

7160 Raw Pumpkin Seeds 1 1/2 cups raw whole pumpkin seeds 2 teaspoons butter, melted 1 pinch salt Preheat oven to 300 degrees F (150 degrees C). Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

7062 Basmati Rice, Brown: Rinse 1/2 cup rice. Bring 1 cup to boil. Add rice. Return to boil, cover, reduce heat and simmer for 50 min. stir to fluff then allow to stand for 5 min.

7062 Basmati Rice, White: Rinse 1 cup rice. Boil 2 1/2 cups water and pinch of salt. Add rice. Cover, reduce heat and simmer 20 minutes. Remove from heat.

7177 Arborio Rice: Boil 2 1/2 to 3 1/2 cups of water and pinch of salt. Add one cup rice. Cover, reduce heat and simmer 45 min

8020 Long Grain White Rice: Boil 2 cups water and pinch of salt. Add one cup long white rice. Cover, reduce heat and simmer 20 min

7064 Wild Rice Blend: Rinse rice. Add 1 cup rice to 2 cups water and 1 teaspoon margarine or butter. Bring to a boil, reduce heat, cover and simmer 45 minutes. Do not remove lid. Remove pot from heat and allow to sit covered for 10 minutes

7063 Long Brown Rice: Boil 2 cups water and pinch of salt. Add 1 cup long brown rice. Cover, reduce heat, and simmer 45 minutes

8035 Short Brown Rice: Boil 2 1/2 cups water and pinch of salt. Add 1 cup rice. Cover, reduce heat and simmer 50 minutes

7071 Popcorn: Heat 3 tablespoons oil in a 3 quart saucepan on medium high heat. Put 3 or 4 popcorn kernels into the oil and cover the pan. When the kernels pop, add the rest of your desired amount of popcorn kernels in an even layer and wait until popped.

8019 Golden Flax: To get the maximum benefits from our Omega-3,6 golden flax seeds we recommend using 3 tbsp of ground flax seeds per day. A 20 lb supply of unground golden flax seeds will generally last one person for about one year.

Orzo, Lentil and Flax Soup- *A tasty soup the whole family will love.*

butter	1/4 cup
onion, finely chopped	1
carrot, finely chopped	1
celery stalk, finely chopped	1
green pepper, finely chopped	1/2
boiling water	5 cups
low sodium chicken soup base	1/3 cup
granulated garlic	2 tsp
bay leaf	1
Worcestershire sauce	2 tsp
tomatoes with herbs and spices; break up tomatoes	28 oz
orzo pasta or any small soup pasta	1/3 cup
dried lentils, rinsed	1/3 cup
granulated sugar	1 tsp
flax seed	1/3 cup

- **In a large pot, over medium to medium-low heat, melt butter.**
- **Add onion, carrot, celery and green pepper. Gently saute over medium-low heat for 20 minutes, stirring occasionally.**
- **Add boiling water, soup base, granulated garlic, bay leaf, Worcestershire sauce, tomatoes with juice, orzo and lentils. Stir.**
- **Slowly simmer for 1 hour with lid ajar, stirring occasionally until lentils are soft.**
- **Add sugar and flax seed. Stir and serve.**

Yield: 10 servings

8034 Cous Cous: Boil 1 and ¼ cups of water with a dash of salt. Add 1 cup cous cous and stir. Cover and let sit for five minutes.

7072 Quinoa: Soak the quinoa for 15 min - 1/2 hour in it's cooking pot. Soaking helps quinoa to cook evenly, and loosens up the outer coating of saponin, which can give a bitter taste if not removed. If you don't have time for a longer soaking, use hot water and soak for five minutes To Rinse: Stir the quinoa with your hand, and carefully pour off the rinsing water, using a fine mesh strainer at the last Drain quinoa well in the strainer, transfer to the cooking pot, add 1 1/2 cups water & 1/2 tsp salt if desired Bring to a boil, cover with a tight fitting lid, and turn the heat down to simmer Cook for 15 minutes Remove quinoa from heat and allow to sit five minutes with the lid on Fluff quinoa gently with a fork and serve

8018 Buckwheat: Add two cups of water and 1/4 teaspoon of salt to a two-quart pot. Heat to boiling. Stir in 1 cup of buckwheat groats. Lower heat and simmer for fifteen to twenty minutes, until water is fully absorbed, stirring occasionally.

