

nuwave[®]
— LIVE WELL FOR LESS —

**RECIPES
INCLUDED!**

NuWave Nutri-Pot[®] 8Q Digital Pressure Cooker



Owner's Manual & Complete Recipe Book

nuwave®

LIVE WELL FOR LESS

Nuwave Brio® 6Q Digital Air Fryer



NuWave Oven® Pro Plus



NuWave Brio® 6Q Digital Air Fryer

Super-heated air cooks your food to crispy, tender perfection. The digital touch screen gives you precise temperature control.

NuWave Oven® Pro Plus

Cook healthier meals faster and more efficiently with Triple Combo Cooking Power.

NuWave PIC® (Precision Induction Cooktop)

Cook faster, safer, and more efficiently than you ever could on your gas or electric stovetop.

For more about our innovative products, visit:

**NuWave Nutri-Pot® 6Q
Digital Pressure Cooker**



NuWave Electric Skillet



NuWave PIC®

**NuWave Nutri-Pot® 6Q
Digital Pressure Cooker**

Easily cook rice, poultry, vegetables, and more all with the press of a button! The Nutri-Pot's safety release valve and hinged lid make for convenient and safe operation.

**NuWave
Electric Skillet**

Coated with Duralon® Healthy Ceramic Non-Stick coating for easy cleanup. Includes a premium Tempered Glass Lid.

NuWaveNow.com

 1-877-689-2838

nuwave®

LIVE WELL FOR LESS

NuWave Flavor-Lockers® with Vacuum-Seal Technology



NuWave Flavor-Lockers® with Vacuum-Seal Technology

Keep food fresh for up to 21 days!
Slow the growth of mold by removing
trapped oxygen with a few easy pumps.

NuWave Duralon® Healthy Ceramic Non-Stick Cookware

Coated with Duralon Healthy
Ceramic Non-Stick coating for
easy cleanup, this versatile
cookware is perfect for use in
ovens or on gas, electric, and
even induction cooktops.

For more about our innovative products, visit:

Nutri-Master® Slow Juicer

**NuWave Duralon® Healthy Ceramic
Non-Stick Cookware**



NuWave Nutri-Master® Slow Juicer

The Nutri-Master, with a low 48 RPM, is both incredibly quiet and powerful enough to extract juice from nuts and hard vegetables.

NuWaveNow.com

 **1-877-689-2838**

TABLE OF CONTENTS

OWNER'S MANUAL

Parts Descriptions.....	7
Important Safeguards	8
Additional Safeguards.....	9
Product Features	10
Care & Maintenance	11
Silicone Gasket Installation.....	11
Operating Instructions.....	12-14
Control Panel	14

Presets.....	15-16
---------------------	--------------

Functions	16-18
------------------------	--------------

Texture	16
Delay.....	17
Warm	17
Sear	17
Slow Cook.....	18

Troubleshooting Guide	18
------------------------------------	-----------

Limited Warranty	19
-------------------------------	-----------

Soups

Andouille Sausage & Cabbage Soup.....	21
Barley Beef Soup.....	22
Chicken & Rice Soup.....	23

Poultry

Cassoulet Chicken.....	25
Chicken á la King.....	26
Salsa Chicken & Rice	27

Beef

Beef Mac & Cheese.....	29
Beef Short Ribs.....	30
Spicy Beef & Cabbage.....	31

BBQ & Meats

Baby Back Ribs.....	33
BBQ Pulled Pork.....	34
Honey BBQ Meatloaf	35
Pork Shoulder with Sauerkraut	36
Pot Roast	37
Swiss Steak	38
Braised Lamb Shanks.....	39
Sailor's Mussels.....	40

Veggies, Pastas & Sauces

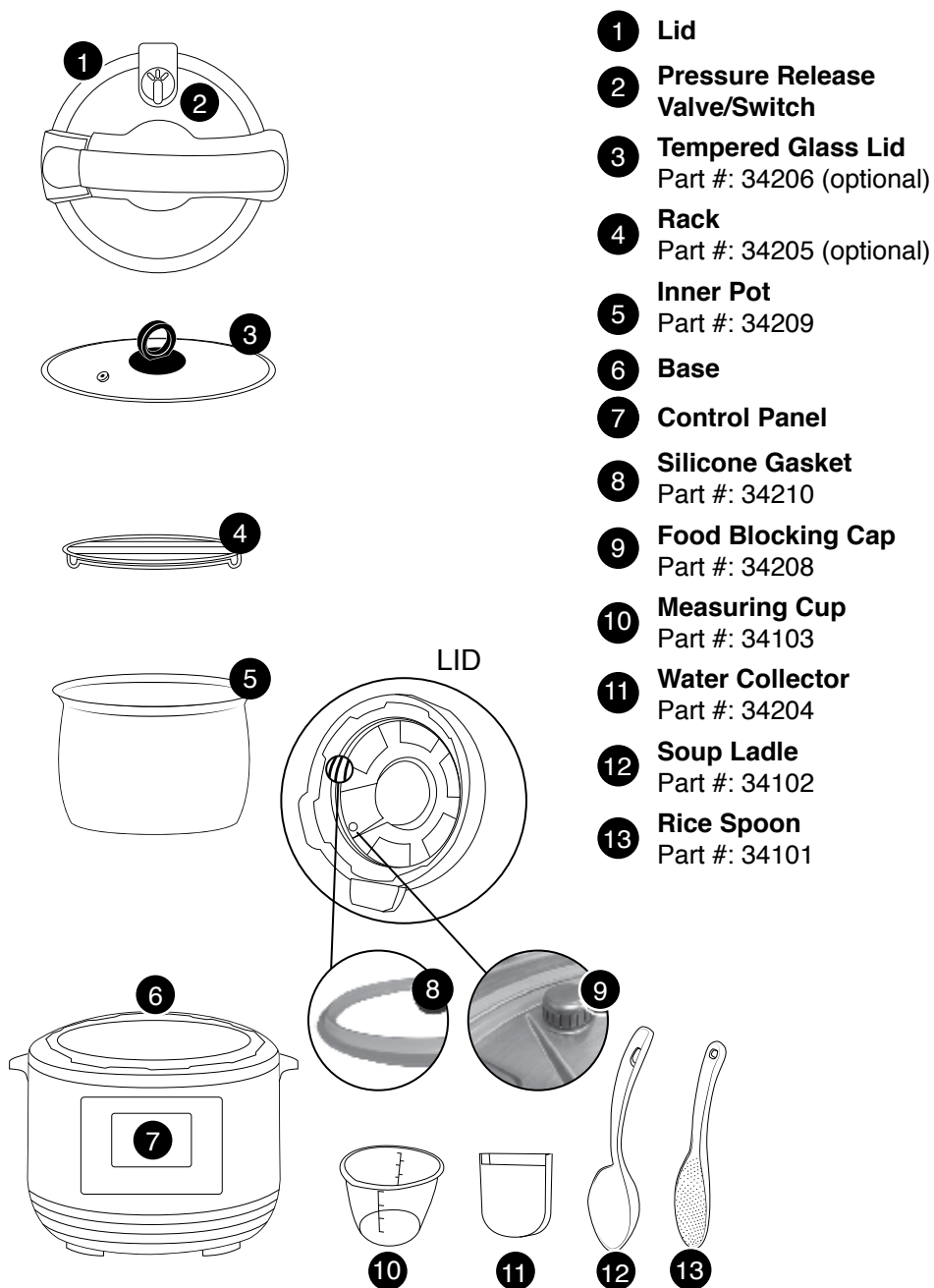
Hash Brown Frittata	42
Blistered Cherry Tomato Stuffed Peppers.....	43
Stuffed Squash	44
Classic Chill	45
Risotto with Italian Sausage & Parmesan.....	46
Jambalaya.....	47
Garlic Cheddar Mashed Potatoes.....	48
Marinara Sauce.....	49
Rice & Beans	50
Tortellini.....	51

Baking

Box Cake Mix.....	53
Orange Cheesecake	54
Brownies	55

Spanish Manual	57-71
-----------------------------	--------------

PARTS DESCRIPTION



IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **DO NOT TOUCH HOT SURFACES.**
2. To protect against electrical shock, do not immerse cord, plugs, or the unit in water or other liquid.
3. Close supervision is necessary when using the appliance near children.
4. Unplug from outlet when not in use and allow unit to cool before cleaning.
5. Do not operate if the appliance malfunctions or is damaged in any way. **Instead contact Customer Service by phone at 1-877-689-2838 or by email at help@nuwavenow.com.**
6. Do not use accessories that are not intended to be used with this appliance.
7. **THIS APPLIANCE IS NOT INTENDED FOR OUTDOOR USE.**
8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner or in a heated oven.
10. Use caution when moving a pressure cooker containing hot oil or liquid.
11. Ensure the pressure release devices are clear of clogging before use.
12. **DO NOT COVER THE PRESSURE RELEASE VALVE.**
13. **DO NOT USE THE PRESSURE COOKER FOR OTHER THAN INTENDED USE.**

ADDITIONAL SAFEGUARDS

1. If you cook meat with skin, such as sausage, swelling can occur when cooked under pressure. Piercing skin after cooking can lead to bursts of hot liquid.
2. Do not lean over the pressure cooker at any time while cooking.
3. The Silicone Gasket creates a pressure seal between the Lid and Base. Keep the gasket completely clean and free of cracks or deterioration.
4. Fill the pressure cooker with liquid prior to use. Never cook without liquid.
5. Make sure all parts of the pressure regulator and ventilated pipe are clean.
6. Do not alter the safety mechanisms or attempt to repair pressure cooker as this will void the warranty. Please adhere to the Maintenance Instructions and other instructions contained in this manual.
7. Do not place near flammable materials, heating units, or wet environments.
8. Do not overfill the pressure cooker.
9. Clean the Food Blocking Cap and Pressure Release Valve regularly to prevent clogging.
10. Do not attempt to open the Lid when the Floater Valve is raised.
11. Do not cover the Pressure Release Valve.
12. The bottom of the Inner Pot and heating plate should be kept clean. Do not put the Inner Pot on other heat sources. Do not replace the Inner Pot with other containers.
13. Use wood or plastic utensils to prevent damaging the Inner Pot's non-stick coating.
14. Do not move the pressure cooker while in use. Only after the pressure cooker cools down completely should it be moved. Move the pressure cooker by using the Base handles not the Lid handle.
15. Make sure pressure is fully released before attempting to open the Lid.
16. It is normal for some smoke to escape the appliance during the first few uses. If the pressure cooker continues emitting smoke please contact Customer Service.

PRODUCT FEATURES

Benefits

The NuWave Nutri-Pot Digital Pressure Cooker seals steam inside during use, creating pressure and raising the internal temperature above the boiling point of water. The result is an expedited cooking process and healthier meals.

Easy to Clean

The Inner Pot is non-stick so it's easy to clean. The stainless steel Lid is durable and detachable for easy cleaning.

Innovative Design

The NuWave Nutri-Pot Digital Pressure Cooker features a user-friendly design that releases any excess steam away from the unit, ensuring peace of mind.

Faster Cooking

Pressure cooking prepares food faster than traditional cooking methods.

Tastier Meals

Pressure cooking allows food to retain its full flavor by cooking quickly and efficiently. With the natural flavor intact, less seasoning is required, enabling you to craft your meals precisely to your taste.

Healthier Results

More vitamins and minerals are retained in food prepared with the NuWave Nutri-Pot Digital Pressure Cooker compared to conventional stove top cooking. In addition, pressure cooking utilizes water instead of unhealthy oils or fat.

Multifunctional

The NuWave Nutri-Pot Digital Pressure Cooker can be used for steaming, simmering and stewing fresh or even frozen foods. You can even use it for canning and baking. Prepare everything from delicate soups and desserts to hearty meat dishes.

MULTIPLE SAFETY DEVICES

Lid Safety Device

If the Lid does not fasten properly pressure will not build.

Pressure Control

If pressure exceeds maximum level the pressure cooker automatically releases pressure and shuts off to prevent any additional from building.

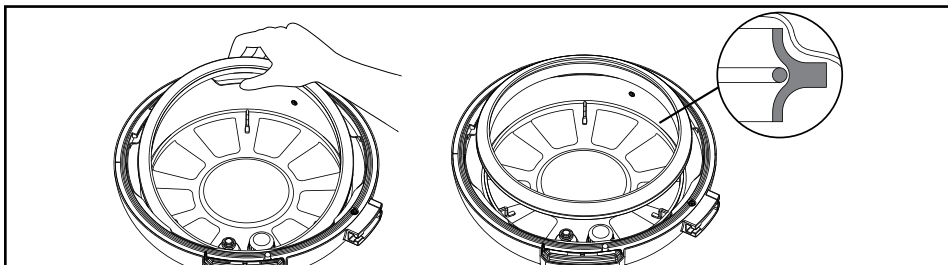
CARE & MAINTENANCE

- Unplug the NuWave Nutri-Pot® Digital Pressure Cooker and let it cool before cleaning.
- Wipe the base and inside of the Base, if necessary, with a clean cloth. Do not immerse the Base in water or spray any water in it.



