

## Nourish Program's Bulgur and Spiced Vegetables

Yield: ~4 servings  
Serving size: ½ cup

<b>Amount:</b>	<b>Ingredient:</b>
1 cup	Bulgur wheat, uncooked
1 Tbsp	Chili powder, salt free
1 tsp	Cumin
1 tsp	Canola oil
1 ½ cups	Water
1 bag	Frozen, mixed vegetables
1 can	Pinto beans (15 oz), drained and rinsed (or another canned bean)
½ tsp	Kosher salt

### Method:

1. In a medium stockpot over medium heat, combine bulgur, chili powder, cumin, oil and water.
2. Bring mixture to a boil, reduce heat to low, cover with lid
3. Continue cooking until bulgur is tender, about 10-12 minutes; let sit for 10 minutes before removing lid
4. Microwave frozen vegetables according to package directions, drain excess liquid
5. Fluff bulgur with a fork and stir in microwaved vegetables, beans, and salt before serving

### Helpful Tips:

- Substitute leftover roasted vegetables or small cuts of fresh for frozen vegetables
- Use any can of beans (kidney, black, white, etc.)
- Substitute favorite seasoning for chili powder
- Omit salt if using a seasoning with sodium (salt)

### Equipment Needs:

- Medium size stock pot (soup pot) with lid
- Wooden spoon or high heat spatula
- Microwave-safe bowl
- Measuring spoons
- Can opener
- Measuring cup
- Fork
- Microwave
- Strainer