Serving suggestions: Add sauteed onions, season with salt and serve hot as a side dish.

7162 Bulgar: Mix 1½ cups of water (or stock) with 1 cup of bulgur in a saucepan. Bring to the boil, cover, then turn the heat on very low and cook for 15 minutes. Fluff with a fork to separate the grains.



8022 Whole 7-grain mix

7118 Hard Red Wheat: Basic cooking instructions: Add 1 cup grain to 3 cups boiling water. Cover, reduce heat and simmer for approximately 2 hours (50-60 minutes if presoaked).

8006 Barley: Rinse barley with water using a strainer to remove any debris. To make hulled barley easier to cook, soak it in 3 parts water to 1 part barley for a few hours or overnight. There is no need to soak pearl barley, although soaking will make pearl barley fluffier. Pour 2 ½ - 3 cups of water or stock/ broth in a pot and bring to a boil. You may use the water used in soaking the barley. Add barley in the boiling water or stock. Close the lid and cook hulled barley for about an hour and pearl barley for 30- 45 minutes if not soaked. Cook pre-soaked barley for half the time.

8007 Green Split Peas: 1 c. green split peas 3 c. water Salt and pepper to taste 2 qt. pot Examine the peas and remove any stones that might have gotten caught in the batch.

Place the peas and the water into a 2-qt. cooking pot and bring to a boil. Reduce the heat to medium-low and simmer the peas for 30 to 40 minutes, covered. The peas should be tender. Add salt and pepper to taste. Serve as is or use in your favorite recipe

<p><i>Black Lentils</i></p> 	<p>A very small black colored lentil most commonly used in Indian food dishes. Black lentils can be found whole, split, and with skins removed. The lentils are a creamy color when the skins are removed. Whole or split lentils have a strong earthy flavor when the skins are left on but with the skins removed their flavor is fairly bland.</p>
<p><i>French Green Lentils</i></p> 	<p>A delicate peppery flavored lentils originating from Puy in France that are now grown in North America and Italy. They are approximately 3/16 inch in size with an outer skin that is deep green with dark speckles and an interior that is yellow. They retain a firm texture after cooking, which makes them a good addition in salads and dishes where the whole bean is desired. They may take a little longer to cook. Also known as Le Puy lentils.</p>
<p><i>Green Lentils</i></p>	<p>A very flavorful lentil that holds its shape well after cooking, making it a good addition to salads and other dishes that need additional texture. It is flat and approximately 1/4 inch in size.</p>



8055 Curry Lentil Soup: In a 3 quart slow cooker, combine all ingredients. Cover and cook on low for 8 hours, or until vegetables and lentil's are tender. Discard bay leaves.

Lentil Preparation

Lentils require only a few simple steps to prepare them for cooking. Follow the preparation steps below.

1. Spread lentils out in a single layer on a white kitchen towel or a light colored work surface. Check for and discard any dirt, tiny stones, and damage lentils.
2. After checking through the lentils, place them in a strainer and rinse thoroughly under cold water.
3. They are ready to cook after rinsing. The lentils do not require soaking before cooking.

Lentil Cooking

Lentils must not be overcooked or they will become soft and mushy. Different varieties require different cooking times.

1. Use 1 1/2 cups of water or broth to 1 cup of lentils.
2. Add water or broth to a saucepan and if desired add flavorings, such as herbs, garlic, and onions. Do not add salt until the lentils are cook because the salt will toughen them if added at the beginning of the cooking time.

