

## Vegetarian/Ancient Grain Pilaf

A: 1 1/2C grains, assorted  
1/2C onion, finely chopped  
3c garlic, minced  
1 red pepper, chopped  
2T olive oil  
1t chili oil  
1t salt  
2t pepper (can add spices)

B: 3 1/2C water

1. Combine (A) in dutch oven. Good choices for grains include wheat berries, farro, brown rice, wild rice, barley, and quinoa. Heat over high heat and stir to coat all ingredients.
2. Add (B), stir, and place covered into 375F oven. Bake for 100 minutes. Serve.

Servings: 6

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*From the kitchen of David and Jennifer Deaven*