

SORGHUM

Nature's Super Grain 

7-DAY MEAL PLAN



What is sorghum?

Cooked, whole-grain sorghum packs healthy benefits in each serving. The cooked, super grain is high in protein, rich in the antioxidant selenium, and is naturally gluten-free. Plus, whole grain sorghum helps keep you fuller longer and provides beneficial dietary fiber for digestive health.

Sorghum grain can be served like rice or quinoa. You can prepare sorghum as a delicious side dish or as the base for a main meal.

Try sorghum for breakfast, lunch, dinner and even snacks your whole family will love. The grain is easy to cook using your oven, stovetop, slow cooker or rice cooker. Sorghum can even be frozen and then reheated without losing its great taste.



Meals

Meal 1: Mexican Sorghum Breakfast Skillet

Meal 2: Strawberry Banana Sorghum Smoothie

Meal 3: Chicken, Zoodle & Sorghum Mason Jar Salad

Meal 4: Artisan Cheese Crackers

Meal 5: Black Bean Sorghum Chili

Meal 6: Asian Veggies, Chicken and Sorghum Grain Bowl

Meal 7: Tuscan Sorghum & Sausage Soup

Grocery List

Pantry

- Olive oil
- Sesame oil
- Vegetable oil
- Red wine vinegar
- Rice vinegar
- Reduced sodium soy sauce
- Coconut aminos
- White miso paste
- Furikake (Japanese nori seasoning)
- Sugar
- Sorghum syrup
- Vanilla extract
- Hemp seeds
- Coconut chips (optional for garnish)
- Black sesame seeds
- 2 (24-ounce) bags whole grain sorghum
- 1 (24-ounce) bag pearled sorghum
- Sorghum all-purpose flour
- 2 (28 ounce) can diced tomatoes
- 1 cup vegetable broth
- 2 quarts low sodium chicken broth
- 1 (28 ounce) can black beans
- 15 ounces cannellini beans (drained)
- Salsa

Spices

- Chili powder
- Sea salt
- Black pepper
- Cayenne pepper (optional)
- Paprika ground
- Cumin
- Smoked paprika
- Garlic powder
- Ground ginger
- Dried oregano
- Dried basil
- Red pepper flakes
- Bay leaf

How to Meal Prep

Prep Day Instructions

- **Make the Mexican Breakfast Skillet:** Slice Into 4 servings and store in airtight container in the fridge.
- **Strawberry Banana Smoothie:** Divide all the ingredients (except the milk) in half and place in two freezer bags. Freeze.
- **Asian Chicken Mason Jar Salad:** Compile mason jars and refrigerate.
- **Artisan Crackers:** Bake and store in airtight container
- **Sorghum Chili:** Make ahead of time. Divide into single serving containers.
- **Asian Chicken Grain Bowl:** Make ahead of time and divide into single serve containers.
- **Tuscan Sorghum Soup:** Make ahead of time and divide into single serve containers.

When it's time to eat

Mexican Breakfast Skillet: microwave on high for 1 minute. Smoothie: Add milk to frozen ingredients and blend.

Asian Chicken Mason Jar Salad: Shake and put on a plate. Sorghum Chili: Microwave on high for 1-2 minutes.

Tuscan Sorghum Soup: Microwave on high for 1-2 minutes.