- Remove and clean the Water Collector. Wipe with a wet cloth and return to the pressure cooker.
- The Lid can be detached from the Base. All parts inside the Lid can be hand washed separately with water and should always be checked to make sure they are not damaged or cracked.
- Use a sponge or non-metallic soft brush to clean the Inner Pot, then wipe the surface with a clean cloth.

SILICONE GASKET INSTALLATION



MAKE SURE THE SILICONE GASKET HAS NO CRACKS OR IS IN ANYWAY DAMAGED.

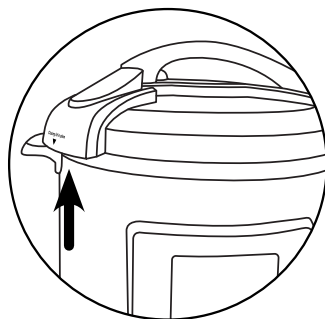
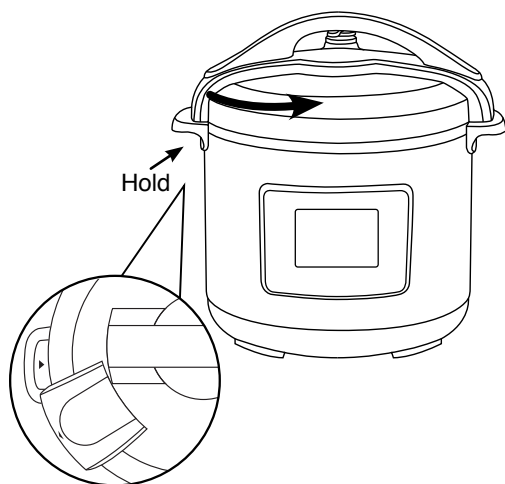
Removing the Silicone Gasket

- Open the Lid.
- With one hand holding the inner Lid down, gently pull the Silicone Gasket up.

Installing the Silicone Gasket

- Line up the Silicone Gasket on top of the metal ring.
- Gently push the Silicone Gasket down, making sure the metal ring is inside the Silicone Gasket's groove.

OPERATING INSTRUCTIONS

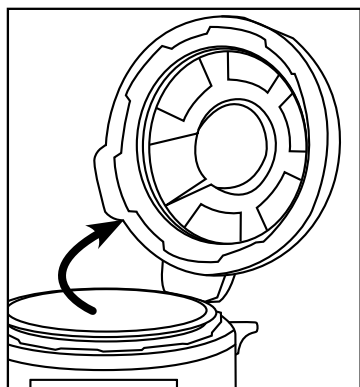
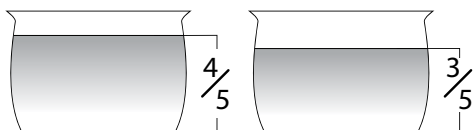


1 **Open Lid:** Hold the left handle. Turn the Lid counterclockwise to open position and lift.

2 Place ingredients and water in the Inner Pot. Ingredients and water should not exceed $\frac{4}{5}$ th of the height of the Inner Pot.

If the ingredients expand easily in water, do not fill beyond $\frac{3}{5}$ th of the height of the Inner Pot. The minimum amount of ingredients and water necessary for proper use is $\frac{1}{5}$ th of the height of the Inner Pot.

3 Clean the outside of the Inner Pot and the inside of the Base. Place the Inner Pot in the Base.

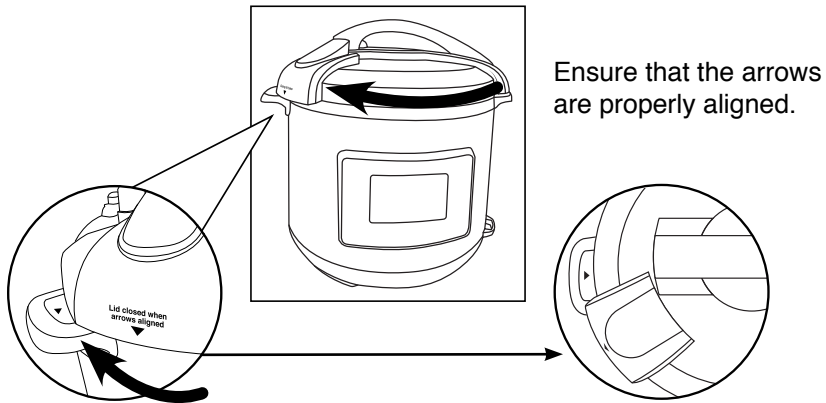
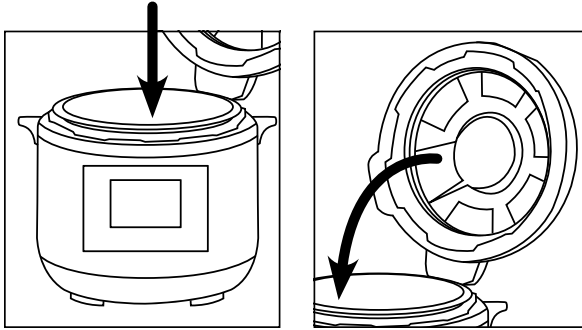


OPERATING INSTRUCTIONS (Continued)

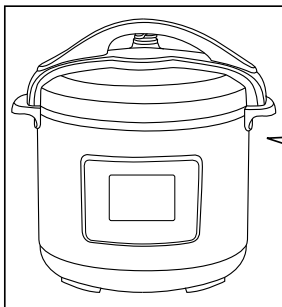
4

Closing Lid:

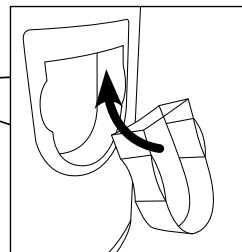
- Check that the Silicone Gasket is secure before closing.
- Holding the Lid by the handle, lower the Lid and turn clockwise to close. When the Lid has been closed properly you will hear a “click” sound.



Ensure that the arrows are properly aligned.

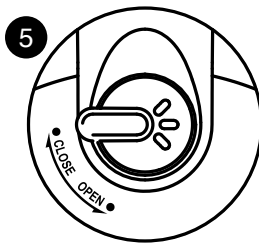


Slide the Water Collector into place.



OPERATING INSTRUCTIONS (Continued)

- 5 Once the Lid is locked in place, turn the Pressure Release Switch to the closed position.
- 6 Plug the NuWave Nutri-Pot Digital Pressure Cooker into an electric power supply. The LCD display will show "--:--" and the unit will go into standby mode.

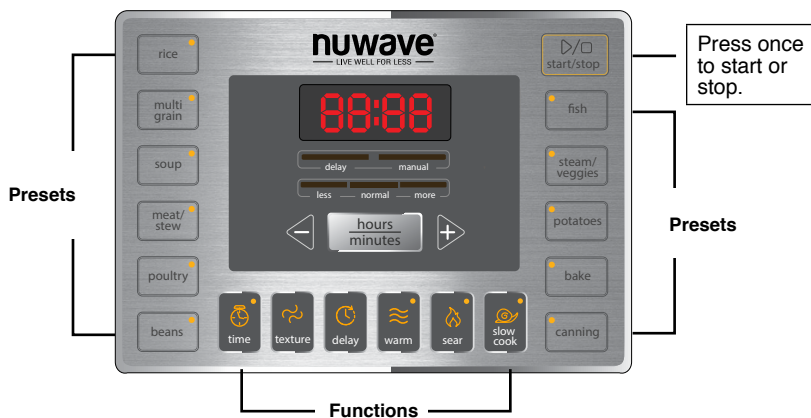


Releasing the Pressure





Gently turn the Pressure Release Switch to the open position to release pressure. **Do not cover the opening where steam is released. Always use caution when releasing steam.**

CONTROL PANEL

Main Display Interface



PRESETS

Presets & Functions	Texture (Hours:Minutes)			Time (Hours:Minutes)	
	Less	Normal	More	Min	Max
Rice	00:07	00:10	00:13	00:01	01:40
Multi Grain	00:22	00:27	00:32	00:01	01:40
Soup	00:10	00:15	00:20	00:01	01:40
Meat/Stew	00:20	00:40	00:50	00:01	01:40
Poultry	00:15	00:20	00:25	00:01	01:40
Beans	00:15	00:20	00:25	00:01	01:40
Fish	00:06	00:08	00:10	00:01	01:40
Steam/Veggies	00:03	00:05	00:07	00:01	01:40
Potatoes	00:04	00:06	00:10	00:01	01:40
Bake	00:30	00:40	00:50	00:01	01:40
Canning*	/	00:20	/	00:01	01:40
Delay 	/	/	/	00:05	24:00
Warm* 	/	04:00	/	01:00	24:00
Sear* 	/	00:05	/	00:01	00:20
Slow Cook* 	/	04:00	/	02:00	09:00

*Only operable in one texture mode.

- 1 Select desired preset.
- 2 Adjust texture if necessary. The default texture is normal. For instructions on changing texture see page 16.
- 3 Close Lid.
- 4 Begin by pressing the “start/stop” button.

For all Presets:

- Pressing the “-” or “+” buttons will switch to “manual” mode.
- Press “start/stop” twice to clear.
- The pressure cooker will clear in 30 seconds if the “start/stop” button is not pressed.

hours/minutes

Press the “hours/minutes” button to set the time when using the “time” function or to increase or decrease the cooking duration when cooking in “manual” mode. The blinking digits reflect whether hours or minutes are selected. Pressing the “+” and “-” buttons will increase or decrease the cooking time.



PRESETS (continued)

Preheating: While the unit reaches the appropriate temperature for the function selected, the display will show “PH” indicating that it is preheating. Once the unit reaches the appropriate pressure, it will shift from preheating to the selected preset cooking time. Once pressure has built inside the pressure cooker, the PH display will change to P, followed by the amount of time it will remain under pressure.

Pressure: The function selected will determine the amount of pressure time. In this example, the display will show “P0:10” (pressure time). The colon or “:” will flash to indicate that the pressure cooker is under pressure and the timer is counting down.

Auto Warm Feature: When cooking is complete, the pressure cooker automatically switches to the warm function. Default warm time changes depending on the Preset used.

Auto Warm Feature			
Presets	Indefinitely*	Auto Shutoff	Time (Hours: Minutes)
Rice	☑	▨	▨
Multi Grain	☑	▨	▨
Soup	▨	▨	04:00
Meat/Stew	▨	▨	02:00
Poultry	▨	▨	01:00
Beans	▨	▨	04:00
Fish	▨	☑	▨
Steam/Veggies	▨	☑	▨
Potatoes	▨	▨	01:00
Bake	▨	☑	▨
Canning	▨	☑	▨
Warm (Function)	▨	▨	04:00
*End by pressing “start/stop.”			

FUNCTIONS

Texture: This is a function to help change the consistency of your foods. ☪ “less”, “normal,” and “more” are selected guides that increase or decrease the cooking time while under pressure.

FUNCTIONS (continued)

Directions:

- 1 Press a desired preset button. The display will default to “**normal**” time. (Ex: Press “**rice**” and the display will show **00:10**).
- 2 To change the consistency of the food (**less, normal, more**), simply press “**texture**”. The appropriate light will display, indicating that the time has been changed. The time in the display will automatically adjust accordingly. (Ex: For the “**rice**” function, “**less**” is 7 minutes, “**normal**” is 10 minutes and “**more**” is 21 minutes).
- 3 Close the Lid and press the “**start/stop**” button.

Delay: This function allows you to delay the cooking start time.




Directions:

- 1 Press the “**delay**” button. The delay bar will light up and the first set of “**00**”s will be blinking.
- 2 Press the “**+**” or “**-**” button to increase or decrease the hours.
- 3 To change minutes press the “**hours/minutes**” button. The second set of “**00**”s will be blinking. This indicates that you can change the minutes.
- 4 Press the “**+**” or “**-**” button to increase or decrease the minutes.
- 5 Press the desired function button to continue your program based on your recipe.
- 6 Close the Lid and press the “**start/stop**” button.

Note:

- The maximum amount of time to delay your pressure cooker is 24 hours.
- The delay function will not work while the pressure cooker is in operation.

Warm: This function will let you manually adjust the time you would like to keep  your food warm.

Directions:


- 1 Press the “**warm**” button, display will show “04:00”.
- 2 Press the “**+**” or “**-**” button to increase or decrease the time. *See “**hours/minutes**” section for instructions on adjusting the time.*
- 3 Press the “**start/stop**” button to start.

Note:

- The default time for the warm function is 4 hours.

The pressure cooker will automatically go to this warm function when a desired preset has completed.

FUNCTIONS (continued)

Sear: This function lets you sear food before slow cooking or cooking  under pressure.

Directions:

- 1 Press “**sear**” button. Display will show 00:05.
- 2 Press “**start/stop**” button to begin.
- 3 See the “**hours/minutes**” section for instructions on manually adjusting the time.

Note:

- Do not close the Lid when using “**sear**” function.
- When complete, the display will show “**End**”.

