

# Cooking Cereal, Rice and Pasta

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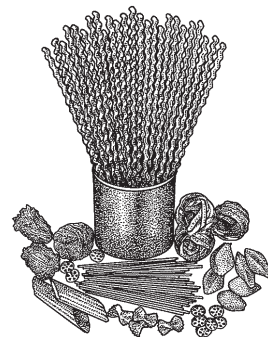
## *Instructions for cooking grains and cereals:*

1. Bring water to a boil.
2. Add grain or cereal.
3. Simmer, partially covered, for time shown below or prepare as directed on package.

Grain or Cereal	Amount of Grain or Cereal	Water*	Minutes to simmer	Approximate yield
Barley, pearl	1 cup	2 – 2 1/2 cups	15	3 cups
Bulgar	1 cup	2 cups	15	2 1/2 cups
Cornmeal	1 cup	4 cups	30	4 cups
Cream of Wheat (instant)	1/2 cup	2 cups	1/2	2 cups
Grits (instant)	3/4 cup	3 cups	5-7	3 cups
Oatmeal (quick)	1 cup	2 cups	1	2 cups

\* Broth or other liquid may be used instead of water.

*One serving equals 1/2 cup cooked cereal, rice or pasta.*



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## *Instructions for cooking rice:*

1. Combine rice and cold water.
2. Bring to a boil. Then turn heat to low and cover pan with a lid.
3. Simmer until water is absorbed.

*To cook rice in a microwave, follow the directions on the package.*

*Cooking rice or pasta in a microwave does not save time.*

Grain or Cereal	Amount of Grain or Cereal	Water*	Minutes to simmer	Approximate yield
Rice, brown	1 cup	2 cups	40-50	3 cups
Rice, white	1 cup	2 cups	20-30	3 cups
Rice (instant)	1 cup	1 cup	5	2 cups

\* Broth or other liquid may be used instead of water.

## *Instructions for cooking pasta:*

(Lasagna, Linguini, Macaroni, Noodles, Spaghetti)

1. Put about 12 cups of water into a pan.
2. Bring water to a rapid boil.
3. Measure 1/2 pound pasta and pour it slowly into the boiling water.
4. Reduce heat to medium.
5. Cook pasta in uncovered pan over medium heat until tender, about 7 to 10 minutes.
6. Stir pasta gently once or twice during cooking.
7. Drain cooked pasta but do not rinse it.

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