3. Bring water or broth to a boil and add the lentils. Boil for 2 or 3 minutes and then reduce heat to a simmer. Cook until tender. Cook green and brown lentils for approximately 45 minutes and red lentils for 25 minutes.

Doneness Notes:

- Be sure to start taste testing the lentils for desired tenderness 10 to 15 minutes before the end of the cooking time. Do not overcook or they will become mushy.
- If adding lentils to a salad or if you desire a firmer textured lentil in your soup or stew, only cook them until they have a tender but firm texture.
- If cooking to use in a puree, cook until soft.
- Cooking times will also vary depending on the age of the lentils, which affects their moisture content.

7104 Bob's Buttermilk Pancake Mix: Blend 1 cup mix with 1 egg and 1 tablespoon oil. Add approximately 1 cup water until desired consistency is reached. For extra fluffy pancakes, add part or all milk or buttermilk instead of water. Cook on an oiled griddle until bubbles form and edges begin to dry. Makes approximately 8 pancakes.

8056 Thin Country Pasta:

7172 Whole Wheat Elbow Noodles: Bring lightly salted water to a boil. If desired, add 2 teaspoons olive oil. Add pasta and stir until water returns to a boil. Boil 8 to 10 minutes, or until pasta is al dente. Drain then serve.

7096 Whole Wheat Spaghetti: Bring water and 2 teaspoons salt to boil. Add 2 teaspoons olive oil, if desired. Add pasta and stir until the water returns to a boil. Boil, uncover for 5 to 8 minutes, or until pasta is al dente. Drain and serve.

7156 Spaghetti: In a large pot, bring 4 quarts of water to a boil. Once the water is boiling, add 1 tablespoon of salt. When the water returns to a boil, add the pasta to the pot. Leave the pot uncovered while you cook the pasta on high heat with a vigorous boil. Put on a timer for 8-10 minutes, or until tenderly cooked.

7155 Bow Tie Pasta: Bring water and 2 teaspoons salt to a boil. Add 2 teaspoons olive oil, if desired. Add pasta and stir until the water returns to a boil. Boil uncovered for 3

minutes or until pasta is al dente. Drain and serve.

7134 Penne Pasta: Bring lightly salted water to a boil. If desired, add a splash of olive oil. Add pasta and stir until water returns to a boil. Boil 3 mins, or until pasta is al dente. Drain and serve.

7135 4-Color Corkscrew Pasta:

8054 Instant Refried or Black Beans: Place 1 ½ cups mix in a bowl. Add 2 cups boiling water. Mix well and cover for 5 minutes. Makes 2 cups.

8053 Organic 7 Bean and Barley Mix:

8025 Organic Course Cornmeal (Polenta):

7068 Sushi Rice:

1. Place 2 cups rice into a mixing bowl and cover with cool water. Swirl the rice in the water, pour off and repeat 2 to 3 times or until the water is clear. Place the rice and 2 cups of water into a medium saucepan and place over high heat. Bring to a boil, uncovered. Once it begins to boil, reduce the heat to the lowest setting and cover. Cook for 15 minutes. Remove from the heat and let stand, covered, for 10 minutes. Combine 2 tablespoons rice vinegar, 2 tablespoons sugar, and 1 teaspoon salt in a small bowl and heat in the microwave on high for 30 to 45 seconds. Transfer the rice into a large wooden or glass mixing bowl and add the vinegar mixture. Fold thoroughly to combine and coat each grain of rice with the mixture. Allow to cool to room temperature before using to make sushi or sashimi.
2. Cooking beans on top of the stove is a slow process that allows the flavors of the beans and seasoning to intermingle, creating the hearty flavor you expect from bean dishes. The disadvantage of this method is that it requires you to be present, although not continuously involved, while the beans are cooking.
3. To cook beans on your stove-top, combine soaked or dried beans, water, oil or fat, and seasonings in a saucepan or pot of appropriate size. Bring the beans to a boil, reduce the heat, then cover and simmer until beans are tender. This takes 30 minutes to 3 hours, depending on the bean variety. Check the beans occasionally to see if they are covered with the cooking liquid. If there is so much liquid absorption and evaporation that the top of the beans becomes exposed, add very hot tap water to the pot to cover the beans.
4. When dried beans boil, a foam forms on the top of the cooking liquid. This foam is water-soluble protein released from the beans and it will be absorbed back into the bean cooking liquid. It is not necessary to remove the foam. (To keep the foam down when cooking beans, add 1 Tablespoon of butter, drippings (consider flavor), or vegetable salad oil, for each cup of beans.)