Mexican Sorghum Breakfast Skillet

Makes 4 Servings

Ingredients

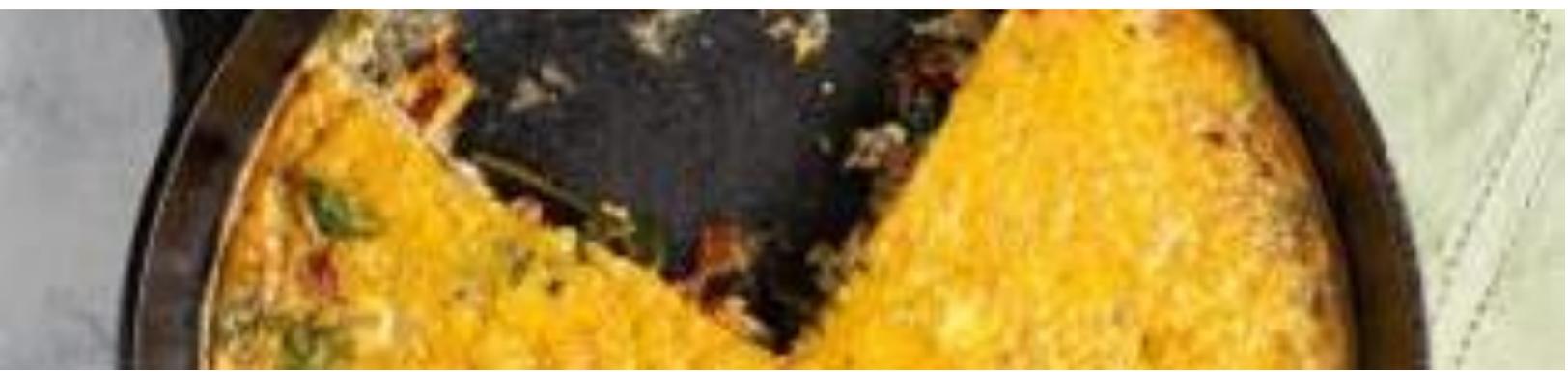
- 1 tablespoon olive oil
- 1/2 cup red onion, finely chopped
- 1 jalapeno pepper, finely chopped (optional) 6 ounces baby spinach
- 1 1/4 cups tomatoes, grape or cherry diced
- 1 (3 ounce link) Chorizo chicken sausage diced, or vegetarian chorizo sausage
- 8 large eggs
- 1/3 cup cilantro, chopped + 4 sprigs for garnish
- 1/4-1/2 teaspoon chili powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 2 tablespoons salsa
- 1 1/2 cups whole grain sorghum, cooked (1/2 cup dry whole grain sorghum)
- 1/2 cup cheddar cheese, shredded Mexican blend, or jack cheese

Directions

1. Preheat oven to 350°F
2. In a medium size, oven-safe saute pan* warm olive oil and add onions. Saute for about 4 minutes. Then add jalapeno peppers and saute for 2 minutes.
3. Add the chopped chorizo link and saute, then add tomatoes and saute for a few minutes. Add the spinach, stir, then cover for a minute or two. Stir well.
4. In a small bowl add 2 tablespoons of salsa to the cooked sorghum.
5. In a medium bowl crack 8 eggs and combine well. Add chopped cilantro, chili powder, sea salt, black pepper and sorghum mixture. Mix well. Add the egg mixture to the saute pan.
6. Use a rubber spatula to even things out in the saute pan, letting the eggs fill the gaps and settle to the bottom of the pan. Add shredded cheese of your choice on top. Use a thin, flat metal spatula to go around the edge of the pan before placing it in the oven.
7. If using an oven-safe skillet, simply add it to a 350°F oven and bake for 10-12 minutes until eggs are set. Then switch the oven to broil and broil for approximately 2 minutes until browned on top.
8. Cut in 4 and serve with a sprig of cilantro. Serve with salsa or hot sauce.

Nutrition

(Per 1/4 frittata): 435 calories, 20 grams total fat, 7 grams saturated fat, 410 milligrams cholesterol, 445 milligrams sodium, 30 grams carbohydrate, 6.5 grams fiber, 4.5 grams sugar, 25 grams protein



Strawberry Banana Sorghum Smoothie

Makes 2 Servings

Ingredients

- 1 medium ripe banana, frozen
- 3/4 cup frozen unthawed strawberries
- 1/2 cup whole grain sorghum, cooked
- 1 teaspoon sorghum syrup
- 1/2 teaspoon vanilla extract
- 2 tablespoon hemp seeds
- 1/2 cup milk of choice
- Coconut chips (optional for garnish)

Directions

1. Puree in a blender until smooth and serve.
2. Garnish with coconut chips (optional)

Nutrition

1 cup with unsweetened almond milk:
Calories: 205, Fat: 6 grams, Saturated fat: 1 gram, Carbohydrates: 30 grams, Sugar: 12 grams, Sodium: 65 milligrams, Fiber: 5 grams, Protein 6 grams, Cholesterol: 0 milligrams

1 cup with whole (dairy) milk:
Calories: 250, Fat: 8 grams, Saturated fat: 2 gram, Carbohydrates: 35 grams, Sugar: 15 grams, Sodium: 40 milligrams, Fiber: 5 grams, Protein 9 grams, Cholesterol: 9 milligrams



