

BULGUR WHEAT AND COCONUT HOT PORRIDGE

This recipe is a great whole grain and dairy-free hot breakfast cereal. This dish can also be made with regular milk.

SERVES 50 ADULTS

INGREDIENTS

10 cups coconut milk
10-15 cups water
10 cups bulgur wheat
2 ½ teaspoons salt
10 tablespoons honey
5 teaspoons vanilla extract
3 teaspoons cinnamon
1 teaspoon nutmeg

DIRECTIONS

1. Bring the coconut milk and half of the water to a boil. Stir in the bulgur, bring back to a boil, and then lower the heat to a simmer.
2. Stirring often, allow the mix to simmer until the bulgur is tender but still has a slight bite. If the bulgur is drying out, add more water to prevent burning.
3. Stir in the salt, honey, vanilla, and spices. Taste and adjust seasoning as needed.