TROUBLESHOOTING

Contact Customer Service if the pressure cooker displays any of these error codes

Code	E1	E2	E3	E4
Error	Sensor circuit is broken	Circuit short	Overheat	Signal switch is broken



WARNING

Please immediately unplug and contact Customer Service Department if you experience other problems.

1-877-689-2838 or help@nuwavenow.com

LIMITED WARRANTY

The NuWave Nutri-Pot® Digital Pressure Cooker

THE MANUFACTURER WARRANTIES

The NuWave Nutri-Pot Digital Pressure Cooker, including the Base, the Lid, the Pressure Release Valve/Switch, the Rack, the Inner Pot, the Silicone Gasket, the Food Blocking Cap, and the Water Collector are to be free from manufacturer defects. All electrical components are warranted for 1 year from the date of purchase, under normal household use, and when operated in accordance with the Manufacturer's written instructions.

The Manufacturer will provide the necessary parts and labor to repair any part of the NuWave Nutri-Pot Digital Pressure Cooker at NuWave, LLC Service Department. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the owner.

THE WARRANTY DOES NOT COVER

The Limited Warranty is voided if repairs are made by an unauthorized dealer and/or the serial number data plate is removed and/or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use. NuWave, LLC reserves the right to void the Limited Warranty, where allowable by law, for products purchased from an unauthorized dealer.

TO OBTAIN SERVICE

The owner shall have the obligation and responsibility to: Pay for all services and parts not covered by the warranty; Prepay the freight to and from Service Department for any part or system returned under this warranty; Carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package the owner's name, address, day time telephone number, a detailed description of the problem, and your "RGA number." Call 1-877-689-2838 or e-mail help@nuwavenow.com to obtain the RGA number (Return Goods Authorization number). Provide the cooking system model & serial number and proof of date of purchase (a copy of the receipt) when making claims under this warranty.

MANUFACTURER'S OBLIGATION

The Manufacturer's obligation under this Limited Warranty is limited, to the extent allowable by law, to repairing or replacing any part covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of the manufacturer's authorized channels of distribution. THE LIMITED WARRANTY MA Y NOT BE ALTERED, VARIED OR EXTENDED EXCEPT BY A WRITTEN INSTRUMENT EXECUTED BY THE MANUFACTURER. THE REMEDY OF REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS EXCLUSIVE. IN NO EVENT SHALL THE MANUFACTURER BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES TO ANY PERSON, WHETHER OR NOT OCCASIONED BY NEGLIGENCE OF THE MANUFACTURER, INCLUDING WITHOUT LIMITATION, DAMAGES FOR LOSS OF USE, COSTS OF SUBSTITUTION, PROPERTY DAMAGE, OR OTHER MONEY LOSS.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. EXCEPT AS OTHERWISE EXPRESSLY PROVIDED ABOVE, THE MANUFACTURER MAKES NO WARRANTIES EXPRESSED OR IMPLIED ARISING BY LAW OR OTHERWISE, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE TO ANY OTHER PERSON. READ YOUR OWNER'S MANUAL. IF YOU STILL HAVE ANY QUESTIONS ABOUT OPERATION OR WARRANTY OF THE PRODUCT, PLEASE CONTACT NUWAVE, LLC.

READ YOUR OWNER'S MANUAL: If you still have any questions about operation or warranty of the product, please contact NuWave, LLC at: 1-877-689-2838 or e-mail help@nuwavenow.com.

SOUPS



nuwave[®]
— LIVE WELL FOR LESS —



Andouille Sausage and Cabbage Soup Serves: 4-6

Ingredients:

- | | |
|----------------------------------|---------------------------------|
| 3 tablespoons olive oil | ½ teaspoon caraway seeds |
| 1 pound andouille sausage, diced | 1 teaspoon fennel seeds |
| 1 small onion, diced | ½ teaspoon mustard powder |
| 2 carrots, chopped | 1 tablespoon tomato paste |
| 2 ribs celery, chopped | 6 cups low sodium chicken stock |
| ½ head green cabbage, chopped | Salt and black pepper to taste |
| ½ head napa cabbage, chopped | ½ cup chopped fresh parsley |
| 3 cloves garlic, minced | |

Directions:

1. Press **“sear”** button, set to 3 minutes, then press **“start/stop”** button.
2. Add olive oil and sausage to the pressure cooker and brown sausage.
3. Add onions, carrots, celery and cabbage to pressure cooker and mix well.
4. Add seasonings and toss to coat well.
5. Add stock and tomato paste and mix well.
6. Season with salt and pepper.
7. Close the Lid and lock in place.
8. Press **“soup”** button, press **“texture”** once to 20 minutes, then press **“start/stop”** button.
9. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Once pressure is released, carefully open the Lid, stir in fresh parsley, season with salt and pepper to taste and serve.



Barley Beef Soup Serves: 4-6

Ingredients:

3 tablespoons olive oil, divided
1½ pounds beef, cubed
Salt and black pepper to taste
1 onion, medium diced
2 carrots, medium diced
4 ribs celery, medium diced
2 medium parsnips, chopped

8 ounces cremini mushrooms, chopped
2 cloves garlic, chopped
1 teaspoon dried rosemary
2 tablespoons tomato paste
1 cup red wine
1 cup uncooked pearl barley
6 cups low sodium beef broth
1 tablespoon chopped fresh thyme

Directions:

1. Press the **“sear”** button, set to 10 minutes, then press the **“start/stop”** button.
2. Rub 1 tablespoon oil onto beef and season with salt and pepper.
3. Working in small batches, brown beef on all sides in pressure cooker, adding additional oil between batches.
4. Transfer browned beef to paper towel-lined dish and set aside.
5. Add onions, carrots, celery, parsnips, mushrooms, garlic, rosemary to pressure cooker, and sauté for 5-7 minutes.
6. Stir in tomato paste and return beef to pressure cooker.
7. Close the Lid and lock in place.
8. Press the **“soup”** button, press the **“texture”** once for 20 minutes, then press the **“start/stop”** button.
9. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Carefully open the Lid, stir in fresh thyme, season with salt and pepper to taste and serve.

Tip: Use grape juice or beef stock in place of red wine.



Chicken and Rice Soup Serves: 6-8

Ingredients:

1 tablespoon olive oil	1 teaspoon dried thyme
3 boneless skinless chicken breasts, small diced	1 cup long-grain rice
1 onion, finely chopped	4 cups chicken stock
3 carrots, peeled and sliced	1 (28-ounce) can diced tomatoes
2 ribs celery, sliced	1½ teaspoons salt
3 cloves garlic, minced	Freshly ground black pepper to taste
	¼ cup chopped fresh parsley

Directions:

1. Press the **“sear”** button, ensure it is set to 5 minutes, then press the **“start/stop”** button.
2. Add olive oil and chicken to pressure cooker and brown chicken (min. 5 minutes).
3. Add onions, carrots, celery, garlic and thyme and sauté for 2 minutes.
4. Add rice, chicken stock and tomatoes and season with salt and pepper.
5. Close the Lid and lock in place.
6. Press the **“soup”** button, set to 8 minutes, then press the **“start/stop”** button.
7. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Season with salt and pepper, garnish with celery and serve.

POULTRY



nuwave
LIVE WELL FOR LESS



Cassoulet Chicken Serves: 4-6

Ingredients:

6-8 chicken legs or thighs	1 cup carrots
Salt and black pepper to taste	1 tablespoon Dijon mustard
3 tablespoons olive oil	1 clove garlic, chopped
½ pound diced pancetta	2 cups low sodium chicken stock
1 cup white wine	2 (15-ounce) cans navy beans, drained
½ onion, chopped	1 teaspoon fresh thyme, chopped
¼ cup celery	

Directions:

1. Press the **“sear”** button, set to 13 minutes, then press the **“start/stop”** button.
2. Coat chicken in olive oil and season with salt and pepper.
3. Working in batches, brown chicken on both sides in pressure cooker and set chicken aside on a covered plate.
4. Add pancetta and wine to deglaze chicken pieces stuck to bottom.
5. Return chicken to pressure cooker, add all remaining ingredients and continue to sear for 3 minutes.
6. Close the Lid and lock in place.
7. Press the **“poultry”** button, press the **“texture”** once for to 25 minutes, then press the **“start/stop”** button.
8. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Season with salt and pepper to taste and serve.

Tip: Use white grape juice or chicken stock in place of white wine.



Chicken à la King Serves: 6

Ingredients:

1 tablespoon olive oil	1½ cup rice
3 shallots, chopped	2 tablespoons parsley
3 carrots, diced	2 teaspoons salt
3 ribs celery, diced	1 teaspoon white pepper
1 tablespoon chopped garlic	1 tablespoon butter
1 cup mushrooms	3 tablespoons flour
1½ teaspoons fresh thyme	16 ounces frozen peas
6 boneless skinless chicken breasts	1 cup half and half
2 cups low sodium chicken stock	

Directions:

1. Press the **“sear”** button and press the **“start/stop”** button.
2. Add olive oil, shallots, carrots, celery, garlic to pressure cooker, and cook for 4 minutes.
3. Add mushrooms, thyme, chicken, chicken stock, rice, parsley, salt, and pepper to pressure cooker, and mix until combined.
4. Close the Lid and lock in place.
5. Press the **“poultry”** button, press the **“texture”** twice for 15 minutes, then press the **“start/stop”** button.
6. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
7. Remove the chicken, press the **“sear”** button. Add butter, flour, peas, half & half, and stir until sauce begins to thicken.
8. Season with salt and pepper to taste and serve chicken with rice mixture.



Salsa Chicken & Rice Serves: 4

Ingredients:

- | | |
|--|------------------------------------|
| 2 teaspoons olive oil | 1 (10-ounce) can diced tomatoes |
| 1 (4-pound) chicken, cut into 8 pieces | 1 (4-ounce) can green chilies |
| 1 cup basmati rice | 1 tablespoon chili powder |
| 2 cups chicken stock | 2 cloves garlic, chopped |
| ½ cup dry white wine | Salt and pepper to taste |
| 1 (8-ounce) jar prepared salsa | ½ cup cilantro, chopped (optional) |

Directions:

1. Press the **“sear”** button, set to 10 minutes, then press the **“start/stop”** button.
2. Add oil to pressure cooker, and working in batches, brown chicken on all sides.
3. Transfer browned chicken to dish lined with paper towels and set aside.
4. Add all remaining ingredients, except cilantro, to pressure cooker, and stir well.
5. Return all chicken to pressure cooker.
6. Close the Lid and lock in place.
7. Press the **“poultry”** button, press the **“texture”** once for 25 minutes, then press the **“start/stop”** button.
8. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Season with salt and pepper, garnish with cilantro and serve.

Tip: Use white grape juice or chicken stock in place of white wine.

BEEF



nuwave
— LIVE WELL FOR LESS —



Beef Mac & Cheese Serves: 6-8

Ingredients:

- | | |
|----------------------------|---|
| 1 tablespoon vegetable oil | Freshly ground black pepper to taste |
| 1 pound lean ground beef | 1 can (28-ounces) diced tomatoes in juice |
| 1 onion, finely chopped | 1 cup beef stock |
| 1 green pepper, small dice | ¼ cup ketchup |
| 1 red pepper, small dice | ½ pound dried elbow macaroni |
| 1½ teaspoon dried oregano | 1½ cups grated Parmesan or Cheddar cheese |
| 1½ teaspoons dried basil | |
| 1 teaspoon salt | |
| 1 teaspoon paprika | |

Directions:

1. Press the **“sear”** button, set to 8 minutes, then press the **“start/stop”** button.
2. Add olive oil and ground beef to pressure cooker.
3. Break beef into large chunks and brown.
4. Add onions, peppers, and seasonings. Cook until fragrant, stirring well.
5. Add tomatoes, stock, ketchup, and macaroni to pressure cooker.
6. Close the Lid and lock in place.
7. Press the **“time”** button, set to 5 minutes, then press the **“start/stop”** button.
8. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Stir in grated cheese and season with salt and pepper before serving.



Beef Short Ribs Serves: 4-6

Ingredients:

2 tablespoons olive oil	3 sprigs fresh thyme
4 pounds beef short ribs	1 bay leaf
Salt and freshly ground black pepper to taste	½ cup white wine
1 onion, chopped	1½ cups orange juice
1 rib celery, chopped	2 tablespoons soy sauce
2 cloves garlic, minced	2 tablespoons chopped fresh chives

Directions:

1. Press the **“sear”** button, set to 20 minutes, then press the **“start/stop”** button.
2. Add olive oil to pressure cooker.
3. Season ribs with salt and pepper.
4. Working in batches, sear ribs for about 5 minutes per side, transfer to covered dish and set aside.
5. Add onions, celery, garlic, thyme, and bay leaf to pressure cooker and sauté for 3-4 minutes.
6. Pour wine into pressure cooker to deglaze any brown bits from the bottom. Continue to simmer until nearly dissipated.
7. Add orange juice, soy sauce, and ribs to pressure cooker.
8. Close the Lid and lock in place.
9. Press the **“meat/stew”** button, set timer to 25 minutes, then press the **“start/stop”** button.
10. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
11. Carefully remove the Lid and transfer ribs to platter.
12. Press the **“sear”** button, set timer to 5 minutes, then press the **“start/stop”** button to thicken gravy.
13. Once gravy has thickened, return ribs to pressure cooker and toss to coat well.
14. Press the **“start/stop”** button, garnish ribs with chives and serve.

