



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

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## Soujouk Bulgur Meatballs

Bulgurlu Sucuk Köftesi



1 cup thin type bulgur  
Half circle of soujouk  
1 medium size onion  
1 tbsp tomato paste  
1 tbsp butter  
Half bunch parsley  
1 + 1/2 cup warm water  
1 tsp salt

# Put bulgur into a bowl and add water on it. Rest it for 10 minutes to make the bulgur soak water and grow.  
# Add grated soujouk, grated onion, tomato paste, butter and salt on it. # Knead the mixture until it turns into homogenous (10 minutes at least).  
# Finally add thinly chopped parsley. Knead the mixture for a while more until the mixture becomes homogenous.  
# Pick walnut sized pieces from the meatball mixture and roll them. Then force on them to shape as patties.  
# Transfer the prepared patties into a greased baking tray. Place the tray into the oven which is preheated to 390 F. Bake them for about 25-30 minutes.  
# Serve it warm.

**Note:** Because of the spices in soujouk, no added more spices into the mixture.