



## Farro

1 cup farro  
2 cups water or stock  
1 tsp salt

Optional spice mix:

1/2 tsp ITALIAN HERBS  
1/4 tsp onion powder  
1/4 tsp garlic powder

1. Add all ingredients to INSTANT POT inner pot.
2. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 7 minutes > After 10 seconds display will read ON
3. When pressure time is up, allow pressure to release naturally.
4. Carefully remove lid.
5. Unlike rice, farro doesn't always absorb all the liquid. If there is too much liquid, simply pour the contents of the pot into a strainer to remove excess liquid.