Tip: Use white grape juice or chicken stock in place of white wine.



Spicy Beef & Cabbage Serves: 4-6

Ingredients:

- | | |
|-----------------------------------|---|
| 1 tablespoon olive oil | 1 tablespoon brown sugar |
| 1 pound lean ground beef | 2 cups beef stock |
| 1 onion, small diced | 1 (28-ounce) can tomatoes, whole peeled |
| 1 clove garlic, sliced | 1 (14-ounce) can crushed tomatoes |
| 1 teaspoons salt | 1 cup basmati rice |
| 1 teaspoon dried oregano | 1 medium head green cabbage, coarsely chopped |
| 1 teaspoon red pepper flakes | ¼ cup chopped fresh parsley |
| 1 tablespoon Worcestershire sauce | |
| 1 tablespoon red wine vinegar | |
| 1 tablespoon tomato paste | |

Directions:

1. Press the **“sear”** button, set to 6 minutes, then press the **“start/stop”** button.
2. Add olive oil and beef to pressure cooker and brown beef, stirring constantly.
3. Transfer beef to paper towel-lined dish to drain, reserving 1 tablespoon beef fat in the pressure cooker.
4. Add onions, garlic and seasonings to pressure cooker and stir to combine.
5. Stir in Worcestershire sauce, vinegar, tomato paste, brown sugar, and beef stock.
6. Return beef to pot and stir in tomatoes, rice, and cabbage.
7. Close the Lid and lock in place.
8. Press the **“texture”** button, set to 7 minutes, then press the **“start/stop”** button.
9. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Carefully open the Lid, stir in fresh parsley, and serve.

BBQ & MEATS



nuwave
LIVE WELL FOR LESS



Baby Back Ribs Serves: 4-6

Ingredients:

- | | |
|---------------------------------------|--------------------------------|
| 2 tablespoons olive oil, divided | 2 teaspoons kosher salt |
| 1 yellow onion, medium dice | 1 teaspoon pepper |
| 4 cloves garlic, minced | 1 teaspoon apple cider vinegar |
| 1 Rack baby back ribs (about 3-4 lbs) | 2 cups ketchup |
| 1 teaspoon smoked paprika | 2 tablespoons tomato paste |
| 1 teaspoon dark chili powder | ½ cup water |
| 1 teaspoon light brown sugar | |

Directions:

1. Press the **“sear”** button, set to 4 minutes, then press the **“start/stop”** button.
2. Add 1 tablespoon olive oil, onion, and garlic to pressure cooker and cook for 3-4 minutes.
3. Cut Rack of ribs in half and coat in 1 tablespoon oil.
4. Combine paprika, chili powder, brown sugar, salt, and pepper in bowl, and rub onto ribs.
5. Add remaining ingredients to pressure cooker
6. Shingle ribs and place in pressure cooker.
7. Close the Lid and lock in place.
8. Press the **“meat/stew”** button, press the **“texture”** button twice for 20 minutes, then press **“start/stop”** button.
9. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Carefully remove the Lid and remove ribs and serve immediately.



BBQ Pulled Pork Serves: 8-10

Ingredients:

6 slices bacon, chopped	¼ teaspoon cayenne pepper
1 (4-5-pound) pork shoulder roast	1 cup ketchup
1 red onion, finely chopped	1 tablespoon tomato paste
4 garlic cloves, minced	2 tablespoons brown sugar
½ teaspoon dry mustard powder	¼ cup apple cider vinegar
½ teaspoon smoked paprika	1 teaspoon salt
½ teaspoon Ancho chili powder	½ cup low sodium chicken or beef stock

Directions:

1. Press the **“sear”** button, set to 18 minutes, then press the **“start/stop”** button.
2. Add bacon to pressure cooker and cook for about 3 minutes per side, until crispy.
3. Transfer bacon to paper towels to remove grease and set aside.
4. Season pork with salt and pepper, then brown in bacon fat in pressure cooker for about 6 minutes per side.
5. Remove pork and set aside.
6. Add onions and garlic to pressure cooker and sauté for about 5 minutes.
7. Add spices to pressure cooker and cook for 1 minute.
8. Add all remaining ingredients to pressure cooker and stir to combine.
9. Return pork and bacon to pressure cooker.
10. Close the Lid and lock in place.
11. Press the **“meat/stew”** set timer to 45 minutes, then press the **“start/stop”** button.
12. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
13. Remove pork and let it rest for 10-15 minutes.
14. Shred pork and return to pressure cooker and toss with sauce until thoroughly coated.



Honey BBQ Meatloaf Serves: 4-6

Meatloaf Ingredients:

- ¾ pound of ground beef
- ½ pound pork
- ¾ pound veal
- 1 onion, diced
- 1 clove garlic, minced
- ½ teaspoon dried thyme
- ¼ cup Panko breadcrumbs
- 2 tablespoons tomato ketchup
- ½ cup BBQ sauce
- 2 egg yolks, lightly beaten

salt and pepper to taste

Sauce Ingredients:

- ½ cup chicken stock
- 1 (14½-ounce) can crushed tomatoes
- ½ cup BBQ sauce
- 1 tablespoon honey

Directions:

1. In large bowl, combine all meatloaf ingredients and mix until combined.
2. Shape meat into loaf and place in pressure cooker.
3. In small dish, combine sauce ingredients and mix well.
4. Pour half of the sauce mixture over meatloaf in pressure cooker and set remaining sauce aside.
5. Close the Lid and lock in place.
6. Press the **“time”** and set timer to 35 minutes, then press the **“start/stop”** button.
7. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Open the Lid and transfer meatloaf to serving platter.
9. Brush meatloaf with remaining sauce and serve.



Pork Shoulder with Sauerkraut Serves: 6

Ingredients:

3 pounds boneless pork butt, cut into 4 even chunks	1 cup chardonnay wine
Salt and pepper to taste	16 ounce sauerkraut
4 tablespoon olive oil	2 cups low sodium beef stock
¼ pound smoked bacon, chopped or diced	3 garlic cloves, smashed
2 carrots, chopped	1 apple sauce
1 medium white onion, chopped	2 apples, cored and chopped
3 ribs celery, chopped	2 teaspoons dried oregano
	2 teaspoons fennel seed
	1 teaspoons brown sugar

Directions:

1. Press the **“sear”** button, set to 20 minutes, then press the **“start/stop”** button.
2. Add oil to pressure cooker, season pork with salt, and pepper and sear pork for about 3 minutes per side; set browned pork aside.
3. Add bacon to pressure cooker and cook for about 3-4 minutes, until crispy, stirring occasionally.
4. Add carrots, onions and celery to pressure cooker and cook for 2-3 minutes.
5. Add wine to pressure cooker to deglaze any bits stuck to bottom.
6. Add sauerkraut to pressure cooker and cook for 5 minutes, stirring occasionally.
7. Add all remaining ingredients to pressure cooker and return pork to pressure cooker.
8. Close the Lid and lock in place.
9. Press the **“meat/stew”** button, then press the **“start/stop”** button.
10. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
11. Carefully remove the Lid and transfer pork and vegetables to serving tray, reserving sauce in pressure cooker.
12. Press the **“sear”** button, then press the **“start/stop”** button to reduce sauce.
13. Pour sauce over pork and serve.

Tip: Use white grape juice or chicken stock in place of white wine.



Pot Roast Serves: 6-8

Ingredients:

- | | |
|---|--|
| 1 (3½-4-pound) boneless chuck roast | 1 teaspoon dried oregano |
| Salt and freshly ground black pepper to taste | 1 teaspoon dried sage |
| 2 tablespoon olive oil, divided | 1 cup red wine |
| 1 onion, chopped | 1 (28-ounce) can crushed tomatoes |
| 3 carrots, chopped | 1 bay leaf |
| 2 ribs celery, chopped | 4 large red potatoes, skin on, roughly chopped |
| 3 cloves garlic, minced | ¼ cup chopped fresh basil |
| ½ teaspoon dried rosemary | |

Directions:

1. Rub 1 tablespoon olive oil onto roast and coat with salt and pepper.
2. Press the **“sear”** button, set to 10 minutes, then press the **“start/stop”** button.
3. Add remaining oil to pressure cooker and brown roast on all sides for about 6 minutes total. Once meat is browned, transfer to plate and set aside.
4. Add onions, carrots, celery and garlic to pressure cooker and sauté for 4 minutes.
5. Add rosemary, oregano and sage and stir for 1 minute.
6. Add red wine and tomatoes and stir well.
7. Add bay leaf and return roast to pressure cooker.
8. Close the Lid and lock in place.
9. Press the **“meat/stew”** set to 55 minutes, then press the **“start/stop”** button.
10. Once finished, press and hold pressure release button until all pressure has been released, then carefully remove the Lid.
11. Transfer roast to serving platter and cover with foil to keep warm.
12. Add potatoes to pressure cooker and close the Lid.
13. Press the **“time”** set to 8 minutes.
14. Close the Lid and lock in place, then press the **“start/stop”** button.
15. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
16. Return roast to pressure cooker and stir until coated with sauce.
17. Season with salt and pepper, stir in basil and serve.

Tip: Use grape juice or beef stock in place of red wine.



Swiss Steak Serves: 4-6

Ingredients:

- | | |
|--|---------------------------------|
| 1 lb beef top round, cut into ½-inch chunks | 1 medium onion, julienned |
| 3 tablespoons olive oil, divided | 1 clove garlic, minced |
| Salt and freshly ground black pepper to taste. | 1 teaspoon prepared horseradish |
| ¾ cup beef broth, divided | 1 (8-ounce) can tomato sauce |
| 3 ribs celery, julienned | 1 bay leaf |
| 3 medium carrots, julienned | ¼ cup flour |
| | ¼ cup chopped fresh parsley |

Directions:

1. Coat beef with 1 tablespoon olive oil and season with salt and pepper.
2. Press the **“sear”** button, set timer to 10 minutes, then press the **“start/stop”** button.
3. Add remaining oil to pressure cooker and brown beef on all sides.
4. Pour ½ cup broth into pressure cooker and add celery, carrots, onions, garlic, horseradish, tomato sauce, and bay leaf.
5. Close the Lid and lock in place.
6. Press the **“meat/stew”** button, set to 25 minutes, then press the **“start/stop”** button.
7. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Carefully open the Lid and transfer meat to covered dish and set aside.
9. Press the **“sear”** button, set to 10 minutes, then press the **“start/stop”** button to simmer sauce.
10. In small dish, combine remaining oil and flour to make slurry.
11. Add slurry to simmering sauce and stir until thickened.
12. Return meat to pressure cooker and heat for 2 minutes, spooning gravy over meat.
13. Serve meat over egg noodles or rice and garnish with fresh parsley.



Braised Lamb Shanks Serves: 4-6

Ingredients:

6 lamb shanks	3 tablespoons tomato paste
Salt and freshly ground black pepper to taste	2 cups red wine
½ cup flour	1½ cups beef stock
4 tablespoons olive oil	2 bay leaves
1 yellow onion, chopped	1 teaspoon dried thyme
1 rib celery, small diced	½ teaspoon dried oregano
1 medium carrot, small diced	1 orange, juiced and zested
2 cloves garlic, smashed	1 lemon, juiced and zested
	Fresh parsley, chopped

Directions:

1. Place flour in shallow wide dish.
2. Season lamb with salt and pepper and dredge in flour to coat well.
3. Press the “**sear**” button, set to 12 minutes, then press the “**start/stop**” button.
4. Add olive oil to pressure cooker and, working in batches, sear lamb on all sides until dark brown and set aside in covered dish.
5. Add carrots, celery and onions to pressure cooker and sauté for 2-3 minutes.
6. Add red wine to pressure cooker, and deglaze any bits off the bottom.
7. Add stock, juices, zests, bay leaves, spices, and lamb to pressure cooker.
8. Close the Lid and lock in place.
9. Press the “**meat/stew**” button set to 35 minutes, then press the “**start/stop**” button.
10. Once finished, the pressure cooker will automatically go to the “**warm**” feature and the pressure will release naturally.
11. Carefully open the Lid, season lamb and set aside.
12. Press the “**sear**” button, set for 5 minutes, then press the “**start/stop**” button to thicken sauce.
13. Once sauce has thickened, pour over lamb and garnish with parsley.

Tip: Use grape juice or beef stock in place of red wine.



