

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 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.

Directions

Food \$ense Tip
 • Add 1 (15 ounce) can of pinto beans, drained and rinsed, for a one-bowl meal!



1 (15-ounce) canned diced tomatoes with juice
 Optional 2 tablespoons chopped jalapeno, ½ cup grated cheese

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

Spanish Bulgur

¾ cup bulgur
 1¼ 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

QUICK WHOLE GRAINS

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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 Sense

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.

Directions (continued)



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