

Mixed Vegetable Bulgur

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 35 minutes

Step 1: Steaming the Bulgur

- 2 cups stock
- 1 cup medium or coarse bulgur
- 1/4 to 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper

Place the stock, salt, and pepper into a medium pot and bring to a boil. For the stock, we use this Faux Chicken Bouillon Powder (we used 2 cups of water to 1 tablespoon of bouillon powder).

Once boiling, stir in the bulgur. Cover with a tight-fitting lid, reduce the heat to low, and let simmer for about 10 minutes. Then remove the bulgur from the heat and let it rest for about 10 to 15 minutes.

Alternatively, start by making this Simple Bulgur Pilaf and omit the onions from the next step.

While the bulgur cooks, go ahead and start prepping and cooking the vegetables.

Step 2: Cooking the Dish

- 2 tbsp extra-virgin olive oil (omit for oil-free)
- 3/4 cup finely diced onion (approx 1/2 med onion)
- 3/4 cup finely diced zucchini (approx 1 med zucchini)
- 1/2 cup finely diced carrot (approx 2 med carrots)
- 1/2 cup finely diced red pepper (approx 1 sm red pepper)
- 1/4 cup finely diced celery (approx 2 stalks)
- 1 to 2 tsp minced garlic (approx 1 to 2 cloves)
- 1/4 to 1/2 tsp sea salt, such as fleur de sel
- 1/4 tsp freshly ground black pepper, or to taste

To start the dish, heat a large, skillet over medium-low heat and then add the oil, onions, and a good pinch of salt. Note: If desired, omit the oil and use a bit of stock instead. Sweat the onions for 3 to 5 minutes or until they begin to turn translucent.

Next, add the carrots, celery, and garlic and continue to sweat for another 5 minutes or so or until they begin to soften. Finally, add the red pepper and zucchini and continue to sweat until everything is softened and cooked through. Season with salt and pepper to taste.

Once the bulgur has rested, fluff gently with a fork. Pour the bulgur into the skillet and toss gently to combine. If you have made the Bulgur Pilaf, simply add the cooked vegetables to the pilaf and fold everything together.

Lastly, taste again for seasoning and serve. Any leftovers will keep for a few days in the refrigerator and they can either be reheated, or they can be served cold or room temperature.