Sailor's Mussels Serves: 6-8

Ingredients:

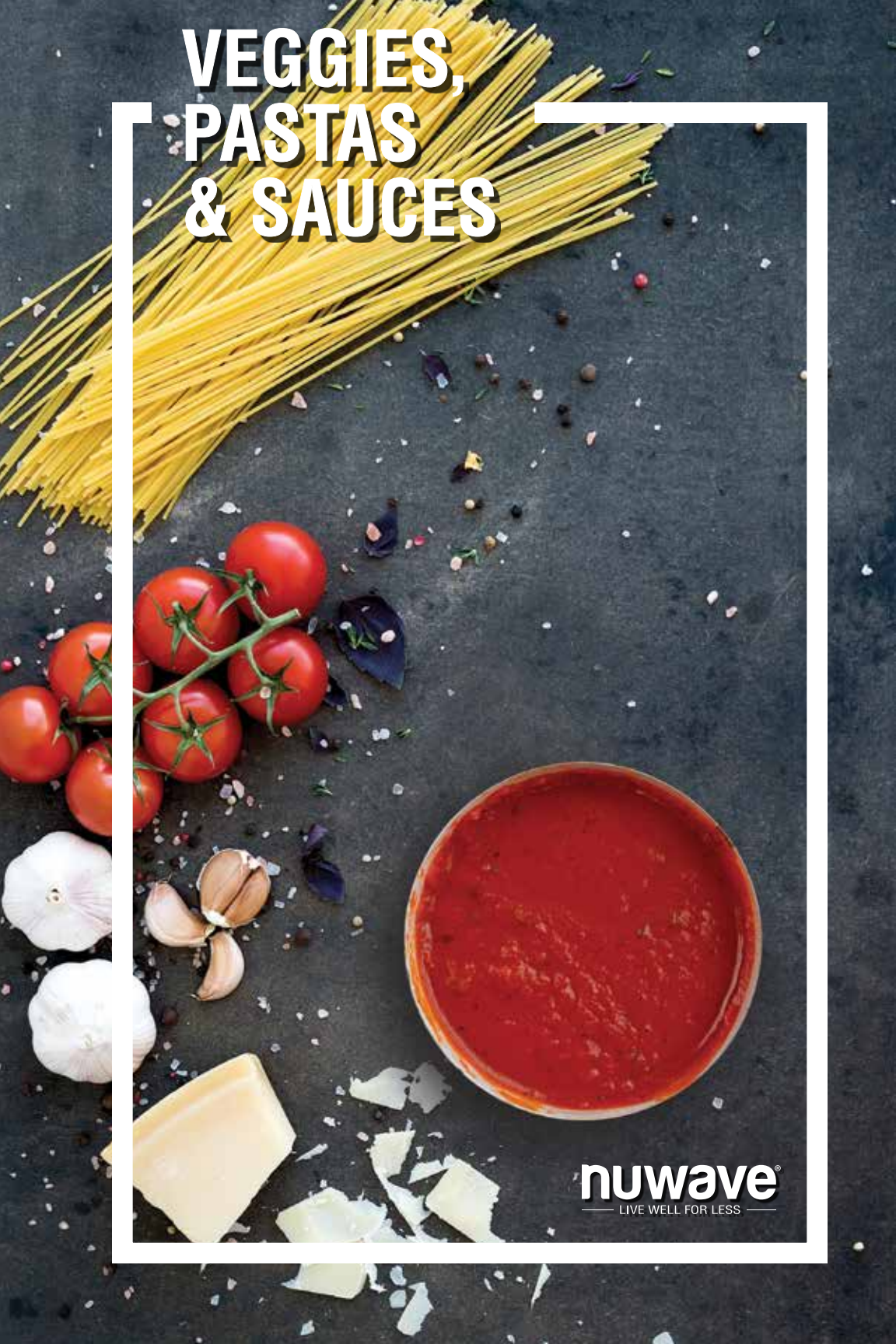
4 pounds mussels	1 bay leaf
3 tablespoons butter, divided	1½ cups white wine
1 large shallot, finely chopped	¼ cup minced parsley
2 cloves garlic, minced	½ cup heavy whipping cream
2 sprigs fresh thyme	Pinch ground black pepper

Directions:

1. Scrub mussels and run under running water to clean. Remove any hair protruding from shell and throw away any mussels that are cracked.
2. Press the **“sear”** button, set to 9 minutes, then press the **“start/stop”** button.
3. Melt butter in pressure cooker and cook shallot, garlic, thyme, and bay leaf for 2-3 minutes.
4. Add white wine and mussels to pressure cooker.
5. Close the Lid and lock in place.
6. Press the **“fish”** button, set timer to 4 minutes, then press the **“start/stop”** button.
7. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Transfer mussels to serving dish, reserving liquid in pressure cooker.
9. Press **“sear”** button, set to 7 minutes, then press **“start/stop”** button.
10. Bring liquid to simmer, then stir in parsley and heavy cream and season with black pepper.
11. Pour sauce over mussels and serve immediately.

Tip: Use white grape juice or chicken stock in place of white wine.

VEGGIES, PASTAS & SAUCES



nuwave[®]
— LIVE WELL FOR LESS —



Hash Brown Frittata Serves: 4-6

Ingredients:

6 eggs (1 ½ cups of egg beater)
1/8 cup of milk
1 cup favorite shredded cheese
¼ cup diced ham (optional)

1 ½ cups frozen diced hash browns
¼ cup chopped green onion
Salt and pepper to taste

Directions:

1. Whisk eggs in a bowl with milk, cheese, salt, and pepper and set aside.
2. Press **“Sear”** and adjust to about 8 minutes then press **“Start”**.
3. Place in ham and lightly sauté until brown about 4-5 minutes.
4. Add in frozen hash browns and continue sautéing for about 2-3 minutes.
5. Add green onion then pour in egg/cheese mix.
7. Close pressure cooker, press **“Time”** and adjust to 6 minutes then press **“Start”**.
8. When ready, let naturally release for about 5 minutes, press Quick Release to remove any remaining pressure and open.
9. Using a spatula, loosen edges if needed then tilt the pot towards the cutting board and slide frittata out.

Tip: You can use any of your favorite ingredients with this dish.

Example: replace ham with 6 slices bacon chopped or 2 -3 sausage patties crumbled. Use your favorite chopped veggies such as peppers, broccoli, and spinach and add into the pot before you add your cheese.



Blistered Cherry Tomato Stuffed Peppers Serves: 6

Ingredients:

1 tablespoon olive oil	1 ½ cups cooked rice
½ onion	2 teaspoons parsley
1 cup cherry tomatoes, halved	1 teaspoon marjoram
1 (14-ounce) can diced tomatoes	1 teaspoon fresh basil
1 (14-ounce) can tomato puree	1 teaspoon salt
1 clove garlic	1 teaspoon black pepper
1 pound ground chicken	6 large green peppers, tops removed, seeded
	½ cup provolone cheese

Directions:

1. Press the **“sear”** button, set to 8 minutes, then press the **“start/stop”** button.
2. Add oil, onions and tomatoes, diced tomatoes, and tomato sauce to pressure cooker and cook until tomatoes have blistered.
3. In separate bowl, add ground chicken, cooked rice, parsley, marjoram, basil, salt, and pepper. Mix until combined.
4. Spoon chicken mixture into each pepper.
5. Place steamer Rack in pressure cooker and place peppers on the Rack.*
6. Close the Lid and lock in place.
7. Press the **“poultry”** button, ensure its set for 20 minutes, then press the **“start/stop”** button.
8. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Carefully remove the Lid and add shredded provolone onto each pepper.
10. Place Tempered Glass Lid on pressure cooker and let peppers sit for 2 minutes, until cheese melts.
11. Transfer peppers to serving platter, remove Rack, and top peppers with sauce.

***Note:** Tomato sauce can touch Rack.



Stuffed Squash Serves: 4

Ingredients:

2 cups water	¼ teaspoon ground cloves
2 small acorn squash, cut in half & seeded	2 tablespoons brown sugar
Kosher salt and freshly ground black pepper to taste	2 green apples, peeled and chopped
1 teaspoon ground cinnamon	½ cup dried cranberries
¼ teaspoon ground nutmeg	¼ cup maple syrup
	2 tablespoons butter, divided into 4 cubes

Directions:

1. Pour water into pressure cooker and place steamer Rack in pot.
2. Place squash on Rack, cut side up, and season with salt and pepper.
3. In a medium bowl, combine seasonings, and sugar and mix well.
4. Toss apples and cranberries in seasonings until coated.
5. Divide fruit mixture evenly into each squash.
6. Top each squash with 1 butter cube and drizzle maple syrup over each squash.
7. Close the Lid and lock in place.
8. Press the **“steam/veggies”** set timer to 6 minutes, then press the **“start/stop”** button.
9. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Remove squash with tongs and serve warm.



Classic Chili Serves: 6-8

Ingredients:

- | | |
|--|--|
| 1 tablespoon chili powder | 1 medium white onion, small diced |
| 1 teaspoon dried oregano | 3 cloves garlic, minced |
| ½ teaspoon ground, dried cumin | 2-3 chipotle peppers in adobo sauce, chopped |
| ½ teaspoon smoked paprika | 1 (28-ounce) can chopped tomatoes |
| 3 tablespoons olive oil | 1 cup low sodium beef stock |
| 4 pounds boneless chuck or round roast, cut into cubes | ¼ cup chopped fresh cilantro |
| Salt and freshly ground pepper to taste | |

Directions:

1. Combine all seasonings in shallow dish.
2. Rub cubed beef with olive oil, coat with seasonings, and toss to coat well.
3. Press the **“sear”** button, set to 10 minutes, then press the **“start/stop”** button.
4. Add remaining oil to pressure cooker and, working in batches, sear beef on all sides, and transfer to covered dish.
5. Add onions, garlic, chipotle peppers, tomatoes, and beef stock to pressure cooker and return all browned meat.
6. Close the Lid and lock in place.
7. Press the **“meat/stew”** button, press the **“texture”** twice for 20 minutes, then press the **“start/stop”** button.
8. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Carefully open the Lid and season chili with salt and pepper to taste.
10. Garnish with cilantro and serve.



Risotto with Italian Sausage & Parmesan Serves: 4-6

Ingredients:

1 tablespoon olive oil	½ cup white wine
1 pound sweet Italian sausage, sliced	3½ cups low sodium chicken stock
½ cup chopped shallots	1 teaspoon salt
2 cloves garlic, minced	Freshly ground black pepper to taste
½ cup sliced sun-dried tomatoes	½ cup grated Parmesan cheese
1½ cups Arborio rice	¼ chopped fresh basil

Directions:

1. Press the **“sear”** button, and press the **“start/stop”** button.
2. Add olive oil and sausage to pressure cooker and brown sausage on all sides.
3. Add shallots and garlic and continue to cook for 2-3 minutes.
4. Stir in rice, tomatoes, chicken stock, and wine.
5. Season with salt and pepper.
6. Close the Lid and lock in place.
7. Press the **“rice”** button, press the **“texture”** twice for 7 minutes, then press the **“start/stop”** button.
8. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Stir in cheese, top with basil, and serve.

Tip: Use white grape juice or chicken stock in place of white wine.



Jambalaya Serves: 4-6

Ingredients:

- | | |
|--|---|
| 2 tablespoons olive oil | 1 bay leaf |
| 2 boneless skinless chicken breast, cut into ½-inch pieces | 1½ cups long grain rice |
| 1 pound andouille sausage, cut into medium chunks | 2 cups low sodium chicken stock |
| 1 white onion, finely chopped | 1 (14-ounce) can chopped tomatoes |
| 3 ribs celery, finely chopped | 1 tablespoon tomato paste |
| 1 green pepper, finely chopped | 8 ounces smoked ham, medium diced |
| ½ teaspoon dried thyme | 2 teaspoons Worcestershire sauce |
| ½ teaspoon dried oregano | 1 teaspoon kosher salt |
| ½ teaspoon dried cayenne pepper | 12 raw shrimp (16/20), peeled and de-veined |
| 1 teaspoon dried smoked paprika | 5 scallions, sliced |
| 4 cloves garlic, minced | |

Directions:

1. Press the **“sear”** button, set to 13 minutes, then press the **“start/stop”** button.
2. Add olive oil to pressure cooker and, working in batches, brown sausage and chicken; set meats aside once browned.
3. Add onion, celery, green pepper, garlic to pressure cooker, and cook for 3-4 minutes.
4. Stir in spices, add rice and cook for 1 minute, stirring constantly.
5. Add chicken stock, tomato paste, tomatoes, ham, Worcestershire sauce, salt and browned meat to pressure cooker.
6. Close the Lid and lock in place.
7. Press the **“texture”** button, set to 8 minutes, then press the **“start/stop”** button.
8. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
9. Stir shrimp into jambalaya and close the Lid.
10. Let jambalaya sit for 8-10 minutes, until shrimp is cooked through.
11. Open the Lid, garnish with scallions and serve.



