

RICE COOKER BASICS

Cooking white, jasmine, basmati, or yellow rice*:

- 1) Add 1 measure (3/4 cup, provided in box) of rice to the rice cooker pot (see chart below for other amounts).
- 2) Add any seasonings or oil you like (optional).
- 3) Fill the rice cooker pot with water or broth to the line on the inside marked “1”.
- 4) Place the rice cooker pot into the cooking base and place the lid on top.
- 5) Plug in the rice cooker and push the control switch down to “Cook”.
- 6) When the rice is ready, the control switch will automatically switch to “Warm”.
- 7) For best results, allow the rice to rest on “Warm” for 15 minutes with the lid on. Stir with a plastic or wooden spoon and unplug the rice cooker before serving.

Amount of rice	Amount of water/broth	Cooking time	Final cooked amount
1 rice measure (3/4 cup)	Fill to “1” mark in pot	19-24 minutes	About 2 cups
2 rice measures (1 ½ cups)	Fill to “2” mark in pot	21-26 minutes	3 ½ cups
3 rice measures (2 ¼ cups)	Fill to “3” mark in pot	23-28 minutes	About 5 cups

Cooking brown rice*:

- 1) Add 1 measure (3/4 cup, provided in box) of rice to the rice cooker pot (see chart below for other amounts).
- 2) Add any seasonings or oil you like (optional).
- 3) Add 1 ½ cups of water or broth to the rice cooker pot.
- 4) Place the rice cooker pot into the cooking base and place the lid on top.
- 5) Plug in the rice cooker and push the control switch down to “Cook”.
- 6) When the rice is ready, the control switch will automatically switch to “Warm”.
- 7) For best results, allow the rice to rest on “Warm” for 15 minutes with the lid on. Stir with a plastic or wooden spoon and unplug the rice cooker before serving.



Amount of rice	Amount of water/broth	Cooking time	Final cooked amount
1 rice measure (3/4 cup)	1 ½ cups	26-31 minutes	2.3 cups
2 rice measures (1 ½ cups)	3 cups	28-33 minutes	4.5 cups

* Directions are for BLACK + DECKER 6-cup rice cooker. Exact instructions may vary with different appliances.

Cooking dried beans:

1) Rinse

- In a colander, rinse 1 cup of dried beans (any kind – pinto, black, kidney, navy, garbanzo, etc.). Sort through beans and remove any dirt or small rocks you might find.

2) Soak

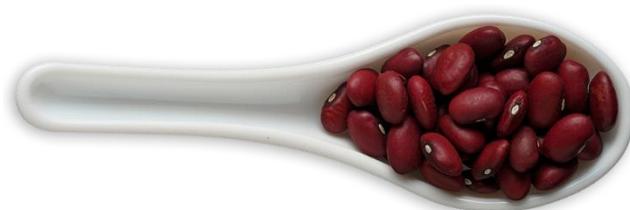
- *Note:* lentils and split peas do **not** need to be soaked before cooking. Skip to the “cook” step if you are cooking with these!
- Remove the rice cooker pot from cooking base. Place beans in the pot and add water until the beans are covered with about 2 inches of water (about 3 cups total).
- Add lid on top and place pot in the refrigerator to allow beans to soak overnight (about 8 hours).
 - If you need to cook your beans sooner, try the quick soak method:
 - Add lid on top of the rice cooker pot and place in the cooking base.
 - Plug in the rice cooker and push the control switch down to “Cook”.
 - Bring to a boil and cook for 2 minutes, then unplug the rice cooker.
 - Keeping the lid on top, allow the beans to soak for 1-4 hours.

3) Cook

- When the beans are done soaking, drain and rinse them in a colander. Rinse out the rice cooker pot with clean water.
- Place beans back in the pot and add 2 ½ cups of water or broth.
- Add 1 bay leaf or any other seasonings you like (optional).
 - *Note:* do not add salt or acidic ingredients (like tomatoes, vinegar, or lemon juice) until beans are finished cooking.
- Place the rice cooker pot into the cooking base and place the lid on top.
- Plug in the rice cooker and push the control switch down to “Cook”.
- The rice cooker will not automatically switch to “Warm” when the beans are done – different types of beans may have different cooking times (45 minutes to 2 hours).
 - Simply cook until the beans are soft all the way through with no crunch. Keep a close eye on the beans as they cook, adding more liquid as needed.

4) Enjoy!

- Unplug the rice cooker when finished, and add cooked beans to soups, stews, salads, dips, tacos, quesadillas, and more!



RICE COOKER SPANISH RICE

4 Servings, ¾ cup per serving | Prep Time: 5 min | Cook Time: 20-30 min

INGREDIENTS

- 1 cup dry rice (white or brown)
- 1 14-ounce can diced tomatoes (do not drain juice)
- ½ cup diced onion
- 1 ½ tablespoons chili powder
- ½ teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- 1 ½ cups water



DIRECTIONS

1. Add rice, tomatoes, onion, chili powder, salt, cumin, and garlic powder to rice cooker pot.
2. Stir until evenly mixed. Add water and stir again.
3. Place the rice cooker pot into the cooking base and place the lid on top. Plug in rice cooker and push the control switch down to “Cook.”
4. Allow to cook until rice cooker switches to “Warm”, or until rice is cooked and liquid is absorbed (about 20-30 minutes). Add more liquid as needed.
5. Test for taste and add salt or other seasonings if you would like more flavor. Hot sauce, cayenne pepper, or salsa could also be added if you like spicier foods.

Tip: serve this dish with a lean protein (such as chicken, pork, or beans) and a vegetable (such as roasted zucchini or a fresh salad) to make a balanced meal!

Check the rice cooker user’s manual for more tips on making different foods in your rice cooker. You can also search for “rice cooker recipes” online for even more tasty ideas!

Nutrition information per serving: 209 calories, 5 g protein, 1 g fat, 45 g carbohydrates, 4 g fiber, 495 mg sodium

RICE COOKER OATMEAL

2 servings, 1 cup per serving | Prep Time: 5 min | Cook Time: 20 min

INGREDIENTS

- 1 cup old-fashioned or steel-cut oats
- 1 apple, thinly sliced
- $\frac{3}{4}$ teaspoon cinnamon
- 1 tablespoon brown sugar
- 1 $\frac{3}{4}$ cups milk (any kind)
- Pinch of salt

DIRECTIONS

1. Add oats, apple, cinnamon, brown sugar, milk, and salt into rice cooker pot. Stir until evenly mixed.
2. Place the rice cooker pot into the cooking base and place the lid on top. Plug in rice cooker and push the control switch down to "Cook."
3. Allow to cook until rice cooker switches to "Warm", or sooner if you like a little more liquid in your oatmeal (about 20 minutes).
4. Let oatmeal sit for a few minutes, then stir. Spoon into two bowls and serve hot for an easy and filling breakfast!

Tip: stir in peanut butter or sprinkle chopped walnuts on top of your oatmeal when it is done cooking for an extra protein boost!

Check the rice cooker user's manual for more tips on making different foods in your rice cooker. You can also search for "rice cooker recipes" online for even more tasty ideas!

Nutrition information per serving: 295 calories, 12 g protein, 2 g fat, 63 g carbohydrates, 8 g fiber, 150 mg sodium

