

Burgul Tomato Pilaf

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Description

A wonderful high fiber dish that can be made vegetarian or with meat. It combines a wonderful blend burgul, tomato and onions.

Recipe

Serves: 4-6

Difficulty: Easy

Prep and Cook time: 40 minutes

1 lb lean ground beef

2 cups chopped onions

1 cup burgul #2

1 15-16 oz can plain tomato sauce

2 cups water

1 1/2 tsp salt

1/2 tsp black pepper

2 tbs olive oil

3 tbs butter

Parsley, green onion and green pepper for garnish.

In

a large pot add olive oil and turn on heat to medium. Add onions and cook for 5 minutes. Next add the ground beef and cook for 5 minutes or until browned, add burghul and stir. Next add tomato sauce, water, salt and black pepper and stir until well combined. Turn heat to medium-low, add butter on top and cover pot for 20 minutes, stir every 5-10 minutes. After 20 minutes of cooking fluff up with a fork and cover again, turn off heat and let stand for 10-15 minutes until fluffy. Serve in a nice dish and garnish with parsley, green onions and green pepper.