



# HEALTHY COOK DUO

## SLOW COOKER

INSTRUCTION BOOKLET  
CUSTOMER SERVICE 1-877-926-6526

# IMPORTANT SAFEGUARDS

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

1. **IMPORTANT:** Read all instructions.
2. Do not touch hot surface. The metal housing will become hot during working. Use handles or knob.
3. **CAUTION:** To reduce the risk of electric shock, cook only in removable container.
4. Close supervision is necessary when any appliance is used by or near children.
5. To protect against electrical shock, do not immerse cord, plug, or cooker body in water or other liquid.
6. Do not add water beyond the edge of the aluminum inner pot, or the water will flow out during cooking.
7. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
8. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
9. The use of accessory attachment not recommended by the appliance manufacturer may cause injuries.
10. Intended for counter top use or stove top and oven use only as directed.
11. Do not use the appliance for other than intended use.
12. Do not use outdoors.
13. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
14. Do not let cord touch hot surfaces or hang over the edge of table or counter.
15. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.

16. Prior to first use, please make sure that the electrical rating of the appliance is in conformity with the current electric rating.
17. Plug cord into wall outlet. To disconnect, press off, then remove plug from wall outlet.
18. Use on stove top or in oven only as directed.
19. To reduce the risk of electric shock, cook only in removable container. **DO NOT** Cook food directly in the Unit Base.
20. **DO NOT** place the removable cooking pot directly on a high flame or heat setting. Use a low to medium flame or heat setting to start.
20. **DO NOT** place on or near a hot gas or electric burner, or in a heated oven.

## SAVE THESE INSTRUCTIONS

Do not throw away. Read before operating your new Healthy Cook Duo. Keep for future reference.

In order to ensure safe operation and optimum performance, please read the entire Instruction/Care & Use Booklet.

## FOR HOUSEHOLD USE ONLY

### POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, 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 modify the plug in any way.

- a) A short-power supply cord is used to reduce the risk resulting from it being grabbed by children, becoming entangled in, or tripping over a longer cord.

# Hello!

## Welcome to the GreenLife™ family!

We're dedicated to making every meal a little fresher, a little healthier, and a little better. From our healthy ceramic nonstick cookware to our time-saving appliances, our eye-catching products bring a pop of color and style to your kitchen so you can truly make any meal your own. We hope your purchase gives you a fresh new approach to healthy meals. **Enjoy!**

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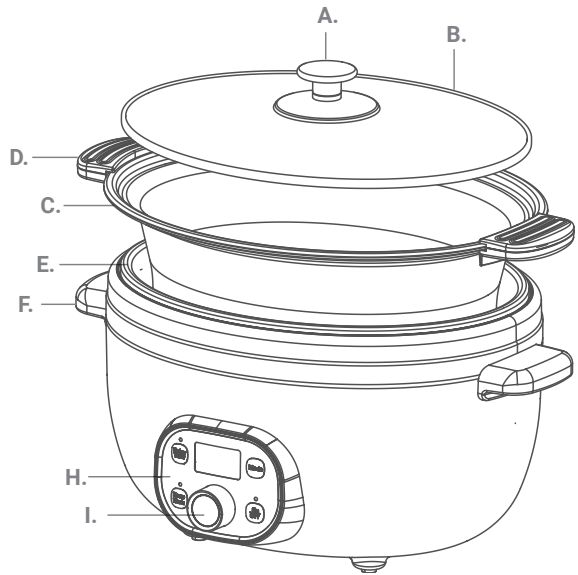
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## BEFORE USE: USING YOUR HEALTHY COOK DUO SLOW COOKER

1. Read all instructions and important safeguards.
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of properly as they can pose a suffocation or choking risk to children.
4. Remove the lid and the removable pot and wash with warm soapy water and dry thoroughly before returning to the base.
5. Wipe body clean with a damp cloth.

**NOTE:** Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on nonstick coatings. If washing in the dishwasher, a slight discoloration to the inner pot and accessories may occur. This is cosmetic only and will not affect performance.

