

“*Eech*” – Tomato Pilaf



COUNTRY
Armenia

SERVINGS
6

INGREDIENTS

¼ cup extra virgin olive oil
2 medium onions, chopped
1 (15 oz.) can diced tomatoes
2 cups bulghur (cracked wheat) (#2)
medium grind
2 cups boiling water
One red bell pepper
Hot sauce to taste
2 tsp salt or to taste
¼ cup lemon juice or to taste
1 T pomegranate paste (optional)
½ cup chopped parsley



**TIME TO
PREPARE**
15 minutes



**TIME TO
COOK**
1 hour

TOOLS NEEDED

Frying pan or
pot with lid
Stove
Knife

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.