

Nyekoe (Beans, Sorghum, and Pumpkin)

INGREDIENTS

1. 2 cups beans
2. 2 cups sorghum
3. 2 cups pumpkin
4. 1 ^{1/2} tablespoons fat
5. Salt and pepper, to taste

Method:

1. Soak the beans overnight.
2. Cook the beans and sorghum together.
3. When the beans are cooked, add small pieces of pumpkin.
4. Cook for about 30 minutes.
5. Add fat and seasoning.
6. Mash slightly.
7. Serve hot or cold.

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