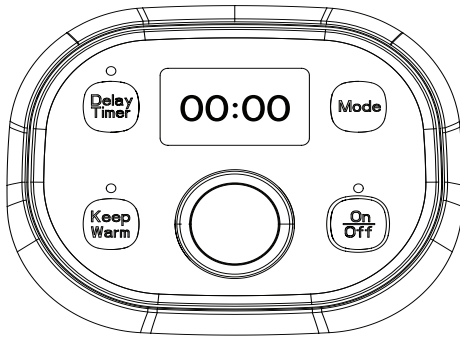
**THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.**



## PARTS

- A. Lid handle
- B. Removable Glass Lid
- C. Stovetop & Oven Ready Pot\*, 6 QT capacity
- D. Pot handles
- E. Unit heating base
- F. Base handles
- G. Power Cord (2 prong/not shown)
- H. Control panel
- I. Control knob

Part	Lid	Removable Cooking Pot	Base Unit
<b>Stovetop Safe</b>	Yes	Yes	No
<b>Oven Safe</b>	No	Yes	No
<b>Microwave Safe</b>	No	No	No
<b>Dishwasher Safe</b>	Yes	Yes	No



## LED TOUCH CONTROL PANEL

- Delay Timer – postpone up to 10 hours
- Mode – 3 Temperatures (Low, Medium, High)
- On/Off -Press to start and finish/cancel cooking
- Keep Warm – Automatically stays warm after cooking is finished
- Control Knob - Scroll for desired cooking time
- LED Touch Control displays cooking time and cooking mode.

### High

- Select high for meals that require less cooking time and higher cooking temperature.

### Medium/Low

- Select medium for recipes that cook longer. You can start your dish in the morning and enjoy in the evening.

### Keep Warm

- This setting turns on automatically after your cooking time has finished and it keeps your food warm for up to 6 hours.

### Delay Timer

- Program now or start later. Programmable up to 10 hours.

## OPERATION

1. Choose the desired slow cooking time and mode.
2. Sear, brown or sauté in your ceramic nonstick pot (if desired). Then place pot back into the slow cooker base.
3. Add ingredients to pot, as needed.
4. Place glass lid on top of pot.
5. Use the LED Touch Control Panel to set cooking time.
  - a. Press On/Off button
  - b. Use control knob and scroll for desired cooking time.
  - c. Select Cooking Mode/Setting
6. The Keep Warm setting will automatically turn on once cooking time has expired.
7. You can turn the slow cooker off manually by using the on/off button.

**PRESS ON/OFF.** The unit displays “00:00”. (standby mode). On/Off light flashes.

**USING YOUR CONTROL KNOB,** scroll through to set your desired cooking time.

**CHOOSE COOKING TIME.** Time ranges from 0 minutes to 10 hours, in 30 minute increments.

**CHOOSE COOKING MODES** (High/Medium/Low) Press mode button once for high, press again for low and again for med (medium). Continue pressing to keep scrolling.

**Large, 6 QT., ceramic nonstick pot with extra deep capacity.**

Removable and safe for the dishwasher. Our healthy ceramic nonstick coating is free of PFAS, PFOA, lead & cadmium.

## Delay Timer

Postpone cooking up to 10 hours.

1. After plugging in the unit, press **On/Off**. The unit displays "00:00". (standby mode).  
On/Off light flashes
2. Set cooking time and mode as previously mentioned.
3. Scroll the control knob to set cooking time.
  - 3A. Cooking time will default to 6 hrs., if you do not select before selecting MODE.
4. Select MODE
5. Press Delay Timer
6. Scroll the control knob to set the desired delay time. The delay timer ranges from 30 minutes to 10 hours in 30 minutes increments.

The unit will start Delay timer mode after 3 seconds. Delay timer indicator will light up, and the delay timer starts to count down.

7. If you want to cancel Delay timer, press Delay Timer again and hold for 1 second, then Delay timer indicator light will turn OFF.

Once the delay timer has expired, Delay timer indicator light will turn OFF, and the unit will start cooking.

8. To turn the unit off manually, press On/Off, the unit will turn off.

## STOVE TO SLOW COOKER

Move your removable ceramic nonstick pot from the stove after searing, browning or sautéing and place back inside the slow cooker base.

The large 6QT ceramic nonstick pot is extra deep to give you plenty of room for family-sized meals.

Finish cooking your meal in the slow cooker. You can make a variety of meals for any time of day. From omelets to casseroles, chili, stews, soups, puddings, and more! Morning to evening and everything in between, the Healthy Cook Duo helps prep, cook, and keep meals warm for when you're ready to eat.

## TIPS

So many ways to cook!  
**STOVE TOP COOKING FUNCTION**



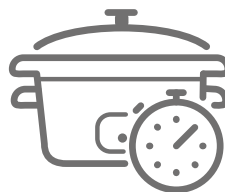
### SEAR OR BROWN

Sear or Brown – Use the removable pot to sear and brown beef, pork, chicken breasts, fish, and more.



