



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

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## Bulgur Pilaf with Chickpeas

Nohutlu Bulgur Pilavı



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.