

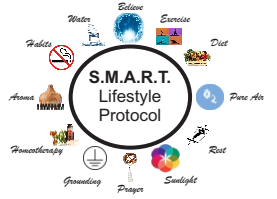


Whole Grain Sorghum

Prep Time
0 mins

Cook Time
1 hr

Total Time
1 hr



Course: Lunch/Dinner **Cuisine:** Whole-Food **Keyword:** Sorghum **Servings:** 2 Servings

Ingredients

- 1 cup whole grain sorghum
- 6 cups water

Instructions

1. Add 4 cups of water in a deep sauce pan. Set heat on high and bring the water to a boil.
2. Add one cup whole grain sorghum.
3. Place the lid on the pan and boil for 5 minutes on high.
4. After 5 minutes reduce the heat to medium.
5. Simmer for 45 minutes or until tender.
6. Set aside when it is done..

