

Simple Bulgur Pilaf

Swick

Makes 3 cups | Active Time: 10 minutes | Total Time: 40 minutes

Step 1: Making the Bulgur Pilaf

- 1 1/2 cup finely diced onion
- 1 tbsp minced garlic (approx. 2 cloves)
- 2 tbsp olive oil
- 1 cup coarse bulgur wheat
- 1 1/2 cups stock*
- 1/2 tsp sea salt, or to taste
- 1/4 tsp freshly ground black pepper, or to taste

To make the pilaf, heat a sauté pan over medium heat, once hot, add the oil, followed by the onions. Cook the onions for 5 minutes or so, or until they are soft and translucent.

Next, add the garlic and cook for about 30 seconds or so until aromatic. Next, add the bulgur wheat and toast for a few minutes to coat with the oil. Add the stock and bring everything to a boil. For the stock, use a good vegetable stock or use this Faux Chicken Bouillon Powder to make a quick stock.

Once it comes to a boil, reduce the heat, cover, and let simmer for about 15 minutes or so. Once done, remove from the heat and let rest for about 10 minutes.

Before serving, taste for seasoning, add a touch more salt and/or black pepper as desired.

This bulgur can be served hot as a side dish or as part of a bowl or it can be served cold as part of a salad.

Any leftovers will keep for a few days in the refrigerator. This bulgur also happens to go extremely well with this Spinach, Bulgur, Caramelized Onion & Feta Salad .