



Mushroom and Leek Bulgur

- 2 cups sliced mushrooms
- 1 small leek diced
- 1/4 onion diced
- 1 clove minced garlic
- 2 Tbsp butter or olive oil
- 1 cup bulgur
- 2 cups hot chicken, beef or vegetable broth*
- 2 Tbsp chopped parsley
- 2 Tbsp toasted pine nuts
- Salt & Pepper to taste

In a sauté pan, melt one tablespoon butter. Add mushrooms, leeks, onion and garlic and sauté until vegetables are tender. Remove vegetables from pan and add an additional tablespoon of butter. Add the bulgur to the pan and toast for a few minutes. Once toasted, add the stock and bring to a boil. Turn the heat down to low, cover and cook until the bulgur is tender. Once the bulgur is tender, add in the vegetables, toss in the pine nuts and parsley and add salt and pepper to taste. Enjoy!

*You may use water instead of broth; however, the broth adds a lot of flavor.

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