



# V-LEARNING COMMUNITY

## Legumes and Grains

Legume and grain cooking system: soak, cook and store an assortment of legumes/grains using the same dish.

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**.

