



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

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## Bulgur Pilaf

Bulgur Pilavi



1 cup bulgur, for pilaf  
1 medium onion  
1 big tomato  
2 long green peppers  
Salt  
2 cup water or gravy

- # Dice the onion, and roast with oil until it turns to pink.
- # Add finely sliced pepper, roast until the colour of the peppers changes.
- # Add the grated tomato and salt finally, and cook over medium heat for about 5 minutes.
- # Add the bulgur into this mixture and stir a few times.
- # Add 2 cups water, cook over high heat at first, when it starts to boil turn the heat to low and cook for 20 minutes.
- # Remove the pot from the stove at the end of time, cover with a fabric or paper and rest it for a while.

Note: You can add 1 tsp tomato paste instead of tomato.