



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

Bulgur Pilaf with Vegetables

Sebzeli Bulgur Pilavı



2 cups bulgur, for pilaf
1 cup canned green peas
1 medium potato
1 medium carrot
1 medium onion
1/2 cup vegetable oil
1 tbsp tomato paste
4 cups water or broth
1 + 1/2 tsp salt

- # Put the vegetable oil into a pot and make it hot over medium heat. Then add finely sliced onion in it, and roast until it softens.
- # Add diced carrot in it, and roast it for about 10 more minutes.
- # Then add diced potato, roast it for 5 more minutes, then add drained canned green peas.
- # After sautéing the ingredients for a while, add tomato paste and salt in it. When the smell of the tomato paste goes away, add 4 cups water or broth in it, and boil it.
- # When it starts to boil, add washed and drained bulgur in it, cover the lid of the pot.
- # Firstly, cook the pilaf over medium heat for 5 minutes, then cook it over low heat for 15 minutes, in total 20 minutes.
- # After resting it for about 15 - 20 minutes, stir it gently and serve however you wish.

Note: Bulgur is not rested in water for cooking bulgur pilaffs generally.