

RECIPE | TOMATOES

# TOMATO BULGUR PILAF



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*Recipe created by Jenan Zammar*

## INGREDIENTS

- 1 pint Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 1 cup course bulgur, washed & drained 3 times
- 1 onion, diced
- 1 ½ cups chicken stock
- ½ cup strained tomato
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp all spice

## DIRECTIONS

1. In a medium pot over medium heat, sauté onion in olive oil for 5 to 7 minutes, then stir in tomatoes and bulgur. Add chicken stock, strained tomato and spices. Stir to mix together ingredients. Bring to a boil, then lower heat to a simmer. Cover and cook for 15 minutes, stirring occasionally.
2. Remove from heat, leave covered and allow to sit for 10 minutes before fluffing with a fork. Serve warm.



### TOTAL TIME

25 minutes

### PREP TIME

5 minutes

### COOK TIME

20 minutes

### SERVES

4

### COOKING LEVEL

Easy