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# QUICK COOKING GUIDE

## RICE - Rinse rice before cooking

**Black rice:** Use 1½ to 2 cups liquid to 1 cup rice. Rinse rice in a colander until the water runs clear. Bring water and rice to a boil, cover, and reduce heat to low. Cook for 30 to 35 minutes, or until most of the liquid has been absorbed. Remove from heat and let stand for 5 minutes. Uncover and fluff with a fork.

**Brown Rice:** Toast the rice (optional). Combine the rice and water. Bring to a boil, then reduce heat to low and cover. Cook for 45 minutes. Check the rice. Cover and let stand another 10 to 15 minutes.

**Wild rice:** Use 3 cups liquid to 1 cup rice. Bring the liquid to a boil, reduce the heat, and simmer for 45 minutes. Let stand, covered, for 10 minutes before serving.

**Rice pilaf:** Use 2 cups liquid to 1 cup rice. Rice is sautéed in oil in order to keep the grains separate during cooking. Cook the rice, stirring constantly, for 2 to 3 minutes or until the rice becomes translucent before adding the cooking liquid. Pilafs can be made on the stove top or in the oven.

**Risotto:** Use 3 cups liquid to 1 cup rice. Like rice pilaf, rice is first sautéed in oil to lightly toast the grains. Hot liquid is then gradually added while the rice is stirred to release the starch. More: Recipes for risotto.

## Oats

1/2 cups to 1 - 1/2 cups water

## Beans

Soak fresh beans 1-2 hours or overnight. Place beans in a large pot; cover with fresh water and bring to a boil. Reduce heat, cover and simmer gently until beans are tender but firm. Periodically, try a taste test or mash a bean against the side of the pot with a fork or spoon. Check occasionally if you need to add more water.

## Quinoa

If you want 2 cups of cooked quinoa, measure out 2/3 cup of dry quinoa, etc. To cook the quinoa, you will use a 2:1 ratio of liquid to quinoa, or 2 cups of water for every 1 cup of dry quinoa.