

Mushroom Bulgur Pilaf

Try this simply prepared Turkish dish!

Makes 6 servings
 Prep Time: 10 minutes
 Cook Time: 45 minutes

Source: Food Hero.org, recipe/ Mushroom Bulgur Pilaf

Ingredients

- 1 cup onion, chopped (1 medium onion)
- 1 1/2 teaspoons vegetable oil
- 3 cups mushrooms, sliced or chopped (12 medium button mushrooms)
- 3/4 cup bulgur
- 1 1/2 cups water
- 2 teaspoons dry bouillon (chicken or vegetable)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 cups packed fresh spinach, roughly chopped

Directions

1. Use a medium saucepan or skillet with a tightly fitting lid. Over medium heat, sauté onions in oil in the open pan until they are softened.
2. Add mushrooms and sauté until beginning to brown, stirring frequently.
3. Stir in bulgur and continue to stir until lightly browned.
4. Add water, bouillon, garlic powder, and pepper. Cover pan with lid.
5. Reduce heat to low. Cook for 15 to 20 minutes or until bulgur is tender and liquids are absorbed.
6. Remove from heat. Mix in the spinach and serve.
7. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 2/3cup

Nutrients	Amount
Calories:	90
Total Fat:	1.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	340 mg
Total Carbohydrates:	18 g
Dietary Fiber:	4 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	4 g

Utensils Needed

- Saucepan with lid
- Spoon
- Measuring cup
- Measuring spoon

SHOPPING LIST

Average total cost : \$15.06

Average cost per serving: \$2.51

Recipe Makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Yellow onion



Add 1 to Cart
Mushrooms, 16oz



Add 1 to Cart
Bulgur Wheat, 3.5 lb bag



Add 1 to Cart
Chicken or Vegetable Bouillon



Add 1 to Cart
Spinach

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- To cut costs, use whatever veggies are in season or on sale. Or, use thawed frozen or canned veggies. Be sure to rinse any canned veggies and pat them dry before using.
- Can't find bulgur wheat? Try a different whole grain, like brown rice, barley, or quinoa.
- To save time later, cook up extra bulgur and freeze it. Next time, all you'll have to do is thaw and reheat with some mushrooms and spinach.
- For some heat, add ¼ teaspoon ground cayenne pepper to the veggies in step 4.