

Peruvian Quinoa Stew

1/2 cup quinoa
1 cup water
2 cups onion
2 cloves garlic
2 Tbsp vegetable oil
1 celery stalk, chopped
1 carrot
1 green pepper
1 cup zucchini
1 28 oz can fire-roasted tomatoes
1 cup vegetable stock
2 tsp cumin
1/2 tsp chipotle chili powder
1 tsp ground coriander
1 tsp dried oregano
1 pinch cayenne powder
Salt
Fresh cilantro
Cheddar cheese

Place the quinoa in a pot with water and cook, covered, on medium low for 15 minutes until soft. Set aside.

While the quinoa cooks, sauté the onions and garlic in a stew pot in vegetable oil for 5 minutes on medium heat. Add celery and carrots and cook another 5 minutes, stirring often. Add the bell peppers, zucchini, tomatoes and stock. Stir in cumin, chipotle chili powder, ground coriander, cayenne and oregano and simmer for 10-15 minutes until vegetables are tender. Stir in the cooked quinoa and add salt to taste. Serve topped garnished with cilantro and grated cheddar cheese if desired.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,300 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of Vermont-made products.

Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.

Whole Grains



Grains are a staple food throughout the world. Whole grains have a nutty taste and come in a variety of colors and textures. They are equally good as a side dish, in a salad or topped with a savory stew. Look inside for some of the wonderful opportunities to eat whole grains from our Bulk section.



Your Community-Owned Grocery Store
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Stages of Processing

From whole grain to most finely milled:

whole grains = berries = groats - unprocessed whole grains separated from the hull; e.g. wheat berries, oat groats

pearled grains = polished grains - slightly processed grains that have had the outer bran removed; e.g. pearled barley

grits = cracked grains = steel-cut grains - whole grains cut into smaller pieces so they cook faster; e.g. corn grits, cracked wheat, steel-cut oats

flakes = rolled grains - whole grains that have been steamed and rolled into flakes; e.g. rolled oats, wheat flakes, barley flakes

meal - whole grains ground to a slightly gritty consistency; e.g. cornmeal

bran - the outer husk of the grain that is high in fiber, e.g. wheat bran, oat bran

germ - the nutritious interior of the grain that is rich in vitamins and healthy oils; refrigerate to preserve freshness; e.g. regular and toasted wheat germ

flour - whole or refined grain that has been ground to the consistency of powder; in general, darker flour indicates whole grain

Grains for Soaking and Grinding

These whole grains should be soaked overnight in enough water to cover them in order to reduce cooking time the next day. Or, with the exception of oat groats, you can soak and then sprout them in a jar on the windowsill. People who have grain grinders at home may also grind these grains into flour.

oat groats* - mild-tasting, often soaked and then cooked for hot cereal

hard wheat berries - best for grinding into flour for bread dough

soft wheat berries - best for grain salads and side dishes

rye berries - typically ground into flour for dense, moist bread

spelt berries*, **farro** - ancient relatives of wheat said to be more nutritious and digestible (still contain gluten!); use as you would wheat berries for salads and side dishes

**local*

1 cup grain (serves 2)	Quantity of water + ½ tsp. salt	Cooking time
Oat groats	3-4 cups	30-40 min.
Wheat berries	4-5 cups	50-60 min.
Rye berries	4-5 cups	50-60 min.
Spelt berries	4-5 cups	45-60 min.
Farro*	4-5 cups	30-45 min.

*generally quick-cooking; try cooking without soaking overnight, too.

Quick Ways to Cook Whole Wheat

bulgur - made from either **red** or **white wheat** berries that have been steamed, dried, and then cracked; particularly popular in the Middle East where it is used in tabouli; this is a very quick-cooking and digestible form of whole wheat

couscous - sometimes called “Moroccan pasta,” these are tiny granules made from durum semolina wheat, the type of wheat used in pasta; **whole wheat couscous** retains all the nutritious parts of the wheat berry; **French couscous** and **Middle Eastern couscous** have been refined; very quick cooking

Great Gluten-Free Grains

amaranth - a tiny yellow seed from South America; adds a nutty taste to muffins or cookies or can be cooked for hot cereal

hulled barley - a mild-tasting whole grain; somewhat chewy for pilafs, salads, or soups

pearled barley - barley with its bran removed; tender and creamy for soups

raw buckwheat/kasha - not a grain but a member of the rhubarb family; high in iron

toasted buckwheat/kasha - the toasted form of buckwheat has an earthy, nutty flavor

millet - a mild-tasting grain native to North Africa that is one of the least allergenic of all the grains; used in bread and porridge

polenta - coarsely ground corn that makes a creamy side dish; also called **corn grits**

quinoa - a small, quick-cooking South American grain that is higher in protein than any other grain; rinse several times before cooking to remove a bitter-tasting substance called saponin; also try **red or black quinoa**

Cooking Whole Grains

Rinse and measure whole grains, cold water, and salt and place together in a heavy-bottomed pot. Bring to a boil and stir, then cover tightly and reduce heat to its lowest setting (so it simmers). Start the cooking time from the moment the water boils. Resist the urge to lift the cover! Let the steam do its work and only stir when the grains are done (whole grains are slightly chewy when cooked).

1 cup grain (serves 2)	Quantity of water + ½ tsp. salt	Cooking time
Amaranth	3 cups	25-30 min.
Barley (hulled)	2 ½-3 cups	45-60 min
Barley (pearled)	2 ½ -3 cups	30-45 min.
Buckwheat/ Kasha	2 cups	15-20 min.
Bulgur (all)	2 cups	15 min.
Couscous (all)	1 ½ cups	5-10 min
Cracked wheat	2 cups	20 min.
Millet	2 ½ cups	30 min.
Polenta/Grits	4 cups	5-10 min.
Quinoa	1 ¾ cups	12-15 min.