



TOTAL TIME

25 minutes

PREP TIME

5 minutes

COOK TIME

20 minutes

SERVES

4

COOKING LEVEL

Easy

RECIPE | TOMATOES



TOMATO BULGUR PILAF

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.



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