



Legumes and Grains Recipes

Steps from Video: using **Pressure Cooker**

- Fill 7 cup Pyrex bowl halfway full of legumes or grains (one type or an assortment)
- Legumes only: soak in water for a few hours (timing depends on type)
- Cook in 6-quart pressure cooker - following the manufacturer's instructions
- Store in 7 cup Pyrex bowl.

Note: legumes and grains can also be cooked in an **Instant Pot**. This approach doesn't require the step of soaking (for some legumes).