



GRAINS COOKING GUIDE

By Elizabeth Turner

Grains are a cornerstone of the whole-food, plant-based diet. Incredibly versatile, healthy, and filling, they can be incorporated into pretty much any meal. They're also super simple to prepare—but it's important to use the correct ratio of water or broth, lest you end up with mushy millet or crunchy quinoa. That's why we've put together this grains cooking guide. Bookmark it for easy reference.

Grain (1 cup dried)	Water or Broth	Cooking Time
Amaranth	2 cups	20-30
Barley, hulled	3 cups	45-60
Brown rice	2½ cups	45-60
Buckwheat	2 cups	20-30
Bulgur wheat	2 cups	10-15
Cornmeal (polenta)	4 cups	25-30
Farro	3 cups	25-30
Millet	3 cups	20-30
Oats, rolled	2 cups	5-10
Oats, steel-cut	4 cups	20-30
Quinoa	2 cups	15-20
Rye berries	4 cups	45-60
Spelt berries	3 cups	40-50
Wheat berries	3 cups	1 3/4
Wild rice	3 cups	45-60

*Soak

If you haven't experimented with many of the grains on this list, now's the time to start. The most convenient way to familiarize yourself with a new grain is to **batch cook a large amount** and make a few different recipes that use it. Forks Over Knives Meal Planner, which uses batch cooking and other Weekend Prep steps to make weekday cooking easier, is a great source of guidance for this. [Try Forks Meal Planner for free today.](#)