



Features #5 Veggie Power Star Spinach
Food Trend: Sorghum Grain; Parsley

Rustic Southern Sorghum Soup

2 Tablespoons olive oil, divided
1 very large onion, peeled, chopped
1 large bunch fresh Italian parsley
2 medium Yukon Gold potatoes, peeled, diced
1/2 teaspoon salt
5 cups chicken or vegetable broth
2 cups water or as needed
10 cups (about 4 ounces) fresh spinach, coarsely chopped
1 large garlic clove, minced
1 cup walnut halves
1/2 teaspoon crushed red pepper
1-1/3 cups cooked sorghum grain*
1 Tablespoon fresh lemon juice
Black ground pepper to taste
1 cup diced fresh Roma tomatoes
1 teaspoon olive oil
1/2 cup shredded Parmesan cheese or as desired

Place 1 Tablespoon oil in a large soup pot or Dutch oven pot; add onions; sauté on medium heat until soft and golden brown. Stir occasionally.

Meanwhile remove parsley leaves from parsley stems; chop 2/3 cup leaves finely and remaining leaves coarsely. With a piece of twine, tie parsley stems together.

Place diced potato, salt, broth, water and parsley stem bundle; bring to a boil; reduce heat to medium; cook for about 15 minutes or until potatoes are tender. Remove; discard parsley stem bundle. Add spinach and coarse chopped parsley leaves; cook for 3 minutes.

Meanwhile, heat 1 Tablespoon oil in 10 inch skillet over medium heat; add garlic and walnuts; stir to prevent burning until lightly toasted. Place in small food processor; process until ground. Return to skillet, stir in reserved finely chopped parsley and crushed red pepper.

Add the cooked sorghum to the soup and walnut mixture. Add lemon juice, season with salt and black pepper to taste. Cook soup until hot.

In a small bowl, drizzle tomatoes lightly with olive oil.

To serve: Ladle soup into serving bowls, sprinkle with about 1 Tablespoon shredded Parmesan cheese; top with fresh diced tomatoes. Yield: about 8 cups Serves: 6-8

Cook's Note: *Cook sorghum according to the package directions.

If you really love parsley in soup, use a large bunch in this recipe. If the soup thickens when stored, add more broth or water for a thinner consistency. We love adding shredded Parmesan cheese to create the white, green, and red Italian flag colors.

Recipe inspired by: <http://www.eatingwell.com/recipe/250336/rustic-parsley-orzo-soup-with-walnuts/>

About the Recipe: This soup combines chewy sorghum with vitamin rich onions, spinach, parsley, and walnuts, creating a perfect balance of taste and texture. Add some juicy diced tomatoes and grated Parmesan cheese for a delicious winter supper. Don't forget to add some crusty garlic bread or focaccia crackers as a go-along.

What is Sorghum?

Sorghum is a powerhouse in terms of nutrients, and can provide those wise individuals who add it to their diet with vitamins like niacin, riboflavin, thiamin, as well as high levels of magnesium, iron, copper, calcium, phosphorous, and potassium, as well as nearly half the daily required intake of protein and a very significant amount of dietary fiber (48% of the recommended intake). For more information See: <https://www.organicfacts.net/health-benefits/cereal/sorghum.html>

Sorghum is an ancient whole grain full of nutritional benefits. Ground into flour, sorghum can be used as a substitute for wheat flour. It is a cereal grain that grows tall like corn, and is used as livestock feed as well as turned into ethanol.

http://www.huffingtonpost.com/2014/10/30/sorghum-syrup-grain-super_n_6063016.html

Is sorghum a whole grain? Yes, sorghum is a whole grain that has a mild earthy flavor. Its texture and flavor is similar to wheat berries and it's inherently gluten free. It can be used in soups, salads, side dishes, pilafs, and more. A favorite way to enjoy sorghum is to pop it, making perfect miniature "popcorn" for a snack.

<http://www.bobsredmill.com/blog/healthy-living/what-is-it-wednesday-sorghum/>

What about the health benefits?

Digestive Health: Sorghum is one of the best foods out there for dietary fiber.

Cancer Protection: Scientists at the University of Missouri tested extracts of black, red, and white sorghums and found that all three extracts had strong antiproliferative activity against human colon cancer cells. See:

Journal of Agricultural & Food Chemistry. 2009 Mar 11;57(5):1797-804

Diabetes Control: A study from the University of Georgia Neutraceutical Research Libraries suggest that "certain varieties of sorghum bran may affect critical biological processes that are important in diabetes and insulin resistance." See:

Phytotherapy Research. 2008 Aug;22(8):1052-6

Safe for People with Celiac Disease

Clinical Nutrition. 2007 Dec;26(6):799-805. Epub 2007 Aug 24

Manage Cholesterol: University of Nebraska researchers concluded that "grain sorghum contains beneficial components that could be used as food ingredients or dietary supplements to manage cholesterol levels in humans."

Journal of Nutrition. 2005 Sep;135(9):2236-40

Antioxidants high relative to other grains and fruits: Joseph Awika and Lloyd Rooney, at Texas A&M University, conducted an extensive review of scores of studies involving sorghum. They cited evidence that sorghum may reduce the risk of certain cancers and promote cardiovascular health. See: *Phytochemistry*. 2004 May;65(9):1199-221

<http://wholegrainscouncil.org/whole-grains-101/whole-grains-101-orphan-pages-found/health-benefits-sorghum>

<https://www.organicfacts.net/health-benefits/cereal/sorghum.html>