



3squares
simple. fun. food.™

tim3 machin3™

CARE & USE MANUAL

**RICE COOKER
SLOW COOKER
FOOD STEAMER
YOGURT MAKER**



3RC-3010S/3RC-3020S/3RC-9010S



Thanks!
We really appreciate you
bringing 3 Squares into
your kitchen.

simple. fun. food.™

You don't need to be a chef to enjoy good home-cooked food. Our products make it easy for anyone to make a delicious meal.

Eating is fun. Cooking... well not all of it. Our products make it easier to get to the fun while taking work off your plate.

3Squares

You just bought a time machine.

Seriously.

How awesome is that?

Okay, so you can't go back and make sure your parents get married. And you can't go forward to see what year we finally get flying cars and hoverboards. But you know what you *can* do with it?

Make more time.

Because, unlike those as-yet-to-be-invented time machines (c'mon science), this is actually a machine that makes time— for you!

Need a great meal for your family? Throw some quick ingredients in, hit “white rice” and the time machine'll make it happen.


Tired of breakfast being a disappointing cereal bar? Add some oatmeal and water at night and wake up with a nice hearty start to your day.

Want a healthy snack for the kids? Make your very own organic yogurt with ease. And that's not even half the buttons on this thing!

So read on to learn more on how this machine can give you more time and great meals— no flux capacitor necessary.

IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

01. Important: read all instructions.
02. Do not touch hot surfaces. Use handles or knobs. Use pot holders or another form of heat protection when removing hot containers and parts.
03. To protect against the risk of electrical shock, do not immerse cord, plug or base in water or any other liquid.
04. Close supervision is necessary when any appliance is used by or near children.
05. Unplug from outlet when not in use. Unplug and allow to cool before putting on or taking off parts, and before cleaning.
06. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, has been dropped or damaged in any manner. Contact 3 Squares customer support for information on examination, repair or adjustment.
07. The use of accessory attachments not recommended by 3 Squares may cause injuries or damage to the product.
08. Do not use outdoors.
09. Do not let cord hang over the edge of the table or counter or touch hot surfaces, including the stove.
10. Do not place on or near a hot gas or electric burner or in a heated oven.
11. Extreme caution must be used when moving the appliance containing hot oil, food, water or other hot liquids.
12. To disconnect, press the power button ();

SAVE THESE INSTRUCTIONS

IMPORTANT SAFEGUARDS

- then remove plug from wall outlet.
13. Do not use the appliance for other than its intended use.
 14. Lift and open cover carefully to avoid scalding from escaping steam. Allow any excess water to drip into the cooker.
 15. CAUTION: Risk of electric shock. Cook only in the provided removable cooking pot.
 16. Do not place the appliance directly under cabinets when operating as this product produces large amounts of steam. Avoid reaching over the product when in operation.

short cord instructions

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

polarized plug

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

FOR HOUSEHOLD USE ONLY

parts identification



parts identification



9



10



11

01. Control Panel
02. Digital Display
03. Lid
04. Lid Release
05. Steam Vent (Includes Silicone Gasket)
06. Silicone Lid Gasket (DOES NOT REMOVE)
07. Handle
08. Condensation Collector
09. Cooking Pot
10. Steam Tray
11. Rice Paddle



■ what do all these buttons do? ■

white rice

Uses 3 Squares' advanced Fuzzy Logic 2.0™ to cook perfect rice every time.

brown rice

Specially programmed Fuzzy Logic 2.0™ softens this hard-to-cook whole grain.

quick rice

Short on time? This setting cooks white or brown rice as fast as possible.

quinoa

Tired of bland, mushy quinoa? Toast it first to bring out its delicious nutty flavor.

keep warm

Well, it keeps things warm... automatically switches to this mode when cooking is done.

steam

Program the time for your food to steam. It won't start the countdown until the water boils.

slow cook

Low, medium or high settings work the same as an advanced digital slow cooker. Sets from 2 to 10 hours.

oatmeal

Steel cut, rolled or quick, this will do the trick.

yogurt

Smoothest way to make yogurt at home. Heats milk. Holds it. Cools it. Tells you when to add culture. Incubates it.

delay timer

Program the time you want your rice or oatmeal to be done cooking.

