

## Grains and Beans

<b>GRAIN</b>	<b>AMT.</b>	<b>WATER</b>	<b>COOK TIME</b>	<b>YIELD</b>
Amaranth	1C.	3C.	25min.	2 ½ Cups
Barley:				
Whole	1C.	3 ½ C.	30-35min.	3 ½ Cups
Grits	1C.	4C.*	20min.	3 2/3Cups
Flakes	1C.	3C.	22min.	2 2/3Cups
Buckwheat ~ Unroasted ~ Roasted (Kasha)				
	1C.	2C.	10-12min.	4C.
Bulgar	1C.	2 ½ C.	soak 15min.	3C.
Couscous	1C.	1 ½ C.	soak 10min.	2 ¾ C.
Kasha	1C.	2Cups	10-12 minutes	4Cups
Millet	1Cup	2 ½ Cups	25-30minutes	4Cups
Oats				
Groats	1Cup	2 ¾ Cups	25Minutes	3Cups
Steel-cut	1Cup	3 ½ Cups	15Minutes	3Cups
Rolled	1Cup	2 ¾ Cups	10Minutes	2 ½ Cups
Quick	1Cup	2 1/3Cups	2-3Minutes	2Cups
Quinoa	1Cup	2Cups	12-15Minutes	3 ½ Cups
Rice ~ Brown				
Basmati	1Cup	2 ¼ Cups	40Minutes	3 ¼ Cups
Long grain	1Cup	2 ¼ Cups	30-45Minutes	3 ¼ Cups
Short grain	1Cup	2 ¼ Cups	45Minutes	3 1/3Cups
Rice ~ White				
Basmati	1Cup	1 ¾ Cups	18-20Minutes	3 ¼ Cups
Calrose	1Cup	2Cups	15-18Minutes	3 ¼ Cups
Jasmine	1Cup	1 ¾ Cups	18Minutes	3 ¼ Cups
Texmati	1Cup	1 ¾ Cups	15-18Minutes	3 1/3Cups
Rice ~ Red				
Wehani	1Cup	2 ½ Cups	40Minutes	2 2/3Cups
Rice ~ Sweet				
White	1Cup	2Cups	45-60Minutes	2Cups
Black	1Cup	1 ½ Cups	25Minutes	2Cups
Rice ~ Wild	1Cup	4Cups	45-60Minutes	3Cups

Rye ~				
Whole	1 Cup	3 ¼ Cups	60 Minutes	2 Cups
Grits	1 Cup	3 ½ Cups	30-45 Minutes	2 2/3 Cups
Flakes	1 Cup	3 Cups	25-30 Minutes	2 2/3 Cups
Spelt ~				
Whole	1 Cup	3 ½ Cups	50-60 Minutes	3 Cups
Flakes	1 Cup	3 Cups	30 Minutes	3 Cups
Teff	1 Cup	3 Cups	15 Minutes	3 Cups
Triticale	1 Cup	3 Cups	60-75 Minutes	2 ½ Cups
Wheat ~				
Berries	1 Cup	3 ½ Cups	50-60 Minutes	3 Cups
Cracked	1 Cup	2 1/3 Cups	15 Minutes	2 ¾ Cups
Flakes	1 Cup	3 Cups	30 Minutes	3 Cups

<b>BEANS</b>	<b>AMT.</b>	<b>WATER</b>	<b>COOK TIME</b>	<b>YIELD</b>
Adzuki	1 Cup	4 Cups	30-45 Minutes	3 Cups
Black	1 Cup	4 Cups	55-60 Minutes	2 ¼ Cups
Black-Eyed Peas	1 Cup	4 Cups	45-60 Minutes	2 Cups
Chick-Peas Garbanzo	1 Cup	4 Cups	60 Minutes	2 Cups
Garbanzo Chick Peas	1 Cup	4 Cups	60 Minutes	2 Cups
Great Northern Navy & White	1 Cup	4 Cups	45-60 Minutes	2 2/3 Cups
Red Kidney	1 Cup	4 Cups	45-60 Minutes	2 ¼ Cups
Lentils Green & Red	1 Cup	4 Cups	20-40 Minutes*	2 Cups
Limas:				
Large	1 Cup	4 Cups	45 Minutes	2 Cups
Small	1 Cup	4 Cups	50-60 Minutes	3 Cups

Mung	1 Cup	4 Cups	60 Minutes	2 Cups
Navy Great Northern White	1 Cup	4 Cups	45-60 Minutes	2 2/3 Cups
Pink	1 Cup	4 Cups	50 Minutes	2 ¾ Cups
Pinto	1 Cup	4 Cups	50 Minutes	2 2/3 Cups
Red Kidney	1 Cup	4 Cups	45-60 Minutes	2 ¼ Cups
Soybeans	1 Cup	4 Cups	3-4 Hours	2 Cups
Split Peas Green & Yellow	1 Cup	4 Cups	45-60 Minutes*	2 Cups
White	1 Cup	4 Cups	45-60 Minutes	2 2/3 Cups

Soak beans before cooking ~

~Put beans in saucepan. Add hot water to cover the beans by about 2 or 3 inches and bring to a boil over medium heat. Boil for 2 minutes; remove pot from heat. Cover and let beans soak for about 1 hour. Drain and rinse.

Cooking beans ~

~Cover beans with hot water and simmer gently over medium heat for recommended time. If water level goes down, add boiling water as required. Stir only occasionally, and never bring to a rolling boil or the beans will burst and become mushy.

\*Do not soak first