### SAUTÉ

Sauté – Take the removable pot to the stove to sauté onions, garlic, vegetables, and more.



### FINISH IN SLOW COOKER OR IN OVEN

Slow Cook – Make fall off the bone pork, beef, chicken and more. Or in oven melted, mac and cheese.

## What to cook

Mode	Guideline for Setting	Recipes
<b>High</b>	For fast cooking or when baking	Casseroles, puddings, cheesecakes, rolls
<b>Medium /Low</b>	Standard slow cooking temp, ideal for starting in the morning and enjoying for dinner	<p>Brown large cuts of meats before slow cooking for best results.</p> <ul style="list-style-type: none"> <li>• Deglazing the skillet</li> <li>• Add water, vinegar, wine, broth or another liquid to the hot pot and scrape up the browned bits</li> <li>• This cleans the pot and adds that deep flavorful liquid with the meat in one-pot.</li> </ul> <p>Long-cooking cuts of meats;</p> <ul style="list-style-type: none"> <li>• Chuck roasts, brisket short ribs, stew meat</li> <li>• Pork shoulder, ham, pork, country-style ribs,</li> <li>• Casseroles, shanks, chicken thighs, soups</li> </ul>
<b>Warm</b>	Do not use this setting to cook food or as a cooking function. This setting intended only to use with preheated foods.	Intended for use with preheated foods or after cooking time has expired.
<b>Delay Timer</b>	Program now or start later. You can cook with or without this function. Postpone cooking up to 10 hours. Set cooking time and mode first and then select Delay Timer. Scroll the control knob to set the desired delay time. The delay timer ranges from 30 minutes to 10 hours. Suggested maximum delay-start time for uncooked meat or chicken is two hours.	All types of meals
<b>Stove Top</b>	To use pot on stovetop suggest starting with low temperature for searing, browning and sautéing. Recommended maximum temperature for stove top up to 535°F.	Use for searing or sauteing ingredients for example, carrots, onions, celery, ground beef, chicken or pork.
<b>In Oven</b>	Recommended maximum temperature for in oven up to 350°F	Casseroles, Cakes, Baked Ziti, Lasagna

## Multiple Uses for Cooking at any time of day:

<b>Breakfast</b>	Omelet Breakfast Pie, Mexican Casserole
<b>Lunch</b>	Chunky Chicken Chili, Chicken Tortilla Soup, Roast Beef Sandwiches
<b>Dinner</b>	Tacos, Smothered Chicken, Family Favorite Pot Roast, Korean BBQ Pork Shoulder, Beef Stew, Sausage and Meatballs
<b>Dessert</b>	Chocolate Bread Pudding
<b>Snacks/Party Food</b>	Bourbon Cocktail Sausages, Baby Back Ribs

## CLEANING AND MAINTENANCE

- Before cleaning, always unplug your Slow Cooker and allow it to cool. The inner pot and lid are both safe for dishwasher use.
- If you prefer, you can wash the inner pot and lid with a gentle detergent after removing them from the base. Rinse off with water and then gently pat dry with a dish towel or cloth.
- Wipe the outside of the Slow Cooker with a damp sponge or cloth. Refrain from using scouring pads, powders or chemical detergents on the Slow Cooker.

### CAUTION:

- Always keep the heating element dry.
- Do not immerse the slow cooker base in water or the dishwasher.

- Do not immerse power cord in water or other liquids.

### When using on stovetop:

- Use low to medium heat. Never let your oil smoke or burn.
- Always use a little oil or butter suited for frying for best results. don't use: Avoid low smoke point oil or aerosol sprays as they cannot withstand high heat.
- Easy cleaning. dishwasher safe. To keep the durability of your nonstick, we recommend handwash. Wash with a soft sponge in hot soapy water. Do not season the pot.
- Never leave an empty pan on a hot burner. Doing so can permanently damage your pan and stovetop.

