

Ingredient list for fonio couscous:

½ cup of Fonio
¾ cup of water
3 tablespoons of cooking oil
1 clove of garlic
½ cup of diced mix colored pepper
1/2 can of sweet peas
½ teaspoon of chili pepper
½ teaspoon of bouillon powder

1 pound of Beef cubed.
Enough Seasoning blend for beef stew

Ingredients list for fonio porridge

1/2 cup dry fonio
2 cups of water
1/4 teaspoon salt
1cup of evaporated milk about a can
4 tablespoons sugar or Swerve sweetener
1/4 teaspoon of ground nutmeg (optional)
1/4 teaspoon cinnamon (Optional)
½ teaspoon vanilla extract
Peanuts and raisins for toppings (optional)

Fonio can be found at Whole Foods, Target, Hyvee, and African stores.