



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

Bulgur Pilaf with Carrot

Havuçlu Bulgur Pilavı



2 cups bulgur, for pilaf
1 medium onion
2 medium carrots
1 cup white kidney beans
1 tbsp tomato paste
1/2 cup vegetable oil
1 tsp salt
3 + 1/2 cups water

- # Rest the white kidney beans in water overnight. The day, boil it with its resting water, until the beans soften.
- # Meanwhile dice the onion finely, slice the carrot in matches shape.
- # Put the vegetable oil into the pot and make it hot. Then add the onion, roast it until it darkens. Add carrot and cook until it softens.
- # Then add paste and salt into the mixture and sauté it for a while. Add boiled and drained beans in it.
- # Finally add washed bulgur and 3 + 1/2 cups water and stir it. Cover the lid, cook over low-medium heat for 20 minutes, then remove it from the stove.
- # Rest it for about 15-20 minutes without uncovering the lid. Then stir and serve it.

Note: It is not advised to grate the carrot, because carrot gives its juice out in that case.