





Vegetable Bulgur

Tips

- Cooking vegetables like onions and red or green peppers makes them sweeter, adding a nice avor to your recipe.

- is is a great recipe for classroom taste-testing.



Vegetable Bulgur

Recipe by: MA Farm to School

Recipe

Ingredients:

Spanish onion, diced	1 lb 9 oz (5 cups)
Peppers, bell, suntan (mixed red+green) or a combo of red and green, diced	2 3/4 lbs (7 peppers)
Garlic, dehydrated	1 1/2 tsp
Olive oil or olive oil blend	3/4 cup
Carrots, diced or sliced	1 lb 4 oz (1 qt)
Tomatoes in their liquid, chopped or diced, fresh or canned (If using fresh, save juice and bring up to weight w/extra water, if needed).	56 oz (5 1/2 cups with liquid)
Coarse bulgur (cracked wheat)	2 lbs (6 cups)
Water	4 1/2 cups
Salt	2 Tbsp
Pepper	1 tsp

Directions

1. Cook the onions, peppers and garlic in a pot in the olive oil, over medium-low heat, stirring occasionally, until the onion is translucent – about 10 minutes.
2. Stir in the carrots, tomatoes and their liquid, bulgur, water, salt and pepper.
3. Bring to a boil, reduce to a simmer over medium-low heat. Cover bulgur mixture directly with foil or wax paper, then again with a lid if available. Cook, until all the liquid is absorbed – about 15 minutes.
4. Turn off the heat.
5. If you add optional variation ingredients, add them now. Cover, let sit until bulgur is still firm and nutty – about 10 minutes.
6. Remove from pot to steam table pan and serve. Best served within 15 minutes of cooking, or serve cold.

Makes 50 1/2 cup servings.