

# WHITE BEAN AND CHORIZO SOUP

**SERVES** 4

**PREP TIME** 10 minutes

**COOK TIME** 40 minutes

## INGREDIENTS

1 tbs extra-virgin olive oil, plus more for serving  
6 oz smoked Spanish chorizo links, casings removed, halved lengthwise, cut into ¼-inch-thick half-moons  
1 yellow onion, finely chopped  
2 carrots, cut into ¼-inch dice  
2 celery ribs, cut into ¼-inch dice  
1 fennel bulb, trimmed, cut into ¼-inch dice  
3 garlic cloves, finely chopped  
1 sprig of fresh rosemary  
½ cup dry white wine  
3 cups reduced-sodium chicken broth  
15-oz can small white beans, drained, rinsed

## METHOD

- 1 Heat Electric Wonder Pot on MEDIUM-HIGH heat. Add 1 tbs oil, then add chorizo and cook, stirring occasionally, for 5 minutes, or until browned. Add onions, carrots, celery, fennel, garlic, and rosemary and cook, stirring occasionally, for about 8 minutes, or until vegetables begin to soften. Add wine and bring to a simmer. Stir in broth and season to taste with salt and pepper. Bring to a simmer, then reduce heat to LOW to maintain simmer. Cook uncovered for 15 minutes, or until vegetables are tender.
- 2 Stir in beans and simmer, covered, on LOW for 10 minutes to blend flavors. Turn off heat and season soup with salt and pepper.
- 3 Ladle soup into bowls. Drizzle with extra-virgin olive oil and serve.



# SHRIMP AND PINEAPPLE FRIED RICE

**SERVES** 4

**PREP TIME** 10 minutes

**COOK TIME** 10 minutes

## INGREDIENTS

- 1 tbs vegetable oil
- ¼ pineapple, peeled, cored, cut into ½-inch pieces, about 1 cup
- 8 oz peeled deveined U26-30 shrimp, halved lengthwise
- 2 green onions; white parts thinly sliced, green parts thinly sliced diagonally, divided
- 2 ½ cups cooked long-grain white rice, cooled
- 1 tbs reduced-sodium soy sauce
- 1 tsp fish sauce
- 1 tsp toasted sesame oil
- 2 tbs toasted cashews, coarsely chopped

## METHOD

- 1 Heat Electric Wonder Pot on HIGH heat. Add oil and when it is shimmering, add pineapple and cook, stirring frequently, for about 5 minutes, or until it is caramelized in spots. Add shrimp and white parts of green onions and cook, stirring frequently, for 2 minutes, or until shrimp are pink and almost cooked through.
- 2 Add rice and cook, stirring frequently, for 2 minutes, or until heated through. Add soy sauce, fish sauce, and sesame oil and cook for 1 minute.
- 3 Transfer fried rice to a serving platter. Sprinkle with green parts of green onions and cashews and serve.



# CHICKEN FAJITA QUESADILLAS

**SERVES** 2

**PREP TIME** 10 minutes

**COOK TIME** 22 minutes

## INGREDIENTS

- 1 ½ tbs olive oil, plus more for brushing
- 2 garlic cloves, minced
- 1 ½ tsp chili powder
- 6 oz boneless skinless chicken thighs, cut into 1-inch pieces
- ½ green bell pepper, cut into ¼-inch strips
- ¼ yellow onion, sliced lengthwise into ¼-inch strips
- Four 6-inch diameter flour tortillas
- 1 ⅓ cups shredded Monterey Jack cheese
- ¼ cup fresh cilantro leaves
- ¼ cup sour cream

## METHOD

- 1 In large bowl, whisk 1 ½ tbs oil, garlic, and chili powder to blend. Add chicken, bell pepper, and onions. Season with salt and pepper and toss to coat.
- 2 Heat Electric Wonder Pot on HIGH heat. Add chicken and vegetables mixture and cook, stirring frequently, for 10 minutes, or until chicken is cooked through and vegetables are charred in spots. Transfer to heat safe bowl. Wipe out pot.
- 3 Brush one side of each tortilla with some oil. Lay 2 tortillas, oiled side down on work surface. Sprinkle ⅓ cup cheese over each tortilla. Divide chicken fajita mixture between tortillas, then top with another ⅓ cup of cheese. Place remaining 2 tortillas on top, oiled side up, and press lightly to compact.
- 4 Heat pot on MEDIUM heat. Place 1 quesadilla on base of pan and cook, flipping halfway through cooking, for 6 minutes, or until golden brown and cheese melts. Transfer quesadilla to cutting board. Repeat to cook remaining quesadilla.
- 5 Open quesadillas and scatter cilantro leaves over filling. Close quesadillas and cut each into wedges and serve immediately with sour cream.



