

Cooking Rice

Measure approx 1/2 cup of uncooked rice per person.

Instructions

1. Boil water and add salt. For most rice, use a 1:2 ratio of one cup of rice to two cups of water
2. Add rice into the boiling water. (careful, we don't want to get burned)
3. Stir once, just enough to separate the rice.
4. Cover the pot and simmer.
5. Fluff rice with a fork.

Approximate cooking times:

- White Rice: 14 to 25 minutes
- Brown Rice: 30 to 40 minutes
- Wild Rice: 45 to 60 minutes

When done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off.

Cooking Beans

Like many people, you've probably avoided cooking beans. You may have heard that they are tricky or complicated.

Cooking beans is no more complicated than soaking your beans overnight, then filling a pot of water and letting them simmer all afternoon.

That's all there is to it!

The biggest thing to understand about beans is that **they take time to cook**. Once they're on the stove and simmering, it can take anywhere from an hour to three hours (and occasionally longer) for them to become tender. There's no magical way to predict it. The age of your beans, variety, and size can all affect the cooking time.

Instructions

1. Soak the beans overnight.
2. Drain the soaked beans.
3. Transfer beans to a cooking pot.
4. Bring the beans to a boil.
5. Reduce to a simmer and cook.
6. Cook the beans. (for as long as it takes. 1 hour, 3 hours, 3.5 hours)
7. Add the salt when beans are just barely tender.
8. Cool and store the beans.

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