

Big Batch**Grain medley**ACTIVE TIME **10 MINUTES** TOTAL TIME **1 HOUR**
MAKES **11 CUPS**

- 2 medium yellow onions, peeled and halved
- 6 cloves garlic, crushed
- 6 sprigs fresh thyme
- 3 dried bay leaves
- 1 Tbsp. plus 1 tsp. kosher salt, divided
- 1½ cups long-grain brown rice
- 1½ cups semipearled farro
- 1½ cups white or red quinoa, rinsed and drained
- ¼ tsp. freshly ground black pepper

COMBINE onions, garlic, thyme, and bay leaves in a large saucepan. Add 12 cups water and 1 tablespoon salt. Cover and bring to a boil.

WHEN onion mixture is boiling, remove lid and stir in rice. Return to a boil and cook, uncovered, for 10 minutes. Add farro and cook for 10 minutes. Add quinoa and cook for 8 minutes.

DRAIN through a fine wire-mesh strainer, shaking well to remove any excess water. Transfer grains to a rimmed baking sheet, spreading out to cool, and season with pepper and remaining 1 teaspoon salt. When cool, discard any large pieces of onions, garlic, thyme, and bay leaves.

TO FREEZE: Portion grain medley into resealable bags and stack flat in freezer.

TO THAW: Place frozen grain medley in a microwavable bowl; discard freezer bag. Microwave on high in 1-minute intervals until warm. Or reheat in a pan on stovetop.

PER SERVING (1 CUP): 265 CALORIES, 2G FAT (0.3G SAT.), 0MG CHOL., 5G FIBER, 9G PRO., 53G CARB., 349MG SOD., 1G SUGAR