

SooFoo™

100% Nutritious
100% Delicious
100% Natural



SooFoo™ Cooking Instructions

5 min prep | 55 min total

Serves 4-6

Ingredients:

- 1 cup of SooFoo™
- 2 cups of water
- 1/2 teaspoon salt
- 1 tablespoon olive oil or canola oil (optional)

Instructions:

1. Mix SooFoo™, water, salt and oil together in a saucepan and bring to a boil
2. Stir and cover
3. Reduce heat to a simmer
4. Cook for 45-50 minutes or until all liquid is absorbed and SooFoo™ is tender
5. Season to taste and serve