



BULK COOKING INSTRUCTIONS

7 Bean & Barley Soup Mix

Rinse, drain 1 lb. mix

Soak overnight or for 2 hours

Drain

In a large pot, sauté 2 small onions in vegetable oil until tender

Add soup mix and 8 cups of water and 2 tsp salt (optional)

Bring to boil

Lower heat and simmer for 2 – 2 1/3 hours or until tender

7 Grain Hot Cereal

For 1 serving:

1 cup water to 1/3 cup cereal

Add dash of salt

2 servings:

2 cup water to 2/3 cup cereal

Add 1/4 tsp salt

Stir ingredients in sauce pan

Bring to boil, stirring constantly

Cover, simmer, stirring occasionally 10-15 minutes

Anasazi Beans

Wash beans and drain

Cover with cold water, discard floaters and soak for 4-8 hours in a cool place

Drain, add 4 cups fresh water for every cup of beans

Cover, bring to boil

Simmer until soft, approx 1 1/2 hours

Artichoke Shells

Boil water

Add pasta to boiling water and gently stir until water boils again

Cook 10-12 minutes

Baby Lima Beans

Cover with cold water, discard floaters, soak 4-8 hours
Drain, add 3 cups of fresh water for every cup of beans
Cover, bring to boil
Simmer until soft – add onions, bay thyme, salt, peppercorns if desired
Cook approx 1 hour

Barley (Hulled)

Wash hulled barley, soak overnight
Drain
Bring 4 cups water or broth to a boil
Stir in 1 cup soaked barley
Cover, reduce heat
Cook for approx. 60 minutes
During the last half of the cooking, check liquid level and add more if needed

Black Beans (Turtle Beans)

Wash beans and drain
Cover with cold water, discard floaters and soak 4-8 hours in a cool place
Drain and add 3 cups of fresh water for every cup of beans
Cover, bring to a boil
Simmer approx 1 1/2 hours

Brown Basmati Rice

Rinse rice
Combine 1 cup rice to 2 cups water or broth in a pot with a tight-fitting lid
Bring to boil
Stir once
Reduce heat and simmer for 50 minutes
Remove from heat, let sit for 10 minutes
Fluff with fork

Brown Jasmine Rice

Bring 2 cups of water to boil over high heat with 1 cup of rice and a pinch of salt
Cover, reduce heat and simmer for 50 minutes
Remove from heat, let rice stand with cover for 10 minutes
Fluff and enjoy

Buckwheat Groats (hulled)

Combine 2 parts water or stock to 1 part buckwheat
Bring to a boil
Reduce heat, cover and simmer for 15-20 minutes
Seasonings can be added during cooking

Bulgar (wheat)

Place 1 cup of bulgar with 2 cups liquid in a covered saucepan
Heat to simmer
Cook for approx. 15-20 minutes or until the liquid is absorbed
Let stand for 10 minutes

Chickpeas (Garbanzo Beans)

Wash beans and drain
Cover with cold water, discard floaters and soak for 4-8 hours in a cool place
Drain, add 3 cups of fresh water for every cup of beans
Cover, bring to boil
Simmer until soft, approx 2-3 hours

Falafel Mix

Mix 2 cups falafel mix and 1¼ c water
Let stand 15 minutes
Heat about ½ cup veg. oil to 375 degrees
Fry balls until brown and crisp (about 3 minutes)

French Couscous (Whole Wheat)

Bring 1½ c of water to a boil
Stir in 1 cup of couscous
Bring to boil, lower heat and cook about 1 minute until water is absorbed.
Remove from heat, let stand 5 minutes
Make five ½ cup servings

French Lentils

Wash lentils and drain

Add 3 cups of fresh water or broth for every cup of lentils

Add veggies and spices if desired

Cover and bring to boil

Immediately reduce heat and simmer, just until soft, approx 35-40 minutes

Green Lentils

Wash lentils and drain

Add 3 cups of fresh water or broth for every cup of lentils

Add veggies and spices if desired

Cover and bring to boil

Immediately simmer just until soft, approx 30-45 minutes

Green Split Peas

Wash split peas and drain

Add 3 cups of fresh water or broth for every cup of peas

Cover and bring to boil

Reduce heat and simmer just until soft, approx 40-50 minutes

Hard Red Winter Wheat

Soak 1 cup wheat overnight in 3½ cups cold water in a covered pot

Boil the wheat in soaking water

(15 minutes for parboiled wheat, or 50-60 minutes for fully cooked wheat)

Add water as necessary while they cook

Harvest Pilaf

Add 1 cup pilaf to 2¼ cups boiling water

Stir, cover, and simmer for 45-50 minutes

Hummus Dip Mix

Place 1 cup hummus mix in bowl

Add 1½ cups warm water and 2 Tbs olive oil

Stir with whisk until well blended

Let stand 5 minutes before serving

Long Grain Brown Rice

Combine 1 cup rice with 2 cups water or broth in a pot with a tight-fitting lid
Stir once
Bring to boil, reduce heat, simmer for 50 minutes
Remove from heat, let stand for 10 minutes
1 Tbs butter and salt to taste can be added to water and rice

Lundberg's Wild Blend

Combine 1 cup Wild Blend, 2 cups water or broth, 1Tbs butter (optional) and salt (to taste) in a pot with a tight-fitting lid

Bring to boil, stir once, reduce heat
Cover and simmer for 45 minutes
Remove from heat, allow to sit for 10 minutes

Millet (Hulled)

Combine ½ cup millet with 1¼ cup water or stock
Heat to a boil, cover, simmer until millet is tender
Start checking at 20 minutes
When liquid is absorbed, remove from heat
Let stand in a covered pot for 10 minutes