Garlic Cheddar Mashed Potatoes Serves: 6-8

Ingredients:

6 russet potatoes, washed, peeled,
and diced into 1-inch cubes
4 whole cloves garlic, peeled
Water
½ cup half and half

3 tablespoons butter, melted
1 cup shredded cheddar cheese
Kosher salt and fresh black pepper to
taste
5 scallions, sliced (optional)

Directions:

1. Place potatoes and garlic in pressure cooker pot and add just enough water to cover potatoes.
2. Close the Lid and lock in place.
3. Press the “**potatoes**” button, then press the “**start/stop**” button.
4. Once finished, press the “**start/stop**” button and wait 15-20 minutes for pressure to naturally release.
5. Carefully remove the Lid and remove pot from pressure cooker and drain liquid.
6. Return pot to cooker and mash potatoes.
7. Add butter and half and half and continue to mash until creamy.
8. Fold in cheddar cheese and season with salt and pepper to taste.
9. Once potatoes are warmed through press the “**start/stop**” and transfer to serving dish.
10. Garnish with scallions and serve.



Marinara Sauce Serves: 6

Ingredients:

3 tablespoons olive oil	1 teaspoon salt
4 cloves garlic, finely chopped	Freshly ground black pepper to taste
¼ teaspoon crushed red pepper flakes	½ teaspoon sugar
2 (28-ounce) cans crushed herb tomatoes	¼ cup chopped fresh basil

Directions:

1. Press the **“sear”** button, then press the **“start/stop”** button.
2. Add olive oil, garlic, and red pepper flakes to pressure cooker and cook until fragrant.
3. Add tomatoes, salt, pepper, and sugar to pressure cooker.
4. Close the Lid and lock in place.
5. Press the **“time”** button and set to 8 minutes, then press the **“start/stop”** button.
6. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
7. Carefully remove the Lid and stir in basil, season with salt and pepper to taste and serve.



Rice and Beans Serves: 8-10

Ingredients:

1 cup dried pinto beans	1 teaspoon ground cumin
Water	1 teaspoon chili power
1 tablespoon vegetable oil	1 (14-ounce) can diced tomatoes
1 red onion, finely chopped	2 cups chicken stock
1 green pepper, finely chopped	1 teaspoon salt
1 jalapeño, finely chopped	Black pepper to taste
3 cloves garlic, minced	¼ cup chopped fresh cilantro
2 cups long-grain rice	3 scallions, chopped

Directions:

1. Add pinto beans to pressure cooker and cover with 1 inch of water.
2. Close the Lid and lock in place.
3. Press the **“time”** button, set to 5 minutes, then press the **“start/stop”** button.
4. Once finished, press the **“start/stop”** button and wait 15-20 minutes for pressure to naturally release.
5. Carefully drain beans and set aside.
6. Press the **“sear”** button, then press the **“start/stop”** button.
7. Add oil, onions, peppers, jalapeño, and garlic to pressure cooker and cook for 3-4 minutes.
8. Add rice, seasonings and stir to combine.
9. Stir in tomatoes and chicken stock.
10. Return beans to pressure cooker and mix well.
11. Season with salt and pepper to taste.
12. Close the Lid and lock in place.
13. Press the **“texture”** button, set timer to 8 minutes, then press the **“start/stop”** button.
14. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Carefully remove the Lid.
15. Stir in cilantro, garnish with scallions and serve.



Tortellini Serves: 4-6

Ingredients:

- | | |
|---------------------------------------|--|
| 1 tablespoon olive oil | 1 (28-ounce) can diced tomatoes with juice |
| 1 onion, small diced | 1 tablespoon tomato paste |
| 1 clove garlic, minced | 1 bay leaf |
| 1 red pepper, small diced | 2 medium carrots, thinly sliced |
| 1 (8-ounce) package cremini mushrooms | 2 medium zucchini, thinly sliced |
| 1 teaspoon dried oregano | 1 pound ground hot Italian sausage |
| 1 teaspoon dried basil | ¾ pound frozen cheese tortellini |
| 1 teaspoon salt | ¼ cup chopped fresh parsley |
| 2 cups low sodium chicken stock | |

Directions:

1. Press the **“sear”** button, and ensure its set for 5 minutes, then press the **“start/stop”** button.
2. Add olive oil to pressure cooker and sauté onions, garlic, red pepper, mushrooms, oregano and basil.
3. Add stock, tomatoes, tomato paste, salt, and bay leaf.
4. Stir in carrots, zucchini, sausage, and tortellini.
5. Close the Lid and lock in place.
6. Press the **“texture”** button, set timer to 5 minutes, then press the **“start/stop”** button.
7. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Carefully open the Lid, stir tortellini and top with fresh parsley.

BAKING



nuwave[®]
LIVE WELL. FOR LESS.



Box Cake Mix Serves: 6

Ingredients:

- 2 cups water
- 1 box cake mix

Directions:

1. Prepare cake batter according to package directions.
2. Butter bottom and sides of 6-inch baking pan that will fit inside pressure cooker.
3. Pour half of prepared batter into baking pan and wrap with foil, ensuring the foil is airtight.
4. Place steamer Rack in pressure cooker and pour in water.
5. Carefully place baking pan on Rack.
6. Close the Lid and lock in place.
7. Press the **“bake”** and set to 25 minutes, then press the **“start/stop”** button.
8. Once finished, the pressure cooker will shut off, wait 15-20 minutes for pressure to naturally release.
9. Carefully open the Lid and lift cake pan out of cooker using foil sling and transfer to cooling Rack.
10. Repeat steps 3-9 with remaining batter.



Orange Cheesecake Yields 1 (6-inch) cheesecake

Ingredients:

- 1 cup graham cracker crumbs
- 2 tablespoons butter, melted
- 1 tablespoon orange zest

Filling Ingredients:

- 2 (8-ounce) packages cream cheese
- $\frac{2}{3}$ cup granulated sugar
- 2 tablespoons all-purpose flour
- 1 tablespoon confectioners' sugar
- Juice from 1 orange
- 2 eggs
- 1 teaspoon vanilla extract

Directions:

1. Cut parchment paper to fit a 7-inch spring form pan or pie plate.
2. Butter bottom and sides of pan and parchment paper; set aside.
3. In medium bowl, mix melted butter, graham cracker crumbs and orange zest.
4. Press crumb mixture into prepared pan; cover and refrigerate until ready to use.
5. In large bowl, blend cream cheese with electric mixer until smooth.
6. Gradually add sugar, flour and confectioner's sugar and mix until combined.
7. Add eggs one at a time and mix until smooth.
8. Add vanilla and orange juice and mix until smooth.
9. Pour mixture into prepared crust.
10. Carefully lower cheesecake onto steamer Rack. Add enough water to cover the bottom by 1 inch.
11. Close the Lid and lock in place.
12. Press the **"bake"** and set to 22 minutes, then press the **"start/stop"** button.
13. Once finished, the pressure cooker will shut off, wait 15-20 minutes for pressure to naturally release. Press the Quick Release Button to ensure all pressure is released.
14. Let it set in pressure cooker for 1 hour.
15. Carefully open the Lid and lift cheesecake out of pressure cooker and transfer to cooling Rack.
16. Once cheesecake comes to room temperature, cover and refrigerate for at least 4 hours, or overnight.



Brownies Serves 6-8

Ingredients:

$\frac{2}{3}$ cup all-purpose flour	2 eggs
$\frac{1}{3}$ cup unsweetened cocoa powder	8 tablespoons butter, melted
$\frac{2}{3}$ cup granulated sugar	$\frac{1}{2}$ teaspoon vanilla extract
1 teaspoon confectioners' sugar	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ teaspoon baking powder	2 cups water
$\frac{1}{4}$ teaspoon salt	

Directions:

1. Butter bottom and sides of 7-inch baking pan that will fit inside pressure cooker; set aside.
2. In large bowl, mix together flour, cocoa powder, sugars, confectioners sugars, baking powder and salt; set aside.
3. Combine eggs vanilla and melted butter in small dish.
4. Gradually add wet ingredients to dry ingredients and mix just until combined. Mixture will be slightly lumpy.
5. Fold nuts into batter.
6. Pour batter into prepared baking pan and wrap with foil, ensuring the foil is airtight.
7. Place steamer Rack in pressure cooker and pour in water.
8. Carefully place baking pan on wire Rack.
9. Close the Lid and lock in place.
10. Press the **"bake"** button, ensure timer is set to 40 minutes, then press the **"start/stop"** button.
11. Once finished, the pressure cooker will shut off, wait 15-20 minutes for pressure to naturally release.
12. Carefully open the Lid and lift cake pan out of cooker using foil sling and transfer to cooling Rack.

nuwave®
— LIVE WELL FOR LESS —

**RECETAS
INCLUIDAS!**

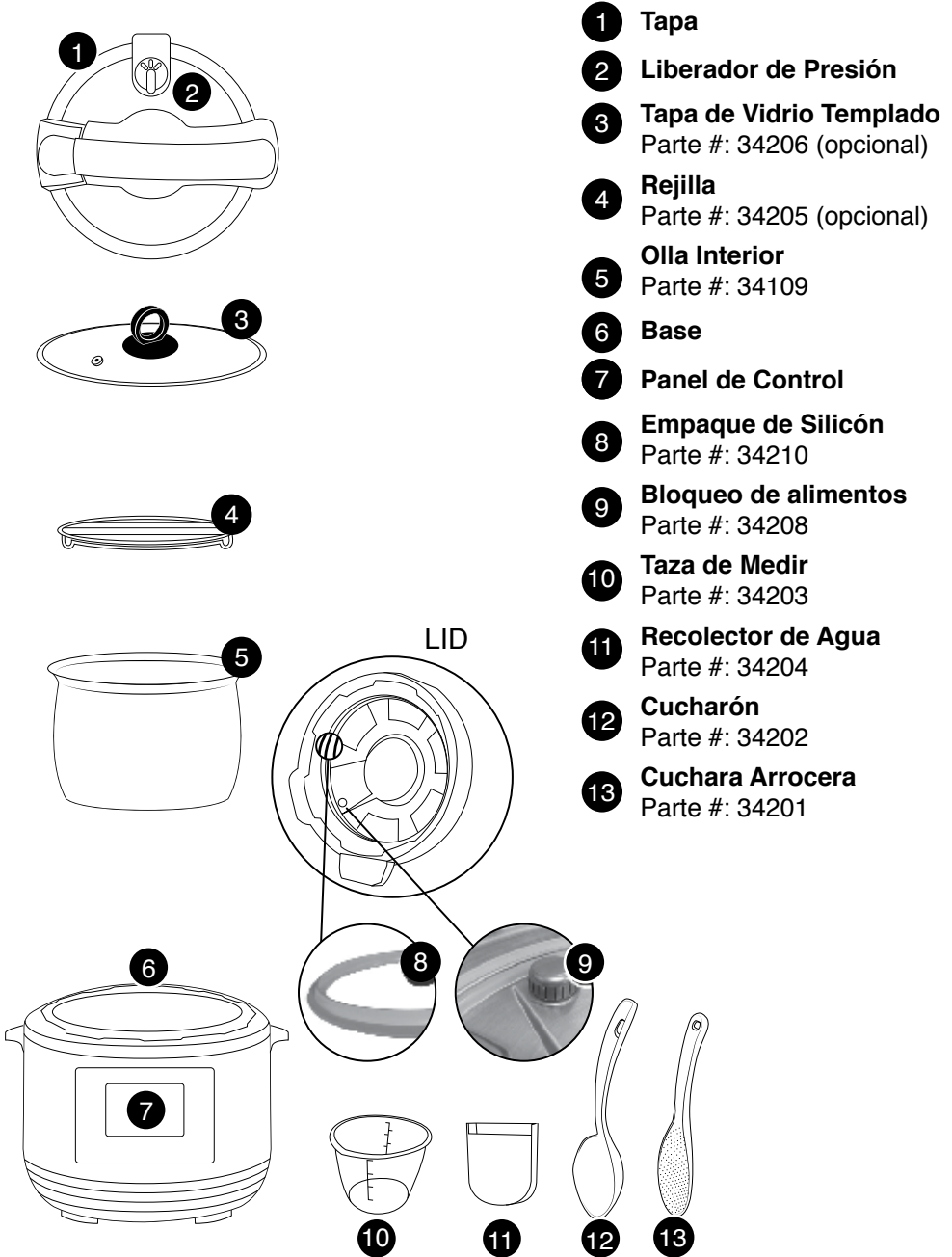
NuWave Nutri-Pot® 8Q

Olla de Presión Digital



Manual del Usuario

PARTS DESCRIPTION



IMPORTANTES MEDIDAS DE SEGURIDAD

LEA TODAS LAS INSTRUCCIONES

Quando utilice aparatos eléctricos, siempre se deben seguir las precauciones básicas de seguridad, incluyendo las siguientes:

