

# VEGETABLE BULGUR

Serving: 1/2 cup

## Vegetable and Bread/Grain Alternative

An easy way to serve both bulgur, which is cracked whole wheat, and vegetables. This is equally good hot or cold, and worked out excellently when served to students in Worcester.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Spanish onions, diced	1 lb 9 oz (5 cups)	3 lbs 2 oz (2 quarts 2 cups)	<ol style="list-style-type: none"> <li>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.</li> <li>2. Stir in the carrots, tomatoes and their liquid, bulgur, water, salt and pepper.</li> <li>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.  CCP: Heat to 165°F or higher.</li> <li>4. Turn off the heat.</li> <li>5. If you add optional variation ingredients, add them now. Cover, let sit until bulgur is still firm and nutty, about 10 minutes.  CCP: Heat to 165°F or higher</li> <li>6. Remove from pot to hotel pan and serve. Best served within 15 minutes of cooking or cold.  <i>(If served hot)</i> CCP: Hold for hot service at 140°F or higher.  <i>(If served cold)</i> CCP: Cool from 140°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours.  OR, cool from 140°F to 41°F within 4 hours.  CCP: Hold for cold service at 41°F or lower.</li> </ol>
*Peppers, bell, suntan (mixed red and green) or a combination of red and green peppers, diced	2-3/4 lbs (about 7 peppers)	5-1/2 lbs (about 14 peppers)	
*Garlic, fresh, chopped	2 Tbs About 6 cloves	1/4 cup About 12 cloves	
Olive oil or olive oil blend	3/4 cup	1-1/2 cup	
*Carrots, diced or sliced	1 lb 4 oz (1 quart)	2-1/2 lbs (2 qts)	
Tomatoes in their liquid, chopped or diced, *fresh or canned (if using fresh, save juice and bring up to weight with extra water, if needed)	56 oz (5-1/2 cups with liquid)	112 oz (11 cups with liquid)	
Coarse bulgur (cracked wheat)	2 lbs (6 cups)	4 lbs (3 qts)	
Water	4-1/2 cups	9 cups	
Salt	2 Tbs	1/4 cup	
Pepper	1 tsp	2 tsp	
<p><b>Variations:</b> For 50, add up to 4 cups of one or more of these items: Small broccoli florets, cooked diced chicken pieces, black beans or chickpeas drained and rinsed.</p>			

\* MA farm products needed for recipe. For ordering, see page 19.

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### Preparation Tips:

- **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction. *To dice*, proceed as above, then cut slices in the opposite direction. (Alternative technique, on page 16.)
- **Peppers:** *To dice*, first cut in half, lengthwise. Remove top and seeds with hands. Cut half lengthwise. Then cut into strips lengthwise, turn and cut across into dice.
- **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. By hand, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.
- **Carrots:** *To purchase*, sliced carrots and carrot sticks are often available from a farm vendor. Slice across carrot. *To dice*, slice across sticks. *To dice whole carrot*, peel, cut in half lengthwise, lay flat end down. Cut into 2-4 long strips and then slice across strips. (The number of strips will depend on carrot size or dice size desired.)
- **Tomatoes:** *To dice or slice*, first use a tomato corer or knife to remove top core. Slice. *To dice*, lay slices on top of each other, cut in one direction, and then in the opposite direction. Or, *to coarsely chop tomatoes*, core, cut into quarters, then pulse briefly in the food processor. (Do not over fill the processor.) Or, if they are not very soft, they can be cored, halved and coarsely chopped in the buffalo chopper.

### NUTRITIONAL ANALYSIS PER SERVING

Calories	114	Vitamin A (IU)	2066
Cholesterol (Mg)	0	Vitamin C (Mg)	27.39
Sodium (Mg)	384	Protein (G)	3.17
Fiber (G)	4.4	Carbohydrate (G)	18.92
Iron (Mg)	0.87	Total Fat (G)	3.56
Calcium (Mg)	15.94	Saturated Fat (G)	0.5