5. The best cookware for beans is a heavy metal pot or saucepan. Stainless steel, cast aluminum or cast iron are all excellent. The following guide may help you decide which of your pots and pans would be best for cooking beans.
6. Stainless steel pans should have copper or aluminum bottoms to distribute heat evenly. This cookware is easy to care for and lasts a lifetime.
7. Cast aluminum pans must be heavy to distribute heat well. Aluminum darkens with use but this does not affect the quality of the cookware or the cooked beans. Thin aluminum pans are inappropriate for cooking pans.
8. Cast iron is the heaviest of stove-top cookware. It heats slowly, distributes heat evenly and holds heat better than other materials. Cast iron coated with porcelain enamel is easy to clean.
9. **Pressure Cookers**
10. If you have a pressure cooker, take advantage of it to prepare beans in a matter of minutes.
11. Pressure cookers are especially designed cookware of aluminum or stainless steel. All models have a lock-on lid and a vent over which a weight or pressure regulator, is placed. Most pressure cookers are designed to be used on top of your stove, but at least one model has its own electrical heat source.
12. Food is cooked by the high temperatures inside the cooker. This high temperature is made possible by raising the pressure to a point greater than atmospheric pressure. Fifteen pounds of pressure will raise the temperature in the cooker high enough to cook soaked beans in 3 to 8 minutes. Cooking times given below are based on 15 pounds of pressure. If your cooker uses only 10 pounds, double the cooking time. (Before cooking beans in your pressure cooker, read the manufacturer's instructions.)
13. **Bean Cooking Times**

<u>Beans (soaked)</u>	<u>Saucepan</u>	<u>Pressure Cooker*</u>
Black Beans	1 to 1 ½ Hrs.	5 to 8 Min.
Garbanzo Beans	1 to 1 ½ Hrs.	5 to 7 Min.
Great Northerns	1 to 1 ½ Hrs.	5 to 7 Min.
Lima Beans, Large	45 to 60 Min.	Not Recommended
Lima Beans, Baby	1 Hr.	Not Recommended
Navy or Small Whites	1 to 1 ½ Hrs	5 to 8 Min.
Pink Beans	1 to 1 ½ Hrs	6 to 8 Min.

Pinto Beans	1 to 1 ½ Hrs	5 to 7 Min.
Red Beans	1 to 1 ½ Hrs	6 to 8 Min.
Red Kidney Beans	1 to 1 ½ Hrs	5 to 8 Min.
Soybeans	3 Hours	12 to 15 Min.

7051 Garbanzo Beans:

8005 Organic Black Garbanzo Beans:

7066 Organic Great Northern Beans:

8027 Light Red Kidney Beans:

8017 Soy Beans:

8026 Small White Beans:

7002 Black Turtle Beans:

7108 Small Red Chili Beans:

7105 Pinto Beans:

8036 Regular Rolled Oats: Cook them 2 parts liquid to one part oats, and simmer for about 5 minutes. If you are in a hurry in the morning, try mixing them up with liquid the night before with Vanilla and Cinnamon. Then it takes less than a minute to heat them in the microwave.

8016 Steel Cut Oats: **Steel Cut Oats** - Package directions will tell you to cook them for 15 minutes, but you may want to try bringing them to a boil for 5 minutes, then turning off the heat and covering them for an additional 10 minutes. These also do well in the crockpot on low, overnight. Add liquid 3 to 1.

8023 Quick Oat Flakes:

7148 Organic Oats: