

# Turkish Bulgur and Vegetable Pilaf

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-vegetable-pilaf-recipe>

## Ingredients:

- 2 tablespoons butter or margarine
- 2 tablespoons vegetable or olive oil
- 1 medium onion grated and drained well
- 1 large tomato grated, with juice
- 1 green pepper small, grated
- 2 cups bulgur coarse
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons tomato paste
- 2 teaspoons sugar
- 4 cups chicken broth or water
- Garnish: optional
- grilled pepper optional
- tomato optional
- Italian parsley optional

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 15 grams
6. Protein: 15 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 790 milligrams
9. Sugar: 7 grams

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