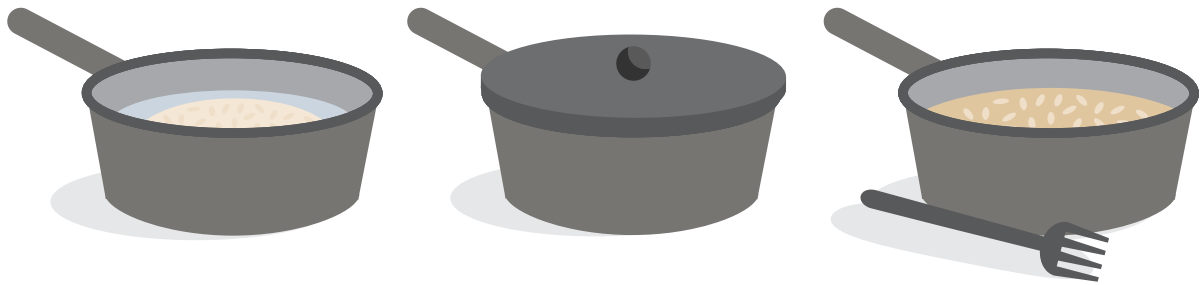


# How to Cook Whole Grains

Once you know how to cook 1 whole grain, you pretty much know how to cook all whole grains! Our classic stovetop method follows these steps:

## 5 step stovetop method

- 1 | Give grains a rinse
- 2 | Combine water, whole grains, and a sprinkle of salt in a saucepan
- 3 | Cover, turn up and bring to a boil
- 4 | Lower heat and simmer covered until grains are cooked
- 5 | Remove from heat and let sit for ~10 minutes. Fluff with a fork and let sit uncovered for another few minutes before enjoying!



**Some grains can be cooked just like pasta.** For these grains, just bring a pot of water to boil, add grains with some salt and simmer until tender and cooked through. Then drain.



**To shorten cooking times,** you can also soak the grains ahead of time.