



BULGUR PILAF

A nutritious side dish that can accompany almost any main dish!

SERVINGS: 6-8

INGREDIENTS

4 tablespoons olive oil
2 cups bulgur grade #2
½ cup finely chopped yellow onion
½ cup vermicelli, broken into one-inch pieces
2 ½ cups water
1 ½ cups chopped tomatoes
1 ½ cups chicken or vegetable broth
Salt

INSTRUCTIONS

- ◆ Place the vermicelli in a shallow baking pan and place in a pre-heated oven at 350 degrees for just 2-3 minutes or until they get a light brown color. Remove from the oven and set aside.
- ◆ In a deep pot, sauté the onions in oil until translucent on high heat. Add the bulgur, and stir a few times before adding all the liquids. Add the tomatoes, the broth, the water and the vermicelli. Lastly add salt.
- ◆ Turn the heat to low. Cover with a lid.
- ◆ Stir occasionally, so the food does not stick to the bottom of the pan. Cook on very low heat for approximately half an hour.

- ◆ The pilaf is cooked when the vermicelli and the bulgur are soft, and all the juices have been completely absorbed.
- ◆ After removing from the burner, put a thick kitchen towel under the lid to absorb any extra moisture.
- ◆ Close the lid and set aside for five minutes before serving.