Asian Chicken, Zoodle & Sorghum Mason Jar Salad

Makes 4 Servings

Ingredients

Miso Ginger Dressing Ingredients:

- 1/4 cup coconut aminos
- 1/4 cup rice wine vinegar
- 1 tablespoon white miso paste
- 7 tablespoons olive oil
- 1 tablespoon sesame oil
- 2 garlic cloves, minced
- 1 tablespoon, ginger, finely grated
- 1/4 teaspoon cayenne pepper (optional)

Salad Ingredients:

- 2 medium zucchini, spiralized into "zoodles"
- 1 cup carrots, shredded
- 1 cup red cabbage, shredded
- 1 cup shelled edamame
- 1 cup bean sprouts
- 3 cups whole grain sorghum, cooked according to package directions
- 1 tablespoon black sesame seeds
- 1 1/2 cups baby spinach
- 12 ounces chicken breast, cooked and diced

Directions

1. Add all of the ingredients together in a small mixing bowl and whisk until emulsified. Make sure all of the miso paste is dissolved in the dressing. Set aside.
2. Pour 4 tablespoons of the Miso Ginger Salad Dressing in the bottom of the Mason jar.
3. Layer 1/2 cup "zoodles", 1/4 cup shredded carrots, 1/4 cup shredded red cabbage, 1/4 cup shelled edamame, 1/4 cup bean sprouts, and 6 ounces sorghum.
4. Sprinkle with 3/4 teaspoon black sesame seeds, and top with 3 ounces baby spinach.
5. When ready to eat the salad, shake the salad into a serving bowl. Add chicken and mix until well combined. Note: for best results, add the chicken on the day you will eat it.

Nutrition

Calories: 415 Fat: 6 grams Saturated fat: 0.5 gram Carbohydrates: 45 grams, Sugar: 9 grams, Sodium: 520 milligrams, Fiber: 10 grams, Protein 40 grams Cholesterol: 0 milligrams



Artisan Cheese Crackers

Makes 80 Crackers

Ingredients

- 2 tablespoons unsalted butter (room temperature)
- $\frac{3}{4}$ cup finely grated sharp cheddar cheese, lightly packed
- $\frac{1}{2}$ cup finely grated parmesan cheese, lightly packed
- $\frac{1}{2}$ tsp paprika Pinch of cayenne
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ cup Wondergrain gluten free all purpose flour
- Tablespoon cold water

Directions

1. Preheat oven at 375 degrees F. In a mixing bowl, mix together the soft butter and the cheeses. Season with paprika, cayenne pepper and salt. Mix well with spatula until it forms a thick paste. Add the flour and work it into the mixture with the back of a fork. Break the lumps with the tips of the fork. The mixture will become crumbly but it will be well mixed. Add the cold water and mix with the spatula. At that point, you can use our hands to mix and form a ball. If the mixture is too crumbly, add another tablespoon of water and work it with your fingers. You don't need to knead it. It will be soft but not sticky.
2. Form a lump and flatten in the shape of a disk. Wrap with plastic wrap and refrigerate for 1 hour.
3. Line 2 baking sheets with lightly greased aluminum foil and set aside. Flour your work surface and roll your dough to approximately $\frac{1}{2}$ inch thick. Add more flour if needed. Don't worry about shape. Cut the dough into strips, then make rectangles. Add 3 holes in each one.
4. Line the rectangles up on the cookie sheet. Bake for approximately 12 minutes until they are lightly golden. They will stick to the aluminum paper so let cool for about 3 minutes and they will peel easily off the baking sheet. Crackers will be crunchy and cheesy!