## TROUBLESHOOTING

Issue	Cause	Solution
Slow Cooker is not working	Not plugged into a functional electrical outlet.	Make sure the power cord is plugged into a functional electrical outlet.
What oils can I use?		Oils with high smoke points, like canola oil and grapeseed oils, are best. If you use Extra Virgin Olive Oil, cook on moderate heat settings to prevent it from burning onto your cooking surface.
Can I use spray oils?		Avoid all oils in spray form as they may damage the nonstick coating of your cooking surface.
Slow Cooker Making a Clicking Noise		No action needed - the Slow Cooker regulates temperature and you can hear this turn on and off occasionally.
Base Unit of the Slow Cooker is hot	Long cooking time and high heat mode.	This is normal.
Unsure if can use inner pot on stovetop or oven		Removable inner pot can be used on the stove top or even in the oven.
Food is undercooked	Cooking time and temperature.	Increase cooking time or temperature.
Food is overcooked	Cooking time and temperature.	Decrease cooking time or temperature.
Unsure of how to wash Slow Cooker	Do not immerse the slow cooker base in water or the dishwasher.	Wipe the outside of the Slow Cooker with a damp sponge or cloth.
Unsure of which accessories are dishwasher safe	Inner pot is removable.	The inner pot and lid are both safe for dishwasher use.



## LIMITED WARRANTY

GreenLife Electrics are covered by a limited warranty against defects in materials and workmanship, beginning on the date of purchase and lasting for two years. If your GreenLife Electrics product has a defect during the warranty period, The Cookware Company (USA), LLC will either repair or replace the product. Further information on the warranty claim process, exclusions from warranty coverage, and other terms can be found in the complete limited warranty for this product, available online at [greenlife-cookware.com/pages/warranty](http://greenlife-cookware.com/pages/warranty).

## TERMS OF SALE; ARBITRATION

The terms on which The Cookware Company (USA), LLC sells GreenLife Electrics are available online at [greenlife-cookware.com](http://greenlife-cookware.com) (the "Terms"). The Terms contain very important information regarding your rights and obligations, as well as conditions, limitations, and exclusions that may apply to you. Please read them carefully.

**In particular, the Terms provide that, by your purchase of this product, you and The Cookware Company (USA), LLC are agreeing to give up any rights to litigate in a court or before a jury, or to participate in a class action or representative action with respect to a claim. Other rights that you would have if you went to court may also be unavailable or limited in arbitration. Any claim, dispute, or controversy between you and The Cookware Company (USA), LLC arising from or relating in any way to your purchase of products or services will be resolved exclusively and finally by binding arbitration.**

The arbitration will be administered by the American Arbitration Association ("AAA") in accordance with the Consumer Arbitration Rules (the "AAA Rules") then in effect, except as modified hereby. (The AAA Rules are available at [adr.org](http://adr.org) or by calling the AAA at 1-800-778-7879.) The Federal Arbitration Act will govern the interpretation and enforcement of this arbitration and waiver provision. The Cookware Company (USA), LLC will be responsible for the AAA filing fee of any such proceeding. Other than your right to pursue a claim in small claims court, as described in the Terms, the arbitrator will have exclusive authority to resolve any dispute relating to arbitrability and/or enforceability of this arbitration provision, including any unconscionability challenge or any other challenge that the arbitration provision or these Terms are void, voidable or otherwise invalid. The arbitrator will be empowered to grant whatever relief would be available in court under law or in equity. Any award of the arbitrator(s) will be final and binding on each of the parties and may be entered as a judgment in any court of competent jurisdiction. Attorney fee shifting in this case is governed by the Terms. You agree to an arbitration on an individual basis. In any dispute, **NEITHER YOU NOR THE COOKWARE COMPANY (USA), LLC WILL BE ENTITLED TO JOIN OR CONSOLIDATE CLAIMS BY OR AGAINST OTHER CUSTOMERS IN COURT OR IN ARBITRATION OR OTHERWISE PARTICIPATE IN ANY CLAIM AS A CLASS REPRESENTATIVE, CLASS MEMBER OR IN A PRIVATE ATTORNEY GENERAL CAPACITY.** The arbitral tribunal may not consolidate more than one person's claims, and may not otherwise preside over any form of a representative or class proceeding. The arbitral tribunal has no power to consider the enforceability of this class arbitration waiver and any challenge to the class arbitration waiver may only be raised in a court of competent jurisdiction. If any provision of the arbitration agreement described herein and in the Terms is found unenforceable, the unenforceable provision will be severed and the remaining arbitration terms will be enforced.



# DID YOU KNOW?

We make cookware too!

Our healthy ceramic nonstick is not stuck in the past!

Our coating is derived from sand and it's toxin free,  
no PFAS, PFOAs, lead or cadmium, so you can cook

with confidence. See our full collection:

[www.greenlife-cookware.com](http://www.greenlife-cookware.com)



