

Buckwheat Kasha with Bacon & Corn

Have a busy cooking lifestyle? This easy and quick kasha recipe is a great combination of flavour, nutrition and convenience!

Ingredients:

- 2½ oz (70 g) bacon, 4 rashers, sliced into ½" squares
- 3 oz (85 g) frozen corn kernels
- ½ small onion, chopped
- 3 cloves garlic, chopped
- ¼ cup (60 g) red pepper, diced
- ¼ cup (60 g) green pepper, diced
- 2 medium tomatoes, chopped
- 4 sprigs, fresh thyme, leaves stripped from stem (alternatively, 1 tsp dry)
- ¼ cup parsley, chopped
- Lemon juice from ½ lemon
- 1 cup (225 g), Kasha (buckwheat groats)
- 2 cups (500 ml) chicken stock
- Salt to taste
- ¼ tsp black pepper

Directions:

1. Spread the bacon out on the bottom of the rice cooker pan. Place the next eight ingredients on top. Insert into the rice cooker, select the Steam setting, set the timer to 10 minutes, and press Start.
2. Once hear the beep, less off, place the remaining ingredients into the pan, select the Quick Cook setting, and press Start.
3. Once hear the beep, remove kasha from the pan.