

SOFT FREEKEH

Freekeh is high in vitamins and minerals, and in both fiber and protein. In fact freekeh has notably more fiber than brown rice and even quinoa.



Nutritive value	Serving: ½ Cup (100g) Total Calories 360.8 Kcal	Amount Per Serving Calories from Fat 25.2 Kcal
% Daily Value		
Total Fat	2.8g	
Cholesterol	0	
Sodium	3.5mg	0.15%
Total Carbohydrate	71.5g	28.8%
Dietary Fiber	15.8g	63.2%
Protein	12.4g	
Calcium		3.6%
Iron		17.2%

Preparation Method

Wash and drain the freekeh from water, stir with some cooking oil. Meanwhile, prepare chicken by boiling it with onions, black pepper seeds and cardamom. For each cup of freekeh add 1 and ¼ cup of chicken stock, add dries leaves in a low heat for one hour and half or two hour.