1. **NO TOQUE SUPERFICIES CALIENTES.**
2. Para protegerse contra descargas eléctricas, no sumerja el cable, los enchufes o la unidad en agua u otro líquido.
3. Mantenga supervisión cuidadosa cuando se utiliza el aparato cerca de niños.
4. Desenchufe el aparato de la toma de corriente cuando no esté en uso y deje que la unidad se enfríe antes de limpiarla.
5. No opere si el aparato funciona mal o está dañado de alguna manera.
Comuníquese con el Servicio al Cliente por teléfono al 1-877-689-2838 o por correo electrónico a help@nuwavenow.com.
6. No utilice accesorios que no estén destinados a utilizarse con este aparato.
7. **ESTE APARATO NO ESTÁ DESTINADO PARA USO AL AIRE LIBRE.**
8. No deje que el cable cuelgue sobre el borde de la mesa o mostrador, ni toque superficies calientes.
9. No coloque sobre o cerca de un quemador de gas o eléctrico o en un horno caliente.
10. Tenga cuidado al mover una olla a presión que contenga aceite o líquido caliente.
11. Asegúrese de que los dispositivos de liberación de presión estén libres de obstrucción antes de usarlos.
12. **NO CUBRA LA VÁLVULA DE LIBERACIÓN DE PRESIÓN.**
13. **NO UTILICE LA OLLA ELÉCTRICA A PRESIÓN PARA OTRAS QUE USO PREVISTO.**

ADDITIONAL SAFEGUARDS

1. Si cocina carne con piel, como salchichas, se podría hinchar al cocinarse a presión. Pinchar la piel después de cocinar podría despedir líquidos calientes.
2. No incline la Olla Eléctrica a Presión NuWave Nutri-Pot en ningún momento mientras esté cocinando.
3. El Empaque de Silicón crea un sello a presión entre la tapa y la olla. Mantenga el empaque completamente limpio y libre de cualquier grieta o deterioro.
4. Llene la olla a presión con líquido antes de usarla. Nunca cocine sin líquido.
5. Asegúrese de que todas las partes del regulador de presión y la tubería de ventilación estén limpias y bien ensambladas.
6. No modifique los mecanismos de seguridad ni intente reparar la Olla a Presión pues podría invalidar la garantía. Obedezca las Instrucciones de Mantenimiento específicas para el uso.
7. No coloque el aparato cerca de materiales inflamables ni unidades de calor o en ambientes húmedos.
8. No llene excesivamente la olla a presión.
9. Limpie la tapa de bloqueo de alimentos y la válvula de liberación de presión con regularidad para evitar obstrucciones.
10. No intente abrir la tapa cuando se eleva la válvula flotante.
11. No cubra la válvula de liberación de presión.
12. El fondo de la olla interna y la placa de calentamiento deben mantenerse limpios. No ponga la Olla Interior en otras fuentes de calor. No reemplace el Olla Interior con otros recipientes.
13. Utilice utensilios de madera o plástico para evitar que se dañe el revestimiento antiadherente de la Olla Interior.
14. No mueva la olla a presión mientras esté en uso. Sólo después de que la olla a presión se enfríe por completo. Mueva la olla a presión utilizando las empuñaduras Base y no el mango de la tapa.
15. Asegúrese de que la presión se libera completamente antes de intentar abrir la tapa.
16. Es normal que algún humo escape del aparato durante los primeros usos. Si la olla a presión sigue emitiendo humo, póngase en contacto con el servicio de atención al cliente.

CARACTERÍSTICAS DEL PRODUCTO

Beneficios

La Olla de Presión Digital NuWave Nutri-Pot sella el vapor durante el uso, creando presión y elevando la temperatura interna por encima del punto de ebullición del agua. El resultado es un proceso de cocción acelerado y comidas saludables.

Fácil de limpiar

La Olla Interior es antiadherente, por lo que es fácil de limpiar. La tapa del acero inoxidable es durable y desmontable para la limpieza fácil.

Diseño innovador

La Olla de Presión NuWave Nutri-Pot Digital presenta un diseño fácil de usar que libera cualquier exceso de vapor de la unidad, garantizando.

Cocción Rápida

La cocción a presión prepara los alimentos más rápido que los métodos tradicionales de cocción.

Comidas sabrosas

La cocción a presión permite que los alimentos retengan todo su sabor cocinando rápido y eficientemente. Con el sabor natural intacto, menos condimento es necesario, lo que le permite elaborar sus comidas a su gusto.

Resultados más saludables

Más vitaminas y minerales se conservan en los alimentos preparados con la NuWave Nutri-Pot Olla de Presión Digital en comparación con la cocción de cocina superior convencional. Además, la cocción a presión utiliza agua en lugar de aceites no saludables o grasa.

Multifuncional

La Olla de Presión NuWave Nutri-Pot Digital puede utilizarse para cocinar al vapor, cocinar a fuego lento y cocinar alimentos frescos o incluso congelados. Usted puede incluso utilizarlo para enlatar y hornear. Preparar todo, desde sopas delicadas y postres hasta platos de carne.

DIVERSOS RECURSOS DE SEGURIDAD

Tapa Segura

Si la tapa no se ajusta a la base, no se creará la presión. Si todavía hay presión dentro de la olla, la tapa no podrá abrirse.

Control de Presión

Durante el funcionamiento, si la presión excede la automática, la Olla se apagará automáticamente para prevenir cualquier fuga.

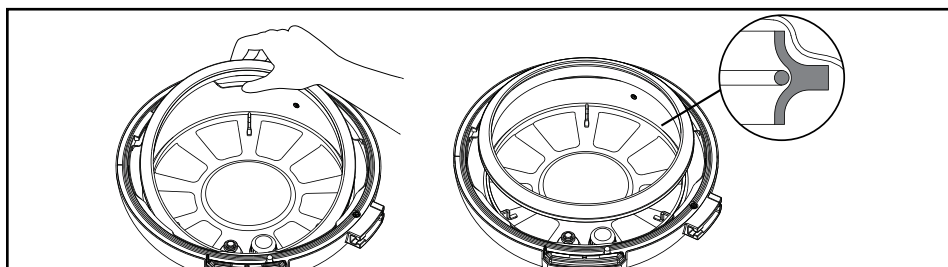
CUIDADO Y MANTENIMIENTO

- Desconecte la Olla a Presión antes de limpiarla.
- Limpie la base y su parte interior, si fuera necesario, con un trapo limpio. No sumerja la base en agua ni la rocíe con agua tampoco.



- Retire y limpie el recolector de agua con una toalla húmeda e insértelo de nuevo en el cuerpo de la Olla a Presión.
- La tapa puede ser separada de la base de la Olla a Presión. Vea la imagen de la página 76 en el paso 1 para instrucciones de la separación.
- Utilice una esponja o un cepillo no-metálico suave para limpiar la olla interior, luego limpie la superficie con un trapo limpio.

INSTALACIÓN DEL EMPAQUE DE SILICÓN



ASEGÚRESE DE QUE LA JUNTA DE SILICONA NO TIENE grietas O ESTÁ DAÑADA DE NINGÚN MODO.

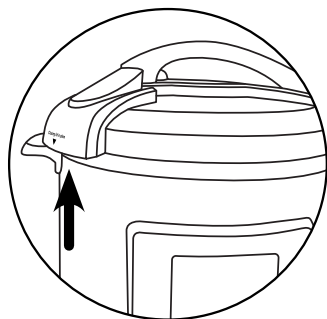
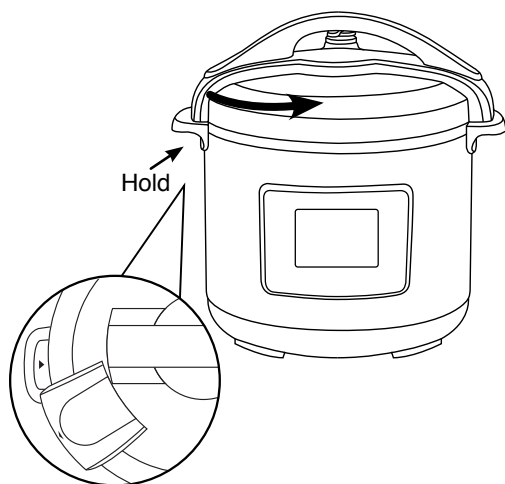
Extracción de la junta de silicona

- Abra la tapa.
- Con una mano sosteniendo la tapa interna hacia abajo, tire suavemente de la junta de silicona hacia arriba.

Extracción de la junta de silicona

- Alinee la junta de silicona en la parte superior del anillo de metal.
- Empuje suavemente la junta de silicona hacia abajo, asegurándose de que el anillo de metal está dentro la ranura de la junta de silicona.

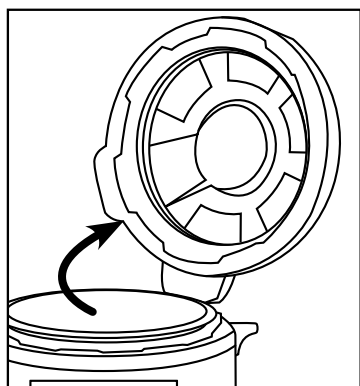
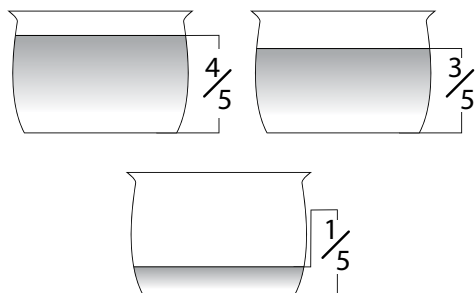
INSTRUCCIONES DE OPERACIÓN



1 **Abra la tapa:**
Sujete el mango del lado izquierdo. Gire la tapa hacia la izquierda para abrir la posición y levantar.

2 Coloque los ingredientes y el agua en la Olla Interior. Los ingredientes y agua no deben exceder $\frac{4}{5}$ de la altura de la Olla Interior.

Si los ingredientes se expanden fácilmente en agua, no llene más allá de $\frac{3}{5}$ de la altura de la Olla Interior. La cantidad mínima de ingredientes y agua necesaria para el uso adecuado es $\frac{1}{5}$ de la altura de la Olla Interior.



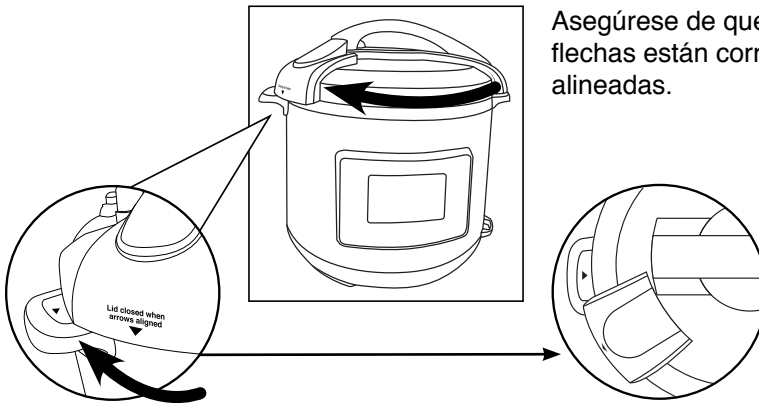
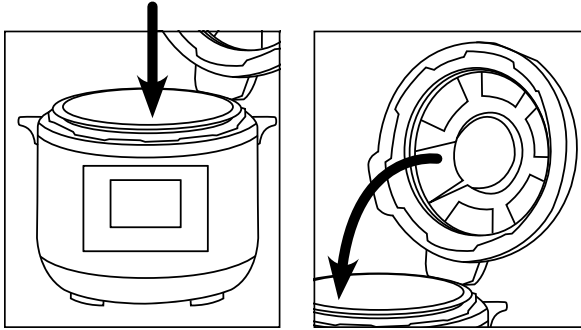
3 Limpie el exterior de la Olla Interior y el interior de la Base. Coloque La Olla Interior en la base.

INSTRUCCIONES DE OPERACIÓN (Continuación)

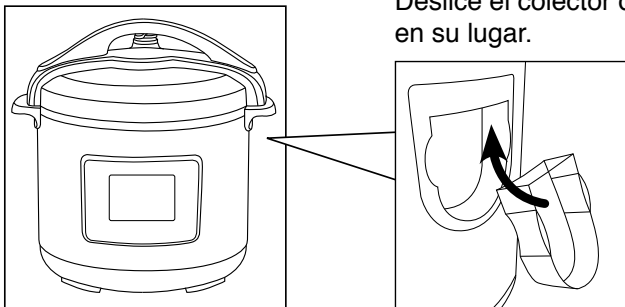
4

Cierrando la tapa:

- Compruebe que la junta de silicona esté segura antes de cerrar.
- Sujete la tapa por el mango, baje la tapa y gírela en sentido horario para cerrar. Cuando la tapa ha sido cerrada correctamente, escuchará un sonido de "clíc".



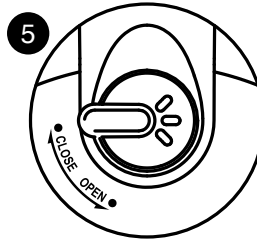
Asegúrese de que las flechas están correctamente alineadas.



Deslice el colector de agua en su lugar.

INSTRUCCIONES DE OPERACIÓN (Continuación)

5 Una vez que la tapa está bloqueada en su lugar, gire el interruptor de liberación de presión a la posición cerrada.



6 Enchufe la Olla de Presión NuWave Nutri-Pot Digital a una fuente eléctrica. La pantalla LCD mostrará “-: -” y la unidad pasará al modo de espera.

