

Lebanese Bulgur

1/3 cup olive oil
1 onion, chopped
2 garlic cloves, minced
1 teaspoon dried basil
1 cup bulgur
1 cup tomato, seeded and chopped
1 ½ cups vegetable or chicken broth, heated
1 Tablespoon honey
1 Tablespoon tomato paste
Salt and pepper
1 pinch cayenne (optional)
2 tablespoons chopped fresh parsley



Heat the oil in a medium saucepan over medium heat.

Add the onion and cook until lightly browned, about 3 minutes.

Add the garlic and cook for another minute.

Stir in the tomatoes and basil, cooking 2 more minutes.

Stir the bulgur into the tomato mixture, making sure that the bulgur is well coated.

Stir in the hot broth, reduce the heat to low and cook, covered, for 5 minutes.

Add the honey, tomato paste, salt, pepper and cayenne to the bulgur mixture.

Continue to cook, covered until the bulgur is tender and all the liquid has been absorbed, about 25 minutes.

Turn off the heat and let sit for 10 minutes.

Sprinkle the parsley over the top.