# How to Cook Freekeh: A Vegan Freekeh Recipe

## Ingredients

- 1 cup cracked freekeh (dried)
- ½ tsp. salt, plus more to taste
- ½ small onion, diced
- 2 cloves garlic, minced
- 1/3 cup fresh parsley, finely chopped
- 1 tbsp. lemon juice
- 1 tbsp. olive oil
- ½ tsp. dried mint
- Pepper, to taste

## Steps

1. Bring 2 ½ cups of water to a boil, and add ½ tsp. salt stirring to dissolve. Add the dried freekeh, and let simmer covered for around 20 minutes. Taste, and when fully cooked remove the lid, and add the diced onions. Cook, stirring frequently, until the excess moisture has evaporated, then place in a large mixing bowl.

2. Add the remaining ingredients, and stir to combine. Enjoy warm, or chill and eat later.