+

Adds more time for steam and delay timer.

-

Subtracts time for steam and delay timer.


start

The blast-off button to get your meal cooking.



Power button. Turns the machine on and off. We like the look of our logo, so we used it.

■ before first use ■

01. Read all instructions and important safeguards.
 02. Remove all packaging materials and check that all items have been received in good condition.
 03. Tear up all plastic bags. They can pose a risk to children.
 04. Wash the steam vent, cooking pot and all accessories in warm, soapy water. Dry thoroughly before adding back to rice cooker.
 05. Wipe inner lid with a wet sponge or cloth to clean.
DO NOT ATTEMPT TO REMOVE THE SILICONE GASKET AROUND THE INNER LID. IT DOES NOT REMOVE.
-  There may be an odor or a bit of smoke that appear during your first use. This is from the manufacturing process and should dissipate quickly. We recommend filling the cooking pot with water to the “steam water line” and setting to steam for 10 minutes to quickly reduce the odor.

what's the deal with the lines in the pot?

We know, usually there are a bunch of little lines in rice cooker cooking pots. They've always bugged us. They're tough to see. They can be confusing. They're pretty one dimensional. Our tim3 machin3™ does so much, we didn't want to bog things down with lines all over the place. So we've added simple quart measurement lines. The 4 quart line is the maximum capacity while cooking.

So how much water do I use for rice (or quinoa)?

Whether you're cooking white rice, brown rice or quinoa, the water used should be the same.

Use one cup water for every one cup grain; then top with an additional half cup of water.

Cooking 2 cups of brown rice? Use 2-1/2 cups water.


10 cups white rice? Use 10-1/2 cups water.

6 cups quinoa? Use 6-1/2 cups water.

There's also a nifty chart on **page 14** that goes over this in more detail.

■ getting started ■

There are a few steps you'll go through to turn your rice cooker on. We could list them each time, but that gets really boring... and manuals are already boring enough. So here's what you'll do no matter what function you use.

01. Connect the power cord to the rice cooker. Press the power cord into the base of the tim3 machin3™ securely. **If it is not securely attached, it may disconnect while in operation.** Plug the cord into an available outlet (it won't do much good without power).
02. Make sure the condensation collector is attached (the little clear plastic thingy on the right side). If it's not, it should snap right into place. Make sure that the steam vent and silicone gasket are in place on the underside of the lid as well.
03. Once the ingredients are all added to the cooking pot, put it in the rice cooker.
04. Close the lid so it snaps securely shut.
05. Turn the rice cooker on by pressing the  button. It'll beep and the screen will blink until you select a function.

So, what are you cooking?

Jump ahead to that section for the rest:

white, brown or quick rice	page 10
quinoa	page 11
steam	page 15
slow cook	page 17
oatmeal	page 18
yogurt	page 19
delay timer	page 22

■ white, brown and quick rice ■

01. Measure out the rice to be cooked using the included measuring cup. Cook between 2 and 10 cups of rice. It will roughly double in volume once cooked.
02. Rinse the rice. This is super important, so RINSE THE RICE. You'll want to remove all the excess starch from your rice before cooking or you'll never get the best taste. You can do this directly in the cooking pot by swirling water around and pouring it out or you can use a mesh colander or get a specialized rice rinser.
03. With rinsed rice in the cooking pot, add water. Our formula is one cup water for every one cup grain, then top with an additional half cup of water (So 3 cups rice, 3-1/2 cups water). There is also a grain/water measurement chart on **page 14** for reference.



Tip: Use broth instead of water for extra flavor!