Liberar la presión

Gire suavemente el Interruptor de Liberación de Presión a la posición abierta para liberar la presión. **No cubra la abertura donde se libera el vapor. Siempre tenga cuidado al soltar vapor.**

PANEL DE CONTROL

Interfaz de pantalla principal



PRESETS

Funciones & Preajustes	Texture (Horas:Minutos)			Time (Horas:Minutos)	
	Menos	Normal	Más	Min	Max
Arroz	00:07	00:10	00:13	00:01	01:40
Multigrano	00:22	00:27	00:32	00:01	01:40
Sopa	00:10	00:15	00:20	00:01	01:40
Carne/Estofado	00:20	00:40	00:50	00:01	01:40
Aves	00:15	00:20	00:25	00:01	01:40
Frijoles	00:15	00:20	00:25	00:01	01:40
Pescado	00:06	00:08	00:10	00:01	01:40
Al Vapor/Verduras	00:03	00:05	00:07	00:01	01:40
Papas	00:04	00:06	00:10	00:01	01:40
Hornear	00:30	00:40	00:50	00:01	01:40
Conservas*	/	00:20	/	00:01	01:40
Demora 	/	/	/	00:05	24:00
Mantener Caliente* 	/	04:00	/	01:00	24:00
Sellar* 	/	00:05	/	00:01	00:20
Cocción Lenta* 	/	04:00	/	02:00	09:00

*Solo operable en un modo de textura.

- 1 Seleccione el preset deseado.
- 2 Ajuste la textura si es necesario. La textura predeterminada es normal. Para obtener instrucciones sobre cómo cambiar la textura, consulte la página 62.
- 3 Cierre la tapa.
- 4 Comience pulsando el botón “**start/stop**”.

Para todos los Presets:

- Presionando los botones “-” o “+” se cambiará al modo “**manual**”.
- Pulse “**start/stop**” dos veces para borrar.
- La olla a presión desaparecerá en 30 segundos si no se presiona el botón “**start/stop**”.

PRESETS (Continuación)

horas/minutes

Presione el botón “**hours/minutes**” para ajustar la hora cuando se utiliza la función “**time**” o para aumentar o disminuir la duración de cocción cuando se cocina en modo “**manual**”. Los dígitos parpadeantes reflejan si se seleccionan horas o minutos. Al presionar los botones “**+**” y “**-**” se aumenta o disminuye el tiempo de cocción.



Pre calentamiento: Mientras la unidad alcance la temperatura adecuada para la función seleccionada, la pantalla mostrará “**PH**” indicando que se está pre calentando. Una vez que la unidad alcanza la presión apropiada, cambiará del pre calentamiento al tiempo de cocción pre establecido seleccionado. Una vez que la presión se ha construido dentro de la olla a presión, la pantalla “**PH**” cambiará a “**P**”, seguido por la cantidad de tiempo que permanecerá bajo presión.

Presión: La función seleccionada determinará la cantidad de tiempo de presión. En este ejemplo, la pantalla mostrará “**P0: 10**” (tiempo de presión). Los puntos o “:” parpadearán para indicar que la olla a presión está bajo presión y el temporizador está contando hacia abajo.

Función Automática de Mantener Caliente: Al finalizar la cocción, la olla a presión cambia automáticamente a la función de calentamiento. El tiempo de calentamiento predeterminado cambia dependiendo del preset utilizado.

PRESETS (Continuación)

Función Automática de Mantener Caliente			
Preajustes	Indefinidamente*	Apagado Automático	Tiempo (Horas: Minutos)
Arroz	☑	▨	▨
Multigrano	☑	▨	▨
Sopa	▨	▨	04:00
Carne/Estofado	▨	▨	02:00
Aves	▨	▨	01:00
Frijoles	▨	▨	04:00
Pescado	▨	☑	▨
Al Vapor/Verduras	▨	☑	▨
Papas	▨	▨	01:00
Hornear	▨	☑	▨
Conservas	▨	☑	▨
Tiempo (Función)	▨	▨	04:00

*Finalizar pulsando “start/stop.”

FUNCIONES

Texture: Esta es una función para ayudar a cambiar la consistencia de sus alimentos. “less”, “normal” y “more” son guías seleccionadas que aumentan o disminuir el tiempo de cocción bajo presión.



Direcciones:

- 1 Presione el botón de presintonización deseado. La pantalla cambiará por defecto al tiempo “normal”. (Ex: Presione “rice” y la pantalla mostrará 00:10).
- 2 Para cambiar la consistencia del alimento (**menos, normal, más**), simplemente presione “texture”. Aparecerá la luz apropiada, indicando que se ha cambiado la hora. La hora en la pantalla se ajustará automáticamente en consecuencia. (Ej: Para la función “rice”, “more” es de 7 minutos, “normal” es de 10 minutos y “more” es de 21 minutos).
- 3 Cierre la tapa y presione el botón “start/stop”.

FUNCIONES (Continuación)

Delay: Esta función le permite retrasar la hora de inicio de la cocción.




Direcciones:

- 1 Presione el botón **“delay”**. La barra de retardo se encenderá y el primer juego de **“00”**s parpadeará.
- 2 Presione el botón **“+”** o **“-”** para aumentar o disminuir las horas.
- 3 Para cambiar los minutos, presione el botón **“hours/minutes”**. El segundo set de **“00”**s van a parpadear. Esto indica que puede cambiar los minutos.
- 4 Presione el botón **“+”** o **“-”** para aumentar o disminuir los minutos.
- 5 Presione el botón de función deseado para continuar su programa basado en su receta.
- 6 Cierre la tapa y presione el botón **“start/stop”**.

Nota:

- La cantidad máxima de tiempo para retrasar su olla a presión es de 24 horas.
- La función Delay no funcionará mientras la olla a presión esté en funcionamiento.

Warm: Esta función le permitirá ajustar manualmente el tiempo que desea  mantener su comida caliente.

Direcciones:

- 1 Presione el botón **“warm”**, la pantalla mostrará **“04:00”**.
- 2 Pulse el botón **“+”** o **“-”** para aumentar o disminuir el tiempo. *Consulte la sección **“hours/minutes”** para obtener instrucciones sobre cómo ajustar la hora.*
- 3 Cierre la tapa y presione el botón **“start/stop”**.

Nota:

- El tiempo predeterminado para la función caliente es de 4 horas.

La olla a presión pasará automáticamente a esta función caliente cuando se haya completado el preset deseado.

FUNCIONES (Continuación)

Sear: Esta función le permite cocer los alimentos antes de cocinar o cocinar lentamente bajo presión.

Direcciones:

- 1 Pulse el botón “**sear**”. La pantalla mostrará 00:05.
- 2 Presione el botón “**start/stop**” para comenzar.
- 3 Consulte la sección “**hours/minutes**” para obtener instrucciones sobre cómo ajustar manualmente la hora.

Nota:

- No cierre la tapa cuando utilice la función “**Sear**”.
- Cuando termine, la pantalla mostrará “**End**”.

SOLUCIÓN DE PROBLEMAS

Póngase en contacto con el Servicio de Atención al Cliente si la olla a presión cualquiera de estos códigos de error.

Código de error	E1	E2	E3	E4
	El circuito del sensor está roto	Corto Circuito	Sobrecalentar	El interruptor de señal está roto

 ADVERTENCIA	
	<p>Desenchufe inmediatamente y comuníquese con el Departamento de Servicio al Cliente si experimenta otros problemas.</p> <p>1-877-689-2838 o @nuwavenow.com</p>

GARANTA LIMITADA

NuWave Nutri-Pot® 8Q Olla de Presión Digital

LAS GARANTÍAS DEL FABRICANTE

The NuWave Nutri-Pot Digital Pressure Cooker, incluyendo la Base, la Tapa, la Válvula de Liberación de Presión/Interruptor, el Estante, la Olla Interior, la Junta de Silicona, la Tapa de Bloqueo de Alimentos y el Colector de Agua are to be free from manufacturer defects. All electrical components are warranted for 1 year from the date of purchase, under normal household use, and when operated in accordance with the Manufacturer's written instructions.

El fabricante proporcionará las piezas y mano de obra necesarias para reparar cualquier parte de la Freidora de Aire Digital en el Departamento de Servicio de NuWave, LLC. Después de la expiración de la garantía, el costo de la mano de obra y las piezas serán responsabilidad del propietario.

LO QUE LA GARANTÍA NO CUBRE

La Garantía Limitada se invalida si hay una reparación hecha por un distribuidor no autorizado o si se retira o maltrata la placa del número de serie. El deterioro normal del acabado, por uso o exposición, no está cubierto por esta Garantía. Esta Garantía Limitada tampoco cubre fallas, daños o desempeño inadecuado por accidentes, desastres naturales (como relámpagos), variaciones en la potencia eléctrica, alteraciones, abuso, mal uso, ambientes corrosivos, instalación inadecuada, o falla en la operación de acuerdo con las instrucciones escritas por el Fabricante, uso no normal o comercial.

PARA OBTENER SERVICIO

El propietario tendrá la obligación y responsabilidad de: Pagar por todos los servicios y partes no cubiertas por la garantía; Prepagar el envío al y desde el Departamento de Servicio para cualquier parte o sistema devuelto bajo esta garantía; Empacar cuidadosamente el producto utilizando el material de relleno adecuado para prevenir cualquier daño durante el tránsito. El empaque original es ideal para este propósito. Incluya en el empaque el nombre del propietario, dirección, teléfono durante el día, una descripción detallada del problema y su “**número RGA**” **escriba a help@nuwavenow.com** para obtener el **RGA** (Número de Autorización de Devolución del Producto). Proporcione el modelo del producto, el número de serie y comprobante de la fecha de compra (una copia del recibo) cuando reclame su garantía.

OBLIGACIONES DEL FABRICANTE

Las obligaciones del Fabricante bajo esta Garantía Limitada están restringidas a la reparación o reemplazo de cualquier parte cubierta por esta Garantía Limitada que sea encontrada defectuosa, una vez revisada, bajo un uso normal. La Garantía Limitada aplica únicamente en los Estados Unidos y sólo para el comprador original en los canales de distribución autorizados por el fabricante. LA GARANTÍA LIMITADA NO PUEDE SER ALTERADA, CAMBIADA O

GARANTA LIMITADA (Continuación)

EXTENDIDA EXCEPTO POR UN INSTRUMENTO POR ESCRITO REALIZADO POR EL FABRICANTE. LA SOLUCIÓN DE REPARACIÓN O REEMPLAZO INCLUIDA EN ESTA GARANTÍA ES EXCLUSIVA. EN NINGÚN CASO EL FABRICANTE SERÁ RESPONSABLE DE NINGÚN DAÑO RELEVANTE O FORTUITO A ALGUNA PERSONA, SEA O NO OCASIONADO POR LA NEGLIGENCIA DEL FABRICANTE, INCLUYENDO SIN LÍMITE DAÑOS POR PÉRDIDA POR USO, COSTO DE REEMPLAZO, DAÑO A LA PROPIEDAD, U OTRAS PÉRDIDAS MONETARIAS.

Algunos estados no permiten la exclusión o limitación de daños relevantes o fortuitos, así que la exclusión mencionada podría no aplicar. Esta Garantía Limitada proporciona derechos legales específicos y podrían haber otros derechos que varíen entre estado y estado. EXCEPTO POR LO QUE YA SE EXPRESÓ DE FORMA DIFERENTE, EL FABRICANTE NO GARANTIZA EXPRESA O IMPLÍCITAMENTE POR LEY U OTRAS, INCLUYENDO SIN LIMITACIONES, LAS GARANTÍAS IMPLÍCITAS DE COMERCIALIZACIÓN Y EJERCICIO PARA UN PROPÓSITO PARTICULAR A CUALQUIER OTRA PERSONA. LEA EL MANUAL DEL USUARIO. SI TUVIERA ALGUNA DUDA SOBRE EL FUNCIONAMIENTO O LA GARANTÍA DEL PRODUCTO, CONTACTE A NUWAVE, LLC.

LEA EL MANUAL DEL PROPIETARIO: Si aún tiene alguna pregunta sobre el funcionamiento o la garantía del producto, comuníquese con NuWave, LLC al: **1-877-689-2838** o por correo electrónico **help@nuwavenow.com**.



nuwave[®]
 — LIVE WELL FOR LESS —

www.NuWaveNow.com

FOR HOUSEHOLD USE ONLY

Model: 33201, 33202, 33211 120V, 60Hz, 1200 Watts
 For patent information please go to: www.nuwarennow.com/legal/patent

Designed & Developed in USA by:
NuWave, LLC
 1755 N. Butterfield Rd.
 Libertyville, IL 60048, U.S.A.

Customer Service:
help@nuwarennow.com • www.NuWaveNow.com

Made in China
 ©2017 NuWave, LLC • All Rights Reserved.

Item No. BM 33200
 Rev. 02