

## Tabbouleh (Herb and Bulgur Grain Salad)

M-305-00

Salad, Salad Dressings and  
Relishes

G4G Color Code

Green

Sodium Code

Low

Time

20 min.

Yield

100 Portions

Each Portion

½ cup (3.2 oz)

Pan Size and Number

Food Processor, Stockpot or Steam-  
Jacketed Kettle

Nutrition Facts

Calories 122

Carbohydrates 10 g

Sugars\* 1 g

Protein 2 g

Fat 9 g

Saturated Fat 0.7 g

Cholesterol 0 mg

Sodium 191 mg

Calcium 44 mg

Fiber 2.6 g

### Ingredients

Item	Measure	Weight	Approx issue
WATER	3-½ qt	7 lb 5oz	
BULGUR, MEDIUM GRIND, DRY	1-½ qt	2 lb 8 oz	
PARSLEY, FRESH, MINCED	4-¾ qt	3 lb	3 lb 3oz
MINT, FRESH, MINCED	1-½ qt	13 oz	1 lb 4 oz
TOMATOES, CANNED, DICED, DRAINED	3-½ qt	4 lb 10 oz	1-¼ - No. 10 cans
ONION, YELLOW, MINCED	3 cup	1 lb	1 lb 2 oz
OIL, CANOLA	1 qt	1 lb 14 oz	
LEMON JUICE, BOTTLED	1 qt	2 lb	
SALT	2 tbsp	1-¼ oz	

### Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Place 3.5 qt (7 lb 5 oz) water in a large stock pot or steam-jacketed kettle and bring to a boil. Add 1-½ qt (2 lb 8oz) bulgur, return to a boil, turn heat down to low; cover; simmer gently for 15 min. or until all water has been absorbed. Remove bulgur from pot or kettle and spread on sheet pans to cool under refrigeration at 41°F (5°C).
3. Remove bottom 1-2 inches of stems from parsley to obtain 4-¾ qt (3 lb) of parsley leafy tops and stems. Working in batches, mince parsley in a food processor; pulse, taking care not to over process into a paste. Set aside in a large bowl.
4. Remove mint leaves from stems. Working in batches, mince 1-½ qt (13 oz) mint in a food processor; pulse, taking care not to over process into a paste. Add mint to the bowl with the parsley.
5. Rough chop 3-½ qt (4 lb 10 oz) of canned, diced tomato and add them to the bowl of herbs.
6. Add 3 cups (1 lb) minced onion to the bowl with the herbs and tomatoes.
7. In a separate bowl, whisk together oil, lemon juice, and salt and set aside.
8. Add cooled bulgur to the large bowl of parsley, mint, tomatoes and onions, toss gently to evenly distribute ingredients. Pour dressing over bulgur mixture and mix gently but thoroughly.
9. CP: Refrigerate tabbouleh at 41°F (5°C) for at least two hours prior to service to properly chill.

### Recipe Notes

1. Tabbouleh can be made up to 24 hours ahead of service.
2. Serving suggestions: offer on salad bar as well as at the sandwich/deli station as it makes a good sandwich filling/spread.
3. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.