04. Assuming your machine is now on and ready to go (**page 9**), press the white rice, brown rice or quick rice button, based on what you're cooking. It won't start cooking yet.
- !** Note: If you're cooking brown rice with the "Quick Rice" function, you'll need to add an additional 1 cup water more, i.e. 4 cups brown rice and 5-1/2 cups water. White rice is still the regular ratio.

05. Press the start button to begin cooking. The display

will show a “chasing” pattern while it cooks.



Tip: How long will your rice take to cook? Check out the “grain cooking times” chart on **page 13**.

06. The digital display will countdown the final 10 minutes of cooking time.
07. When rice is ready, the machine will “beep” and automatically switch to keep warm. The display will start counting in minutes how long it has been on keep warm. Don’t keep rice warm longer than 12 hours.
08. When done serving, turn the machine off by pressing the  button. Unplug it.

■ quinoa ■

01. Measure out the quinoa you want to cook with the included measuring cup. You can cook any amount between 2 and 10 cups.
02. **RINSE IT!** There’s a bitter coating on the outside of quinoa that needs to be rinsed away. Don’t skip this step or you’ll regret it. You can rinse it using the cooking pot or a fine mesh strainer.

03. Put the rinsed quinoa in the cooking pot, in the tim3 machin3™ and have it on and ready to go (**page 9**) without any water.

 **Note: Don't add water yet!**

04. Press the quinoa button. It won't start cooking yet.

05. Press the start button to begin toasting. The first step in quality quinoa is toasting it. The display will show "heat" during this phase.

06. Using a long-handled silicone spatula, stir the quinoa continuously as it toasts.

07. Once the moisture has evaporated, the machine will "beep" and the display will change to "add." It's now time to add the water to cook.

08. Add water. Our formula is one cup of water for every one cup of quinoa, then top with an additional half cup of water. So 5 cups quinoa, 5-1/2 cups water. There is also a grain/water measurement chart on **page 14** for reference.




Tip: Use broth instead of water for extra flavor!

09. Close the lid and press the start button to begin cooking. The digital display will show a chasing pattern while it cooks.



Tip: How long will your quinoa take to cook?
Check out the “grain cooking time” chart on **page 13**.

10. The digital display will countdown the final 10 minutes of cook time.
11. When your quinoa is ready, the machine will “beep” and automatically switch to keep warm. The display will start counting in minutes how long it has been on keep warm. Don’t keep quinoa warm longer than 12 hours.
12. When done serving, turn the machine off by pressing the  button. Unplug it.

grain cooking times

cups	white rice cook time	brown rice cook time	quinoa cook time	quick (white) rice cook time	quick (brown) rice cook time
2-3	27-32 min.	42-47 min.	29-34 min.	22-27 min.	37-42 min.
4-5	32-37 min.	45-50 min.	35-40 min.	27-32 min.	40-45 min.
6-7	35-40 min.	55-60 min.	45-50 min.	30-35 min.	42-47 min.
8-10	38-43 min.	60-65 min.	48-53 min.	32-37 min.	48-53 min.

grain/ water ratio

cups of uncooked grain	cups of water				
	white rice	quick (white) rice	brown rice	quick (brown) rice	quinoa
2	2-1/2	2-1/2	2-1/2	3-1/2	2-1/2
3	3-1/2	3-1/2	3-1/2	4-1/2	3-1/2
4	4-1/2	4-1/2	4-1/2	5-1/2	4-1/2
5	5-1/2	5-1/2	5-1/2	6-1/2	5-1/2
6	6-1/2	6-1/2	6-1/2	7-1/2	6-1/2
7	7-1/2	7-1/2	7-1/2	8-1/2	7-1/2
8	8-1/2	8-1/2	8-1/2	9-1/2	8-1/2
9	9-1/2	9-1/2	9-1/2	10-1/2	9-1/2
10	10-1/2	10-1/2	10-1/2	11-1/2	10-1/2


■ steam ■

01. Fill the cooking pot with water to the “steam water line.”
02. Add food into the steam tray.
03. Put the cooking pot into the machine. Set the steam tray into the cooking pot (it rests at the top).
04. Assuming your machine is on and ready to go (**page 9**), press the steam button. It won't start cooking yet.
05. The digital display will show a flashing “0:10” for ten minutes of steam time. Adjust the time up (+) and down (-) based on the recipe. It won't start counting down until water boils, so it's the real time for steaming versus a general countdown.