# RATATOUILLE

**SERVES** 4

**PREP TIME** 10 minutes

**COOK TIME** 25 minutes

## INGREDIENTS

- 1 small eggplant, unpeeled, cut into ½-inch pieces (about 2 cups)
- 2 tbs extra-virgin olive oil
- 1 small red onion, cut into ½-inch pieces (about 1 cup)
- 3 garlic cloves, finely chopped
- 1 red bell pepper, cut into ½-inch pieces (about 1 cup)
- ¼ cup dry red wine
- 4 ripe plum tomatoes, cut into ½-inch pieces (about 3 cups)
- 1 small yellow summer squash, cut into ½-inch pieces (about 1 ½ cups)
- 1 small zucchini, cut into ½-inch pieces (about 1 ½ cups)
- 2 tbs thinly sliced fresh basil leaves

## METHOD

- 1 In small bowl, toss eggplant with ¼ tsp kosher salt. Leave at room temperature, tossing occasionally. After 10 minutes, pour off any liquid that accumulates.
- 2 Heat Electric Wonder Pot on MEDIUM heat. Add oil, then add shallots and garlic and cook, stirring often, for 2 minutes, or until tender. Add bell peppers and cook, stirring occasionally, for 3 minutes, or until bell peppers have slightly softened.
- 3 Add drained eggplant and cook, stirring occasionally, for 6 minutes, or until eggplant is beginning to caramelize.
- 4 Reduce heat to MEDIUM-LOW. Add wine and tomatoes and cook, stirring occasionally, for 8 minutes, or until tomatoes have broken down into a coarse sauce.
- 5 Stir in summer squash and zucchini and cook, stirring occasionally, for 6 minutes, or until zucchini and squash are just tender. Season generously with salt and pepper. Stir in basil and serve.



# SLIDERS WITH RED ONION JAM AND BLUE CHEESE

**SERVES** 4

**PREP TIME** 10 minutes

**COOK TIME** 40 minutes

## INGREDIENTS

Red Onion Marmalade:

- 2 tbs unsalted butter
- 2 medium red onions, halved, cut into ¼-inch-thick half-moons
- ¼ cup sugar
- ½ cup dry red wine
- 2 tbs red wine vinegar

Sliders:

- 1 lb ground beef (85% lean)
- Olive oil, for coating
- 8 slider buns, split in half
- 1 cup crumbled blue cheese
- 1 ½ cups (not packed) baby arugula

## METHOD

To make marmalade:

- 1 Heat Electric Wonder Pot on MEDIUM-HIGH heat. Add butter to melt. Add onions and cook, stirring occasionally, for about 5 minutes, or until they begin to soften. Reduce heat to MEDIUM-LOW and cook 12 minutes, or until onions are tender.
- 2 Add sugar and stir to combine. Add wine and vinegar and cook, stirring often, for 10 to 15 minutes, or until liquid is reduced and syrupy. Season with salt and pepper. Transfer to heatproof bowl, cover, and keep in warm place.

To make sliders:

- 3 Shape ground beef into 8 slider patties that are about 2 ½ inches wide and ½ inch thick.
- 4 Wipe out pot and heat on MEDIUM-HIGH heat. Add 4 patties and cook 3 minutes, or until browned on underside. Flip over and cook 3 minutes more for medium doneness. During last minute of cooking, add some blue cheese on each patty so that it melts slightly. Remove patties from pot and keep in warm place; repeat to cook remaining patties.
- 5 Spread buns with mayonnaise and mound arugula on bottom halves. Top each bottom half with a patty, followed by a generous amount of marmalade and upper half of bun. Serve.



# CORN AND POTATO CHOWDER

**SERVES** 4

**PREP TIME** 10 minutes

**COOK TIME** 24 minutes

## INGREDIENTS

2 tbs butter  
1 onion, finely chopped (1 ⅓ cups)  
3 garlic cloves, finely chopped  
2 large sprigs fresh thyme  
2 celery ribs, cut into ½-inch pieces (1 cup)  
12 oz Yukon Gold potatoes, cut into ½-inch pieces  
⅛ tsp cayenne pepper  
1 tbs all-purpose flour

1 cup reduced-sodium vegetable broth  
1 cup heavy cream  
1 cup whole milk  
4 ears corn, husked, kernels cut off (about 3 ½ cups)

## METHOD

- 1 Heat Electric Wonder Pot on MEDIUM-HIGH heat. Melt butter. Add onions, garlic, and thyme and cook, stirring often, for 4 minutes, or until onions are tender but not browned.
- 2 Add celery and cook, stirring often, for 4 minutes. Add potatoes and cayenne, and sprinkle in flour. Stir for 2 minutes to cook flour. Stir in broth. Cover and increase heat to HIGH. Bring to a simmer, stirring occasionally. Stir in cream and milk. Cover and bring just to a simmer, stirring constantly. Reduce heat to MEDIUM-LOW and simmer for 8 minutes, or until potatoes are just tender.
- 3 Stir in corn kernels and simmer for 4 minutes, or until corn is heated through and chowder thickens slightly. Discard thyme stems. Season with salt and pepper.
- 4 Ladle chowder into bowls and serve.



# BEER BRATS WITH SAUERKRAUT AND ONIONS

**SERVES** 4

**PREP TIME** 10 minutes

**COOK TIME** 25 minutes

## INGREDIENTS

- 4 bratwursts
- Olive oil, for brushing
- One 12-oz bottle lager
- 2 cups sauerkraut, drained
- 2 tbs Dijon mustard, plus more for serving
- 1 tbs butter
- 4 fresh thyme sprigs
- 4 hot dog buns, split open, toasted
- 1 small red onion, thinly sliced
- 1 dill pickle, quartered lengthwise

## METHOD

- 1 Heat Electric Wonder Pot on HIGH heat. Brush bratwursts with oil and add to base of pot. Cook, turning as needed, for 8 minutes in total, or until browned all over.
- 2 Add beer, sauerkraut, 2 tbs mustard, butter, thyme, and  $\frac{1}{4}$  tsp salt. Cover and bring to simmer, stirring to dissolve mustard and melt butter. Reduce heat to LOW and simmer mixture 10 minutes, or until bratwursts are cooked through. Turn off heat.
- 3 Place bratwursts in buns and spread with mustard. Top with some sauerkraut, onions, and pickle spear and serve.

