

Grains and Bowls

Rice and Grain Bowls

Layered meals with texture, balance, and useful leftovers



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

A grain bowl is most satisfying when its parts have different textures and clear flavors. A tender base, a substantial protein, a cooked or crisp vegetable, and a small amount of sauce can make a complete meal without a long list of garnishes. This collection changes the grain as well as the topping, from chewy barley and nutty brown rice to soft polenta and a warm oat bowl for breakfast. The first menu shopping list covers two bowls for a shared table, with enough food for eight servings in total. You can halve the menu or save portions for another meal. The second menu offers a choice between fish and tofu using overlapping fresh ingredients. These original recipes belong to a recipe development edition and have not been kitchen-tested. Use the named grain type because processing changes cooking time and water absorption. Cook proteins to the specified temperatures. Cool cooked grains and other perishable components promptly in shallow containers, refrigerate within two hours at 40°F or below, and reheat cooked leftovers to 165°F.

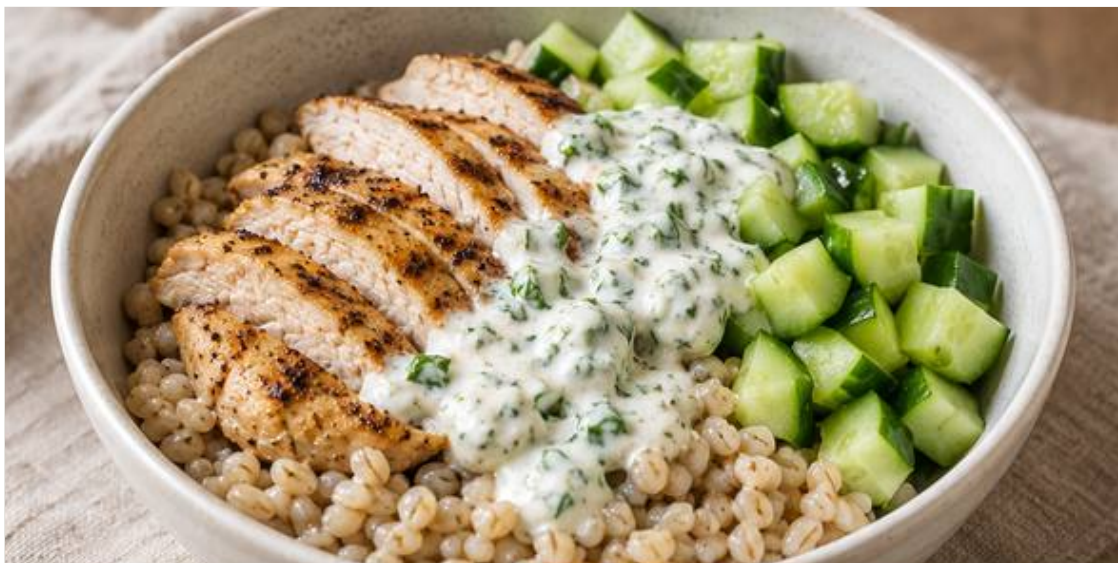
Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Lemon Chicken Barley Bowls - AI-generated realistic food artwork, not a photograph or tested result.

Lemon Chicken Barley Bowls

4 servings | Prep: 20 minutes | Cook: 40 minutes

Ingredients

- 3/4 cup pearl barley, rinsed
- 3 cups water
- 1 pound boneless skinless chicken breasts
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 cucumber, diced
- 1/2 cup plain Greek yogurt
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped parsley

Method

1. Bring barley and water to a boil. Reduce heat and simmer partially covered for 30–40 minutes until tender with a slight chew. Drain any remaining water and fluff.

2. Meanwhile, pound chicken to an even 3/4-inch thickness. Rub with oil, salt, and pepper. Cook in a skillet over medium heat for 5–7 minutes per side until the thickest part reaches 165°F. Rest 5 minutes and slice.
3. Whisk yogurt, lemon juice, and parsley. If needed, add 1 teaspoon water at a time until the sauce drizzles easily.
4. Divide barley among four bowls. Add chicken and cucumber, then spoon sauce over each portion. Serve promptly while the barley and chicken are warm.

Cook's tip

Even chicken thickness helps the center cook before the edges become dry. Use a clean board for the cooked slices.

Substitution

Replace chicken with 2 cups cooked white beans, warmed separately, or substitute pearled farro for barley using its package timing.

Storage

Refrigerate components at 40°F or below within 2 hours. Use within 3–4 days; reheat cooked components to 165°F.

Ingredient allergen notes

barley (gluten), milk

Roasted Carrot Chickpea Couscous Bowls

4 servings | Prep: 20 minutes | Cook: 30 minutes

Ingredients

- 1 pound carrots, cut into 1/2-inch diagonal slices
- 1 can (15 ounces) chickpeas, drained and dried
- 3 tablespoons olive oil, divided
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1 cup couscous
- 1 cup water
- 2 tablespoons tahini
- 1 tablespoon fresh lemon juice
- 2 tablespoons water for sauce
- 2 tablespoons chopped fresh mint

Method

1. Heat the oven to 425°F. Toss carrots and chickpeas with 2 tablespoons oil, cumin, and salt on a rimmed sheet. Roast 25–30 minutes, turning halfway, until carrots are tender and browned.
2. Bring 1 cup water and remaining oil to a boil in a saucepan. Stir in couscous, cover, and remove from heat. Let stand 5 minutes, then fluff with a fork.
3. Whisk tahini, lemon juice, and the 2 tablespoons sauce water until smooth. The mixture may tighten first, then loosen as water is incorporated.
4. Divide couscous among bowls and top with roasted carrots and chickpeas. Drizzle with sauce and scatter mint over each serving.

Cook's tip

Dry chickpeas thoroughly before roasting. Moisture makes them steam instead of developing a lightly crisp exterior.

Substitution

Use small cauliflower florets instead of carrots, checking after 20 minutes. Quinoa can replace couscous when cooked separately.

Storage

Refrigerate at 40°F or below within 2 hours. Use within 3-4 days; reheat cooked components to 165°F.

Ingredient allergen notes

wheat, sesame

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Build a bowl one useful layer at a time

Start with a grain, add vegetables and a main ingredient, then finish with a sauce that connects the layers. Rice and Grain Bowls includes lemon chicken barley bowls, roasted sesame tofu broccoli rice, and beet farro lentil bowls, alongside combinations using quinoa, millet, polenta, soba, and oats. Technique notes explain grain selection, checking texture, bowl assembly, and deliberate cooling. The recipes give measured components and a clear sequence so you can coordinate roasting, simmering, and finishing. Suggested menus and shopping guidance offer a place to begin. Junction Table by CrownThrive, LLC brings twelve bowl ideas with different textures and flavors to the everyday table.

- Simmer pearl barley until chewy and pair it with chicken and lemon yogurt.
- Roast pressed tofu and broccoli while white rice cooks in a covered pot.
- Layer arugula, farro, lentils, roasted beets, and goat cheese with mustard dressing.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Roasted Beet Farro Lentil Bowls

AI-generated realistic food artwork