



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

Bulgur Pilaf with Green Beans

Fasulyeli Bulgur Pilavı



2 cups bulgur, for pilaf
25 - 30 green beans
1 big onion
1 red pepper
1 bell pepper
1 cup grated tomato
1/3 cup sunflower oil
2 + 1/2 cups water
1 tsp crushed red pepper
1 tsp salt

Wash the green beans, remove the strings, cut them into 1 inch length. Put these pieces into the pot with finely diced onion, add sunflower oil and salt.

After roasting the mixture for 10 minutes, add 1/3 cup hot water in it. Covert the lid, and cook it until the green bean pieces soften.

Then add the diced red and bell peppers, sauté it for a while.

Add washed and drained bulgur in it, after stirring the mixture for 1-2 minutes, add grated tomato, crushed red pepper and 2+1/2 cups water.

Cover the lid of the pot, cook it over medium heat for 20 minutes. Rest it for about 20-25 minutes without uncovering the lid.

Serve it hot.

Note: This pilaf may be cooked with fresh horse beans instead of green beans. If you will use horse beans, add 2 garlic cloves.