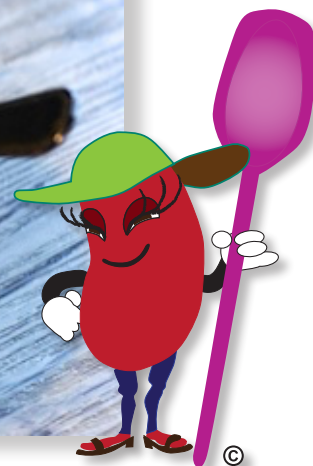


Beans, Rice And Everything Nice



Multi-grain Porridge

original recipe by
beansriceeverythingnice.weebly.com

Ingredients

- 1 cup gluten-free steel cut oats
- 1/2 cup gluten-free millet
- 1/2 cup gluten-free quinoa
- 1/2 cup gluten-free buckwheat groats
- 1/2 cup red lentils, sorted and washed
- 1-2 Tablespoons pumpkin pie spice
- 9 cups water
- 2 apples, chopped
- 1/2 cup raisins (optional)

- 1. Instant Pot**—Add the gluten-free steel cut oats, millet, quinoa, buckwheat, red lentils, pumpkin pie spice, and water to the Instant Pot. Close the lid. Make sure the pressure release valve is set to SEALING and press the PORRIDGE button. Chop the apples then go stretch, have a shower, walk the dog, or check your email while the Instant Pot cooks the grains.
The Instant Pot will beep 10 times when it has finished cooking. Press the CANCEL button and let it sit for 15 minutes. Then turn the pressure release valve to VENTING. Once all the steam has been released and the pin has dropped, open the lid, and stir in the raisins and chopped apples. Cover with the lid again and let sit for 5 more minutes to soften the apples and plump the raisins.
- 2. To set the timer on the Instant Pot When Pressure Cooking**—press the PORRIDGE button then press Timer and set the time for the number of hours before you want it to start cooking. Work backwards from when you want it ready. Say you want to eat at 8:30. There will be 15 minutes of sitting plus 20 minutes cook time plus 15 minutes to come to pressure—about 50 minutes total. You want it to start at 7:40 and it's 10pm the night before, set the timer to start in 9 hours and 40 minutes.
- 3. Slow Cooker**—Add the gluten-free steel cut oats, millet, quinoa, buckwheat, red lentils, pumpkin pie spice, and water to the slow cooker. Cover and cook on low for 8 hours. Stir in the diced apple and raisins, cover, and let sit for 5 minutes before serving.
- 4. To Reheat Leftovers**—Fill up a microwave safe bowl with the desired amount, chop it up a bit, add up to a 1/4 cup water, and reheat in the microwave until steaming hot and soft.