Spanish Bulgur

Prep time: 5 minutes | Cooking time: 25 minutes | Number of servings: 5

¾ cup bulgur
1 ¼ cup water
4 teaspoon olive oil
1 cup chopped onion
½ cup chopped celery
½ cup chopped green bell pepper
2 cloves garlic, minced
2 teaspoons chili powder
½ teaspoon oregano
¼ teaspoon each cumin and black pepper
1 teaspoon low-sodium chicken bouillon

1 (15-ounce) canned diced tomatoes with juice

Optional
2 tablespoons chopped jalapeno,
½ cup grated cheese

Directions

1. In a small pan, measure water and bulgur. Bring to a boil. Turn off heat and cover. Let stand for 20 minutes.

2. Chop and measure remaining ingredients. Heat oil in a 10 inch nonstick skillet on medium high. Add onion, green bell pepper, celery. Sauté until onions are soft (5 minutes).

3. Add dry herbs and spices. Sauté 1 minute. Add tomatoes with juice. Bring mixture to a boil. Turn the burner down to medium high. Cook uncovered until liquid has almost evaporated.

Food Sense Tip

• Add 1 (15 ounce) can of pinto beans, drained and rinsed, for a one-bowl meal!
QUICK WHOLE GRAINS

Directions (continued)

4. Fluff bulgur with a fork. Add to skillet and fold in until evenly blended. Continue cooking until moisture is gone from the bottom of skillet.

5. Add ½ cup grated cheese if desired. Heat through until cheese is melted. Serve.

Nutrition Facts (Serving size ¾ cup): Calories–150; Protein–4g; Carbohydrate–26g; Total Fat–4g; Saturated Fat–0.5g; Cholesterol–0mg; Fiber–4g; Sodium–300mg; Vitamin C–45%; Vitamin A–15%; Iron–6%; Calcium–6%

Source: Washington State University Extension Food $ense

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

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