Ingredients

* 6 cups whole wheat flour
* 2 cups warm water
* 2 TBS vegetable oil
* 3 pinches salt

Procedure

1. Mix flour, water, oil, and salt in a large mixing bowl and mix with a fork in a ball, and then knead with your hands for 10 minutes. Place in a bowl with damp cloth cover for 30 minutes.
2. Roll ball into a log and cut into 10 equal chunks.
3. Roll each chunk into a thin round and cook on non-stick, lightly oiled skillet on medium-heat for 30 minutes on each side.