add broth and bring to boil. Add rice, squash, cranberries, salt and pepper. Set thermostat at brown rice. Cover and cook until rice is done and all liquid is absorbed.

Makes about 7 cups (about 1 ¼ quarts; 1.7 liters) .

SPAGHETTI WITH MEATBALLS

1 jar (1lb., 10 oz.) marinara sauce
3½ cups water
½ lb. spaghetti rigati or linguini
1 lb. frozen meatballs (½-inch size)
2 large cloves garlic, minced
2 tbsp. chopped parsley
1 tsp. dried Italian herbs

Preheat MULTICOOKER at 350° F. Combine all ingredients in removable pan in order listed. Once mixture comes to a boil, reduce heat to 250° F and cook for 20 minutes. Test pasta for doneness. Place the lid back on the multicooker. If necessary, cook several minutes longer until pasta is tender. Serve immediately.

If desired, garnish each serving with freshly grated Parmesan cheese and serve with Texas toast.

Makes about 8 cups/4 servings (about 2 quarts; 1.9 liters).

SPICED SHRIMP AND RICE

- 1 pkg. (16 oz.) yellow rice mix
- 2 cups chicken or vegetable broth
- 1 bottle (8 oz.) clam juice
- 1 can (14½ oz.) diced tomatoes with green chilies
- 2 tbsp. olive oil
- 1½ lb. shrimp, shelled and deveined
- 1 large onion, chopped
- 2 large cloves garlic, minced
- ¼ cup chopped cilantro
- ½ tsp. coarsely ground black pepper
- 1½ cups frozen peas

Combine all ingredients, except peas in removable pan in order listed. Place pan onto base and plug in the appliance. Set temperature at 350° F. Place the lid on the cooker.

Set timer and cook for 26 minutes. Stir in frozen peas; place the lid back on the cooker and cook an additional 10 minutes. Serve immediately.

Makes about 9 cups/4 to 5 servings (about 2 ¼ quarts; 2.1 liters).

Note: One can (14½ oz.) diced tomatoes and 1 can (4oz.) diced green chilies can be substituted for the canned tomatoes with green chilies.

CLASSIC CHICKEN STEW

1½ lbs. boneless chicken cut into 1-inch cubes
2 cans (10¾ oz, each) condensed cream of chicken with
herbs soup
1 cup water
4 medium carrots, cut in 1-inch pieces (about 1½ cups)
4 medium red skin potatoes, quartered
3 stalks celery, thickly sliced (about 1½ cups)
2 medium leeks, halved and sliced
½ tsp. coarsely ground black pepper
1½ cups frozen cut green beans

Combine all ingredients, except frozen vegetables in removable pan in order listed. Place pan onto base and plug in the appliance. Place the lid on the cooker. Set temperature at 350° F. Once mixture comes to a boil, reduce heat to 250° F and cook for 45 minutes. Stir in frozen green beans; place the lid back on the cooker and cook an additional 10 minutes. Serve immediately.

Makes about 10 cups/5 to 6 servings (about 2 ½ quarts; 2.4 liters).

TERIYAKI SALMON

- 1 lb. salmon fillets
- ⅓ cup teriyaki or toasted sesame marinade
- 1 can (8 oz.) mandarin oranges
- 1 cup snow peas
- 4 green onions cut in 1-inch pieces
- 1 tsp. kosher salt
- ¼ tsp. seasoned pepper
- ¼ cup toasted sliced almonds

Place fillets in shallow baking dish. Pour marinade over all. Turn fish to coat both sides. Cover and refrigerate for at least 30 minutes.

Drain oranges, saving liquid. Set oranges aside. Add water to orange liquid to make 1 cup. Pour into rice cooking bowl. Remove salmon from dish and place in steamer basket. Top with snow peas and green onions. Season with salt and pepper. Insert steamer basket into removable pan.

Cover and plug appliance into electric outlet. Select steam function and set timer for 18 minutes. Top with reserved mandarin oranges. Cook 3 minutes longer or until salmon tests done.

If desired, serve over cooked rice and drizzle cooking liquid over all. Garnish with almonds.

Makes 4 servings.

CHILI SHRIMP

1 lb. shrimp, shelled and deveined
1½ cups thinly sliced yellow squash
1½ cups thinly sliced zucchini
1 medium red pepper, seeded and cut into 2-inch strips
2 large cloves garlic, thinly sliced
1 tbsp. chopped fresh basil
¼ tsp. chili powder
¼ tsp. salt

In large bowl, combine all ingredients; toss to blend.

Add 1¼ cups cold tap water to rice cooking bowl. Place cooking bowl in rice cooker. Spoon shrimp mixture into steamer basket. Insert steamer basket into rice cooker over rice cooking bowl.

Cover and plug appliance into electric outlet. Select steam function and set timer for 18 minutes. Set timer and cook for 20 minutes; test shrimp and vegetables for doneness. If necessary cook several more minutes.

If desired, garnish with chopped cilantro and lemon wedges.

Makes 4 servings.

CINCINNATI CHILI



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| 1 large onion | 1 can (16 oz) tomato sauce |
| 1 large green pepper | 1 pkg (1.5oz) chili seasoning |
| 3 large cloves garlic | 1 tbsp unsweetened cocoa powder |
| 1 tbsp. olive oil | 2 tsp. ground cumin |
| 2 lbs ground round | 1 tsp ground cinnamon |
| 1 tsp salt | 4 cups hot cooked thin spaghetti |
| 2 cans (15 oz, ea) petite diced tomatoes | Shredded Cheddar cheese |
| 2 cans (15 ½ oz, ea) dark red kidney beans, rinsed and drained | Sliced green onions |

In Black & Decker food processor, combine onion, pepper and garlic. Use pulse to coarsely chop vegetables; set aside.

Heat George Foreman Multicooker to 350° F. Add olive oil and brown beef, stirring to break into bits. Add chopped pepper mixture and salt. Cook several minutes to soften onions and peppers, stirring occasionally.

Add tomatoes, beans, tomato sauce, chili seasoning, cocoa powder, ground cumin and cinnamon; stir to blend. Bring to boil. Reduce heat to 250° F and simmer for 25 minutes to blend flavors, stirring occasionally. .

Serve over pasta and topped with cheese and sliced green onions.

If desired, serve with cheese biscuits.

Makes 12 servings.