

GET YOUR GRAINS

PICK YOUR PROCESS—PRESSURE COOKER, SLOW COOKER, OR STOVE TOP—FOR MAKING ENOUGH GRAINS TO GO THE DISTANCE ALL WEEK LONG. ADD THEM TO SOUPS, VEGGIE BOWLS, STIR-FRIES, OR CASSEROLES WHENEVER YOU NEED A HEARTY, NUTRITIOUS CARB TO FILL YOU UP.

COOK A BATCH OF GRAINS

	PRESSURE COOKER	SLOW COOKER	STOVE TOP
WHITE RICE	In the pot of a 6-qt. pressure-cooker 1 combine 2½ cups long grain white rice, 2½ cups water, 1 tsp. salt, and 1 Tbsp. butter. Bring to pressure; cook 5 minutes. Release naturally 10 minutes; quick-release remaining pressure. Makes 6 cups.	Rinse 2 cups rice in a sieve until water runs clear. In a 4- to 6-qt. combine rice with 3½ cups water, 1 tsp. salt, and 1 Tbsp. butter; cook on high 1¾ hours or until water is absorbed and most of the rice is tender. Stir; cover and let stand 5 minutes. Makes 6 cups.	In a 4- to 6-qt. pot combine 2 cups rice and 4 cups water; cook, covered, 15 minutes. Remove and let stand 5 minutes. Makes 6 cups.
BROWN RICE	In the pot of a 6-qt. pressure cooker 3 combine 3 cups brown rice, 3¾ cups water, 1 tsp. salt, and 1 Tbsp. butter. Bring to pressure; cook 10 minutes. Release pressure naturally 10 minutes; quick-release remaining pressure. Makes 6 cups.	Rinse 2 cups brown rice in a sieve until water runs clear. In a 4- to 6-qt. slow cooker combine rice, 4 cups water, 1 tsp. salt, and 1 Tbsp. butter. Cook on high 2 hours or until water is absorbed and most of the rice is tender; stir. Makes 6 cups.	In a 4- to 6-qt. pot combine 2 cups brown rice and 4 cups water. Simmer, covered, 45 minutes. Remove and let stand 5 minutes. Makes 6 cups.
BARLEY	In the pot of a 6-qt. pressure cooker combine 2 cups regular barley and 8 cups water. Bring to pressure; cook 21 minutes. Quick-release the pressure. Drain excess liquid. Makes 6 cups.	In a 4-qt. slow cooker combine 1⅓ cups regular barley and 6½ cups water. Cover and cook on high 2¾ to 3 hours. Makes 6 cups.	In a 4- to 6-qt. pot combine 1½ cups regular barley and 6 cups water; cook, covered, 45 minutes. Drain if necessary. Makes 6 cups.
WHEAT BERRIES	In the pot of a 6-qt. pressure cooker combine 3 cups wheat berries and 6 cups water. Bring to pressure; cook 35 minutes. Release pressure naturally 15 minutes; quick-release remaining pressure. Drain excess liquid. Makes 6 cups.	In a 4-qt. slow cooker combine 2½ cups wheat berries and 5 cups water. Cover and cook on high 3½ to 4½ hours. Drain excess liquid. Makes 6 cups.	In a 4- to 6-qt. pot combine 2¼ cups wheat berries and 7½ cups water; cook, covered, 45 to 60 minutes. Drain excess liquid. Makes 6 cups.

WILD RICE

PRESSURE COOKER

In the pot of a 6-qt. pressure cooker combine 2½ cups wild rice, 3¾ cups water, 1 tsp. salt, and 1 Tbsp. butter. Bring to pressure; cook 15 minutes. Release pressure naturally 10 minutes; quick-release remaining pressure. Let stand 10 minutes. Makes 6 cups.

SLOW COOKER

In a 4-qt. slow cooker combine 2 cups wild rice, 4 cups water, and 1 1 tsp. salt. Cook on high 2¼ hours. Let stand 15 minutes. Makes 6 cups.

STOVE TOP

In a 4- to 6-qt. pot combine 2 cups wild rice and 4 cups water. Simmer, covered, 40 minutes or until tender; let stand until liquid absorbs. Makes 6 cups.

STEEL-CUT OATS

Coat the pot of a 6-qt. pressure cooker with nonstick cooking spray. In the pot combine 2 cups steel-cut oats, 6 cups water, 1 tsp. salt, and 1 Tbsp. butter. Bring to pressure; cook 12 minutes. Release pressure naturally 10 minutes; quick-release remaining pressure. Stir; let stand 10 minutes. Makes 6 cups.

Coat a 4-qt. slow cooker with nonstick cooking spray. In the cooker combine 2 cups steel-cut oats, 6 cups water, and 1 tsp. salt. Cook on high 3 hours. Makes 6 cups.

In a 4- to 5-qt. pot combine 2 cups steel-cut oats, 6 cups water, and 1 tsp. salt; cook, covered, 25 to 30 minutes. Makes 6 cups.

FARRO

In the pot of a 6-qt. pressure cooker combine 2¼ cups farro, rinsed and drained, and 5 cups water. Bring to pressure; cook 7 minutes. Release pressure naturally. Drain excess liquid if necessary. Makes 6 cups.

In a 4-qt. slow cooker combine 2 cups farro, rinsed and drained, and 6 cups water. Cook on high 2½ hours. Makes 6 cups.

In a 4- to 5-qt. pot combine 2½ cups farro, rinsed and drained, and 7 cups water. Cook, covered, 30 minutes. Makes 6 cups.

BULGUR

In the pot of a 6-qt. pressure cooker combine 2½ cups bulgur, rinsed and drained, and 4 cups water. Bring to pressure; cook 12 minutes. Release pressure naturally 15 minutes; quick-release remaining pressure. Makes 6 cups.

In a 4-qt. slow cooker combine 2 cups bulgur, rinsed and drained, and 6 cups water. Cook on high 1 to 2 hours. Let stand 15 minutes. Makes 6 cups.

In a 4- to 5-qt. pot combine 2 cups bulgur, rinsed and drained, and 6 cups water. Cook, covered, 12 minutes. Drain excess liquid if necessary. Makes 6 cups.

FREEKEH

In the pot of a 6-qt. pressure cooker combine 2 cups freekeh and 3½ cups water; bring to pressure. Cook 10 minutes. Release pressure naturally. Makes 6 cups.

In a 4-qt. slow cooker combine 2 cups freekeh and 3 cups water. Cook on high 1½ hours. Makes 6 cups.

In a 4- to 5-qt. pot combine 2 cups freekeh and 5 cups water; cook, covered, 20 minutes. Remove from heat and let stand 5 minutes. Makes 6 cups.

QUINOA

In the pot of a 6-qt. pressure cooker combine 2 cups quinoa, rinsed and drained; 3 cups water; and 1 tsp. salt. Bring to pressure; cook 1 minute. Release pressure naturally 10 minutes; quick-release remaining pressure. Makes 6 cups.

In a 4-qt. slow cooker combine 2 cups quinoa, rinsed and drained; 3 cups water; and 1 tsp. salt. Cover and cook on high 2 hours. Makes 6 cups.

In a 4- to 5-qt. pot combine 2 cups quinoa, rinsed and drained, and 4 cups water. Bring to boiling; reduce heat. Simmer, covered, 15 minutes; drain if necessary. Makes 6 cups.