Tip: You can also reference our steaming time suggestions on **page 14** for recommended steaming times.

06. When the steaming time is set, press the start button to begin steaming. The display will stop flashing.
07. Once the water reaches a boil, the display will countdown the cooking time.
08. When the cooking time has elapsed, the machine will “beep” and switch to keep warm. The display will start counting in minutes how long it has been on keep warm.

09. Remove the food as soon as possible and serve. Turn off the machine by pressing the  button and unplug it.

■ steaming time suggestions ■

veggies

Everyone's tastes vary a little. The times here offer a range of suggested cooking time. Like your food a bit crunchier? Go for the lower end of the range. Like it soft and well-cooked? Use the upper end of the range.



food	time	food	time
asparagus	7-13 min	peas	5-6 min
broccoli	5-10 min	potatoes, whole	15-20 min
carrots	7-10 min	spinach	5-7 min
celery	5-9 min	sweet potatoes	8-12 min
corn on the cob	7-10 min	Swiss chard	5-7 min
kale	5-7 min	zucchini	5-8 min

meat

Steaming meat is a great, healthy way to cook. Make sure your meat is well-cooked before serving. Slightly undercooked asparagus is great... chicken, not so much.

meat	cook time	safe serving temperature
beef	25-30 min	160F
chicken	20-25 min	165F
fish	15-20 min	140F
pork	20-25 min	160F

■ slow cook ■


01. Add your food to the cooking pot. **Do not fill past the 4 quart line of the pot.**
 02. Assuming your machine is on and ready to go (**page 9**), press the slow cook button. It won't start cooking yet. A flashing "8:00" will show on the screen for the low setting.
 03. Toggle between the low (8 hours), medium (6 hours) and high (4 hours) settings by pressing the slow cook button.
-  **Note:** Slow cook times are specially programmed to slowly increase in temperature to the simmer point over the set time. For best results when slow cooking meat, we recommend using low.
-  **Tip:** What if I won't be ready to eat at those times? The machine will automatically switch to keep warm when it's done cooking, so your food will be kept hot and tasty until you are ready to serve it.
04. Press the start button to begin cooking. The machine will "beep" and the display will turn solid.
 05. The machine will countdown the cooking time in minutes.
 06. When the cooking time is finished, the machine will "beep" and automatically switch to keep warm. The display will start counting in minutes how long it has been on keep warm.


07. When finished serving, turn the machine off by pressing the  button and unplug it.

■ oatmeal ■

01. Using the included measuring cup, add between 2 and 8 cups of oatmeal to the cooking pot.

02. Add water to the cooking pot. Follow the package instructions on your oatmeal for suggested water to oatmeal ratio. We suggest a bit less water than their recommendation, but we all know it's all about your personal preference.


 Note: Use the provided measuring cup to measure oats and water.

 Tip: Want to wake up to a hot breakfast? Add oats and water at night and set the delay timer to have oatmeal ready in the morning. See the delay timer instructions on **page 22**.

03. Assuming your machine is now on and ready to go (**page 9**), press the oatmeal button. It won't start cooking yet.

04. Press the start button to begin cooking. The machine

will “beep” and the display will change to its chasing pattern to show it’s cooking.

05. The display will countdown the final 10 minutes before the oatmeal is done.
06. When oatmeal is ready, the machine will “beep” and automatically switch to keep warm. The display will start counting in minutes how long it has been on keep warm. Don’t keep oatmeal warm longer than 3-5 hours.
07. When done serving, turn the machine off by pressing the  button. Unplug it.

