“Eech” – Tomato Pilaf

This makes for an excellent vegetarian meal or side dish.

PROCEDURE

1. Heat oil in a frying pan or pot fitted with a lid.
2. Saute onions over medium heat until soft, about 10 minutes.
3. Add tomatoes and bring to a boil.
4. Combine bulghur wheat with the boiling water and let stand for 5 minutes.
5. Add to onion and tomato mixture along with half of the bell pepper.
6. Add remaining ingredients reserving the remaining half of the bell pepper and the parsley for garnish. Mix well.
7. Cover and remove from heat. Let stand for one hour.
8. Garnish with the remaining half of the bell pepper and parsley. Serve warm or cold.

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