Multigrain Pancake and Waffle Mix

For six 5" pancakes:
Stir ¾ cup mix, 1 Tbs oil, ½ cup plus 2 Tbs milk – just until lumps disappear
Cook on preheated oiled griddle, turning when bubbles form on surface and edges dry

For waffles:
Stir 1 cup mix, 1 egg, 1 Tbs oil, 1 Tbs honey, ¾ cup plus 1 Tbs milk just until lumps disappear
Cook according to waffle maker's instructions

Navy Beans

Wash beans and drain
Cover with cold water, discard floaters and soak 4-8 hours in a cool place
Drain, add 3 cups of fresh water for every cup of beans
Cover and bring to boil
Simmer until soft – approx 1½ hours

Oat Groats

Combine 1 cup whole oats with 3 cups of water
Cook for 50-60 minutes, stirring occasionally
Add fruit, nuts, honey and spices as desired

Orzo

Boil 4 quarts of water
Add orzo to boiling water and stir gently until water comes to boil again
Cook 5-6 minutes
Do not overcook

Pinto Beans

Wash beans and drain
Cover with cold water, discard floaters and soak 4-8 hours in a cool place
Drain and add 3 cups of fresh water for every cup of beans
Cover, bring to boil
Simmer until soft, approx. 1½ hours

Prima Vera Orzo

Bring 4-5 cups of water to a rolling boil
Gradually place pasta in water, stirring occasionally to prevent sticking
Begin testing doneness after 4 minutes

Quick Oats

For 1 serving:
1 cup water, ½ cup oats, dash of salt

For 2 servings:
1 and ¾ cup water, 1 cup oats, 1/8 tsp salt

Boil water and salt (salt optional)
Stir in oats
Cook about 3 minutes over medium heat, stirring occasionally

Quinoa (whole grain)

Rinse quinoa

Place 2 parts liquid to 1 part quinoa in a heavy saucepan

Bring to boil, simmer approx 15-20 minutes until liquid is absorbed

Quinoa will look transparent when done

Red Kidney Beans

Wash beans and drain

Cover with cold water, discard floaters, and soak for 4-8 hours in a cool place

Drain and add 3 cups of fresh water for every 1 cup of beans

Cover and bring to boil

Simmer until soft, approx. 1½ hours

Regular Rolled Oats

For 1 serving:

1 cup water, ½ cup oats, dash of salt

For 2 servings:

1 and ¾ cups water, 1 cup oats, 1/8 tsp salt

Boil water and salt (salt optional)

Stir in oats

Cook 5 minutes over medium heat

Stir occasionally

Short Grain Brown Rice

Combine 1 cup rice and 2 cups water in a pot with a tight-fitting lid

Salt and 1 tsp butter can be added

Bring to boil

Stir once, cover with lid

Reduce heat, simmer for 50 minutes

Remove from heat and let sit for 10 minutes

Soft Wheat Berries

Soak 1 cup wheat berries overnight in 3½ cups cold water in a covered pot

Boil the wheat berries in soaking water

(15 minutes for parboiled wheat, or 50-60 minutes for fully cooked berries)

Add water if necessary as they cook

Steel Cut Oat Groats

Combine approx. 3 cups water to 1 cup steel oats
Add a dash of salt
Bring to a boil and stir, then reduce heat and simmer for 30-45 minutes
Check liquid level and stir occasionally while cereal simmers

Sweet Brown Rice

Combine 1 cup rice, 2 cups water and 1 tsp salt (optional) in a pot with a tight-fitting lid
Bring to a boil
Stir once, cover with lid
Reduce heat, simmer for 50 minutes
Remove from heat, let sit for 10 minutes

Tabouli Mix

In a larger bowl, add 1¼ cup water to 1½ cup tabouli mix
Add 2 Tbs olive oil and 2 finely chopped tomatoes
Mix well, allow to stand for 1 hour
Refrigerate if desired
Stir and serve

Textured Vegetable Protein

Add 8-10 oz water to 4 oz of textured vegetable protein
Let stand 2-3 minutes until all water is absorbed

Vegetable Corkscrews (semolina pasta)

Bring 4-5 quarts of water to a boil
Gradually place pasta in water, stirring to prevent sticking
Begin testing for doneness after 4 minutes

White Basmati Rice

Combine 1½ cup water or broth to 1 cup of rice in a pot with a tight-fitting lid
Bring to a boil
Stir once, reduce heat, simmer for 20 minutes
Do not remove lid
Remove from heat, let stand 10 minutes
Fluff with fork

White Jasmine Rice

Combine in a pot with a tight-fitting lid: 1 cup rice with 1½ cup water, 1 Tbs butter (optional) and a pinch of salt

Bring to a boil

Stir once

Cover

Simmer for 20 minutes or until liquid is absorbed

Remove from heat and let sit for 10 min

White Sushi Rice

Use 1 cup rice to 2 cups water or broth

Combine ingredients in a pot with a tight-fitting lid

Bring to a boil

Stir once

Cover with lid

Reduce heat and simmer for 20 minutes

Let sit for 10 minutes

Yellow Corn Grits

Ratio is 1 part grits to 4 parts water

Bring to boil (salt is optional)

Reduce heat slightly and slowly stir in grits

Cook covered for 15-20 minutes

Remove from heat and let stand for 5 minutes

Yellow Popcorn

Use a 3-4 quart pan with loose lid

Measure enough popcorn to cover the bottom of the pan

For every cup of kernels, add 1/3 cup oil

Heat oil to 400-460 degrees

Test oil with a few kernels – if they pop, add the rest

Shake to spread oil

When popping slows, remove pan from stove