Black Bean Sorghum Chili

Makes 6 Servings

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- Large red bell peppers, diced
- 1 cup carrots, diced
- 1 poblano chili pepper, diced
- 3 garlic cloves
- 1-2 tsp ground cumin
- 1/4-1/2 tsp smoked paprika
- 1-2 tsp chili powder
- 1/4 tsp sea salt
- (28 ounce) can diced tomatoes, no salt added
- 1 cup vegetable broth
- 2 cups water
- 1 cup whole grain sorghum
- 1/2 cup corn, frozen
- 1 (28 ounce) can black beans
- 1 lime, juiced
- 1 tbsp red wine vinegar
- 1/3 cup cilantro, chopped
- 1 large avocado, sliced

Directions

1. In a medium saute pan, add olive oil and sauté onions over medium-high heat until they are translucent.
2. Add red bell pepper, carrots, poblano chili pepper & garlic cloves. Saute for about 2 minutes. Add cumin, smoked paprika, chili powder, and sea salt, and stir together well. Transfer mixture to slow cooker.
3. Add tomatoes, vegetable broth, water, sorghum, corn and black beans to the slow cooker. Cover and cook for 3-4 hours on high or 8 hours on low until the sorghum is soft. Timing may vary depending on the slow cooker.
4. Once the chili is cooked, add the lime juice and red wine vinegar, and sprinkle with cilantro. Top with avocado slices.

Nutrition

(Per 2 cup serving) Calories: 415 calories, Fat: 9 grams, Saturated fat: 1 gram, Carbohydrates: 70 grams, Sugar: 8 grams, Sodium: 235 milligrams, Fiber: 17 grams, Protein: 15 grams, Cholesterol: 0 milligrams



Asian Veggies, Chicken & Sorghum Grain Bowl

Makes 4 Servings

Ingredients

- 3 cups cooked pearled sorghum
- 12 oz cooked, sliced chicken breast
- 2 cups shredded cabbage
- 1 ½ cups Snap peas
- 1 cup carrot ribbons
- 1 cup daikon radish ribbons
- Tablespoons furikake (Japanese nori seasoning)

Dressing:

- 2 tablespoons vegetable oil
- 2 tablespoons toasted sesame oil
- 3 tablespoons rice vinegar
- 1 tablespoon reduced sodium soy sauce
- 2 teaspoons sugar
- ½ teaspoon sesame seeds
- ¼ teaspoon crushed red pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon ground ginger

Directions

1. In a small saucepan, boil 4 cups of water and add 1 cup of whole grain sorghum to make 3 cups of cooked sorghum. Cover with a tight-fitting lid, reduce heat to medium and simmer for 45 minutes or until tender. Fluff with a fork.
2. Combine all salad ingredients in a large bowl. Whisk together all dressing ingredients. Drizzle dressing over salad and toss to coat. Sprinkle with additional furikake, if desired.



Tuscan Sorghum & Sausage Soup

Makes 8 Servings

Ingredients

- 2 tablespoons olive oil
- 1 cup onion, (large) chopped
- 3/4 cups carrots, diced
- 1/2 cup celery, chopped
- 1 zucchini, chopped
- 1 bunch Swiss Chard, chop stems and set aside. Fold chard leaves in half and strip the stem down the middle, roll the leaf up like a cylinder then chop.
- 3 garlic cloves, minced
- 12 ounces Italian chicken sausage, remove casing (low sodium) (vegan or pork sausage)
- 2 quarts low sodium chicken broth
- 1 (28 ounce can) diced, no salt added tomatoes (fire roasted may be used)
- 1/2 cup whole grain sorghum
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4-1/2 teaspoon red pepper flakes (depending on your spice meter)
- 1 bay leaf
- 15 ounces cannellini beans (drained)
- freshly grated parmesan cheese (optional)

Directions

1. In a medium soup pot, heat the olive oil, and add the onion, carrots and celery. Sauté over low-medium heat, stirring until softened, about 4-5 minutes. Add the zucchini, chard stems and garlic and sauté until golden brown. Then add the sausage and cook until lightly browned.
2. Add the chicken broth, tomatoes, whole grain sorghum, thyme, oregano, basil, red pepper flakes, bay leaf and cannellini beans. Stir to combine and increase heat to high to bring to a boil. Reduce the heat to medium. Cover pot and cook for 45-50 minutes until sorghum is soft with a tender bite. Turn off the stove.
3. Remove the bay leaf and throw it away. Stir in the Swiss Chard. It will wilt quickly. Stir well.
4. Serve immediately and garnish with Parmesan cheese if desired.

Nutrition

(Per 2 cup servings): Calories, 285 calories, 7.5 grams total fat, 1 gram saturated fat, 15 milligrams cholesterol, 335 milligrams sodium, 35 grams carbohydrate, 5.5 grams fiber, 5.5 grams sugar, 20 grams protein.