■ yogurt ■

01. Fill the cooking pot with milk, between the 1 quart and 2 quart lines. 2 quarts is the recommended maximum for best results.



Tip: Whole milk is best for making yogurt, thanks to the fat content. 2%, 1% and skim milk will create a runnier yogurt.

02. Assuming your machine is on and ready to go (**page 9**), press the yogurt button. It won’t start cooking yet.
03. Press the start button. The machine will “beep” and the display will now show “heat.” This is the first stage

of making yogurt, heating the milk.

04. Once the milk has reached the optimal heating temperature, it will hold it there for ten minutes.
05. After the milk is done heating, it will “beep,” the display will change to “cool” and the milk will begin to cool.



Tip: To speed up cooling, open the lid.

06. Once the milk has properly cooled, the machine will “beep” and the display will show “add.” It is now time to add the yogurt culture. The machine will continue to “beep” until the culture is added.
07. The easiest way to add live yogurt culture is by mixing in a tablespoon per quart of store-bought or previously made yogurt. You can also use yogurt culture (available at health food stores). Follow manufacturer’s instructions for proper ratio.



Tip: To better distribute the culture, transfer a small amount of the warm milk from the cooking pot to a bowl. Mix the culture in with the milk in the bowl, then pour it back into the cooking pot. Stir in thoroughly to ensure even distribution, taking care not to touch the bottom of the cooking pot while stirring.

08. Once the culture has been added, close the lid and press the yogurt button. The display will now flash “8:00” for eight hours of incubation time.
09. Adjust the cooking time with the + and – buttons,

from 8 to 12 hours.



Tip: The longer yogurt cooks, the thicker and more tart it will become.

10. Once you select the desired time, press the start button to begin incubating. The display will countdown the cooking time.
11. After the selected time has elapsed, the machine will “beep” and stop heating. The digital display will show “done.” The machine will continue to “beep” until it is shut off.
12. Remove cooking pot. Refrigerate yogurt for 8 hours in either the cooking pot itself, or by transferring to another container.



Note: Blending will cause yogurt to become runny, like drinking yogurt or a smoothie.



Tip Too: To make Greek-style yogurt, pour the yogurt into a cheesecloth-lined colander set over a bowl. Place it in the refrigerator and allow it to drain for eight hours.

■ delay timer ■

The delay timer will only work with some functions (leaving chicken in your machine for 10 hours before steaming would just be gross).

The white rice, brown rice and oatmeal functions will work with the delay timer. Follow the instructions for each function, but **BEFORE YOU PRESS THE FUNCTION'S BUTTON:**

01. Press the delay timer button. The display will show a flashing "2:00" for 2 hours of delayed cook time. This means food will be ready 2 hours from now.
02. Adjust the delay time between 1 and 15 hours with the + and - buttons.
03. Once the right time is displayed, press the function's button then press start.
04. The machine will not cook right away. It will begin cooking in time to finish once the selected time has elapsed.



Tip: Want to cook quinoa with the delay timer? Use the white rice function. You'll lose the toasty flavor, but it will be ready when you need it.

■ cleaning ■

Be sure to allow the tim3 machin3™ and all parts to cool completely before cleaning.

01. Remove the steam vent by twisting it counter-clockwise. Clean the steam vent and its silicone gasket carefully. The steam vent's silicone gasket can be removed for cleaning. Reassemble and install prior to next use.

 **Note: The silicone gasket around the interior of the lid is NOT removable.** Do not attempt to remove this gasket as cannot be reassembled.

02. Remove the condensation collector. Discard any water and rinse thoroughly.

03. Wash the cooking pot, condensation collector, steam vent and all accessories in warm, soapy water or wash them in the top rack of the dishwasher.



Tip: The cooking pot, paddle, steam tray, measuring cup, steam vent and condensation collector are all dishwasher safe. All but the cooking pot should be washed in top rack only.

