



Cabbage, Bulgar, and Chickpea Stew

Q-339-00
Vegetables

Color Code: Green
Sodium: High

Yield: 100 Portions
Each Portion: $\frac{3}{4}$ cup (6 oz)
Temperature: 350°F (177°C)
Time: 35 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	2- $\frac{1}{4}$ cup	1 lb 1 oz	
ONION, YELLOW, DICED $\frac{1}{4}$ -INCH	2- $\frac{1}{4}$ qt	2 lb 8 oz	2 lb 13 oz
PAPRIKA	$\frac{1}{2}$ cup + 1 tbsp	2 oz	
CABBAGE, GREEN, SHREDDED	4 gal + 2- $\frac{1}{2}$ qt	9 lb 14 oz	12 lb 4 oz
TOMATOES, DICED, CANNED	1- $\frac{1}{4}$ gal	9 lb 12 oz	1- $\frac{1}{2}$ - No.10 can
SALT	$\frac{1}{2}$ cup + 1 tbsp	5- $\frac{3}{4}$ oz	
JUICE, LEMON	$\frac{1}{2}$ cup	4- $\frac{1}{4}$ oz	
SUGAR, GRANULATED	$\frac{1}{4}$ cup + 2 tbsp	2- $\frac{1}{2}$ oz	
PEPPER, BLACK, GROUND	2- $\frac{1}{4}$ tsp	0.16 oz	
DILL, WEED, DRY	$\frac{1}{4}$ cup + 2 tbsp	0.91 oz	
BAY LEAVES	15 each		
WATER	1 gal + 2- $\frac{1}{2}$ qt	14 lb	
CHICKPEAS, CANNED, DRAINED, RINSED	1 gal + 2 cup	6 lb 8 oz	1- $\frac{1}{2}$ - No.10 can
BULGUR, COARSE	2- $\frac{3}{4}$ qt	3 lb 10 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice onion to a $\frac{1}{4}$ -inch dice, shred cabbage.
2. Preheat tilt skillet to 350°F (177°C).
3. Heat oil in a tilt skillet or steam-jacketed kettle. Add onions and sauté for 10 minutes until onions are golden and tender; stir in paprika.

4. Add cabbage. Cook for 5 minutes, or until cabbage begins to wilt.
5. Add tomatoes, salt, lemon juice, sugar, black pepper, dill and bay leaves. Stir. Bring to a simmer. Simmer covered for 5 minutes.
6. Add water, chickpeas and bulgur. Cover. Bring to a boil. Reduce heat. Simmer covered for 15 minutes, or until most water has been absorbed. CCP: Internal temperature must reach 135°F (57°C).
7. CP: Hold for hot service at 135°F (57°F).

RECIPE NOTES

1. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	170
Carbohydrates	26 g
Sugars*	5 g
Protein	5 g
Fat	6 g
Saturated Fat	0.5 g
Sodium	797 mg
Calcium	55 mg
Fiber	5.8 g



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