



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

Bulgur Pilaf with Chickpeas

Nohutlu Bulgur Pilav



2 cups bulgur
3 cups water
1 tbsp tomato paste
3 garlic cloves
1 cup boiled chickpeas
3 long green peppers
1/3 cup vegetable oil
1 tsp salt
1/2 tsp black pepper

- # Clean the bulgur, wash, and add water to cover that, and rest it for 15 minutes.
- # Put the half of the oil into the pot, add the tomato paste, melt the tomato paste over medium heat, add the washed and drained, roast a few minutes, add water and cover the lid on.
- # While cooking the bulgur, put the remaining oil in a separate pot, roast the finely sliced peppers over medium heat for a while, and add finely sliced garlic, add boiled chickpeas, sprinkle salt and black pepper all over, remove from the stove.
- # Cook the meal over high heat at first, then turn the heat o low and cook for 15 more minutes and remove from the stove.
- # Water a small bowl. Put some bulgur and some mixture of chickpeas by forcing on them.
- # Repeat this action until the entire ingredients end.
- # Reverse on a flat service plate while serving.

Note: You can add grated tomato instead of tomato paste. You should change the measurement of the water in that case.