 **Note:** Do not use harsh, abrasive cleaners, scouring pads or products not intended for use on nonstick surfaces to clean.

04. Wipe the machine body, inner lid and lid gasket with a clean, damp cloth. Dry all parts thoroughly.

05. Reassemble all parts before next use.

CONTINUED ON NEXT PAGE

! Warning: Do not immerse the tim3 machine™ body, cord or plug in water or any other liquid.

■ recipes ■

■ easy teriyaki rice bowl ■

mode used: white rice

serves: 4

prep time: 5 minutes

cook time: 35 minutes

Eating at home doesn't have to be hard work. Here's an easy work-around for a classic healthy at-home meal.

Ingredients

3 cups	white rice
3-1/2 cups	water
1/2 pack	frozen stir fry vegetables
10-ounce can	chicken, drained
1/2 cup	teriyaki sauce
Dash	garlic powder

Add rinsed white rice to the cooking pot. Add water, frozen vegetables, chicken and garlic to the pot. Follow instructions for cooking rice. Once rice is finished, add teriyaki sauce and stir to mix with the paddle.

■ southwest brown rice bowl ■

mode used: brown rice

serves: 4

prep time: 10 minutes

cook time: 45 minutes

Looking for a healthy take on Taco Tuesday? How about Taco Bowl Tuesday? Although this meal is so easy to make, you probably won't want to restrict it to just Tuesdays.

Ingredients

3 cups	brown rice
3-1/2 cups	water
15 ounce can	black beans
1/2 cup	frozen corn
1 cup	salsa
1/2	rotisserie chicken, shredded
1/2 cup	cheddar cheese, shredded
1	avocado, sliced
2 tablespoons	sour cream

Add rinsed brown rice to the cooking pot. Add in water, black beans and corn. Pick up a rotisserie chicken from the store (or better yet, make someone else do it. You're doing the cooking.). When rice is done, shred the chicken. Mix in shredded chicken and salsa with rice. Top each bowl with equal parts avocado slices, sour cream and shredded cheese. If you want make it a little more portable, this recipe also works great as a filling for tacos or burritos too!

■ greek-ish quinoa salad ■

mode used: quinoa

serves: 4

prep time: 15 minutes

cook time: 30 minutes

A deliciously light and healthy salad option. Goes great with grilled chicken or fish too.

Ingredients

2 cups	quinoa
2-1/2 cups	chicken broth
2 tablespoons	extra virgin olive oil
3 teaspoons	lemon juice
2 teaspoons	red wine vinegar
1/2 teaspoon	salt
1 cup	cherry tomatoes, halved
1/2 cup	green bell pepper
1/2 cup	yellow bell pepper
1/2 cup	cucumber
1/3 cup	feta cheese
1/4 cup	black olives, chopped

Cook quinoa according to instructions, substituting chicken broth for water. When quinoa is finished cooking, fluff with the rice paddle. Place in refrigerator and allow to cool to room temperature.

In a large mixing bowl, add tomatoes, bell peppers, cucumber and olive. Add cooled quinoa and mix. Pour over olive oil, lemon juice, vinegar, salt and cheese. Stir to mix thoroughly and serve.

california pulled pork sandwiches

mode used: slow cook (low)

serves: 6

prep time: 10 minutes

cook time: 8 hours

It's not the usual "California" recipe requisite of adding avocado, but topping this pulled pork sandwich with coleslaw adds a nice, cool touch.

Ingredients

3 lbs	pork loin
3/4 cup	barbecue sauce
1/4 cup	apple cider vinegar
1/2 cup	chicken broth
1/4 cup	brown sugar
1 tablespoon	Worcestershire sauce
1 tablespoon	red chili powder
1 medium	onion, chopped
2 cloves	garlic, pressed
1 teaspoon	extra virgin olive oil
1 bag	ready-made coleslaw
6	hamburger buns

Using a knife, create a "criss-cross" pattern on the fat of the pork loin. Add the olive oil to the cooking pot. Place the pork into the pot, fat side up. Drizzle barbecue sauce, vinegar and chicken broth over the pork loin. Add the Worcestershire, chili powder, onion and garlic. Cook on low slow cook for 8 hours.

When done, remove the roast from the cooking pot and shred with two forks. Return the shredded pork to the cooking pot and stir to coat in the remaining juices. Prepare the packaged coleslaw according to instructions.

Add a generous amount of pulled pork to each hamburger bun. Top pork with coleslaw and add the top bun. Serve with plenty of napkins.

■ garlic oregano chicken + broccoli ■

mode used: steam

serves: 2

prep time: 5 minutes

cook time: 20 minutes

Just a bit of seasoning goes a long way. Steaming the chicken cooks it without any added fats and produces incredibly juicy results. You can even steam while cooking rice below for a more filling meal.

Ingredients

2	chicken breasts, boneless & skinless
1 stalk	broccoli, cut into florets
1 teaspoon	garlic powder
2 teaspoons	dry oregano

Rub oregano and garlic evenly on the chicken breasts. Place chicken breasts into the steam tray. Follow instructions for steaming to set your machine. Set the steaming time for 20 minutes. When the countdown reaches 8 to 10 minutes, carefully open the lid and add broccoli to the steam tray. Close the lid and allow the machine to continue steaming until complete.

If you'd like to steam while cooking rice below, take a look at how long your amount of rice will take to cook according to our chart on **page 13**. Once there is roughly 20 minutes left in the rice cooking cycle, add your chicken in the steam tray to the machine. Follow suit with the broccoli when there are 8 to 10 minutes remaining.

■ apple cinnamon steel cut oatmeal ■

mode used: oatmeal

serves: 4

prep time: 5 minutes

cook time: 45 minutes

It's healthy. It's tasty. It almost makes getting up in the morning for work something to look forward to. Add the ingredients at night and set the delay timer to save that extra work in the morning.

Ingredients

2 cups	steel cut oatmeal
3 tablespoons	brown sugar
2-1/2 teaspoons	cinnamon
1/2 teaspoon	salt
3-1/2 cups	water
1/2 cup	apple cider
1	apple, diced
To taste	syrup

Add oatmeal, cinnamon, brown sugar, salt, water, 2/3 of diced apple and apple cider to the cooking pot. Follow the instructions to make oatmeal. When done, add in remaining diced apple as topping. Stir using a silicone spatula or spoon and transfer to bowls for serving. Drizzle syrup over each bowl, to taste, and serve.

■ yo morning yogurt ■

mode used: yogurt

serves: 1

prep time: 5 minutes

cook time: 0 minutes (assuming yogurt is already made)

Breakfast is the most important meal of the day, and it doesn't need to be difficult to get a healthy one. Have homemade yogurt on hand and throw this energizing mix together in no time.

Ingredients

8 ounces yogurt (or enough to fill your bowl)

handful granola

2 tablespoons strawberry jam

Make yogurt according to instructions on **page 19** and store in your refrigerator. Serve yogurt for one into a bowl. Add granola and jelly and mix thoroughly.

■ troubleshooting ■

PROBLEM	SOLUTION
<p>My tim3 machin3™ won't turn on.</p> <p>My tim3 machin3™ turned off in the middle of cooking and won't turn back on.</p>	<p>This is often caused by the power cord becoming loose in its attachment to the tim3 machin3™.</p> <p>Remove the cord from the tim3 machin3™ and plug it back in firmly. It should seat solidly into the plug.</p>
<p>I can't get the smell of a previous meal out of my tim3 machin3™.</p>	<p>A mix of lemon juice and water may help to get rid of the scent. Add about a cup of water and 1/2 a cup of lemon juice to your cooking pot. Set the tim3 machin3™ to steam for 10 minutes. Allow it to cool and clean the pot with soap and water, wipe down the inner lid with a soapy sponge and clean off. This should help to reduce the smell.</p>