Bulgur in Family Meals

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What is bulgur?
Bulgur is either soft or hard wheat that has been soaked in water. It is then cooked in steam or water under pressure or at normal air pressure. Next it is dried and the bran is partially removed. Bulgur is a good food for family meals and is a good source of most nutrients.

Bulgur can be used in main dishes, salads, soups, baked products, desserts, and as a side dish for family meals. It is a good "stretcher" to make meat dishes serve more people.

Bulgur particles are too hard for insects to bite into; therefore, bulgur keeps well in a loosely covered container on the shelf in a cool place.

Using bulgur
Most recipes call for cooked bulgur. It is simple to prepare by this recipe:

Crunchy Bulgur
2 cups bulgur
1 teaspoon salt
6 cups boiling water

Add bulgur and salt to boiling water; stir. Cover pan. Cook over low heat about 20 minutes. Remove from heat and let stand covered for 5 to 10 minutes. Makes 5 cups.

Quick Soft Cooked Bulgur
2 cups bulgur
1 teaspoon salt
7 cups boiling water

Cook according to directions for crunchy bulgur, cooking 30 minutes instead of 20 minutes. Remove from heat and let stand covered for 10 minutes.

Bulgur-Beef Casserole
1/2 cup bulgur
1/8 teaspoon salt

1 1/2 cups boiling water
2 1/2 cups canned meat, chopped
1/3 cup chopped onion
1 cup cooked green beans
1 1/2 tablespoons oil
2 1/2 cups canned or cooked tomatoes
1 1/2 teaspoons sugar

Wash bulgur and add to salted boiling water. Stir and cover tightly. Cook on low heat 20 minutes. Remove from heat and let stand covered for 5 to 10 minutes. Makes 5 cups.

Cheese Casserole
1 tablespoon butter or margarine
2 tablespoons flour
1/4 cup nonfat dry milk
1 cup water
3/4 teaspoon salt
1/4 teaspoon pepper
2 cups grated cheese
3 cups cooked bulgur
1 egg, beaten
Crumbs mixed with melted butter or margarine
1/4 teaspoon pepper

Melt the butter or margarine and blend in the flour and milk to make a smooth mixture. Add the water slowly and cook over low heat, stirring constantly, until thickened. Add seasonings and cheese; stir until the cheese is melted. Combine all ingredients and cook slowly until thick. Serves 5, 1 cup each.

Meat Stew With Bulgur
1 pound stew meat
2 tablespoons fat or oil
5 cups water
1/2 cup bulgur, uncooked
1 1/2 teaspoons salt
1/4 teaspoon pepper
2 cups diced potatoes
1 cup diced carrots
1 cup diced celery, if desired

Brown meat in fat or oil. Add water and cover. Cook over low heat 2 1/2 hours or until meat is tender. Add bulgur, vegetables, and seasonings. Cook 20 minutes. Serve hot. If desired, thicken with flour and water mixture. Serves 5, 1 cup each.

Meatballs
1 1/2 cups each:
2/3 cup cooked bulgur
1 egg, beaten

2/3 cup grated cheese
2/3 cup canned or cooked tomatoes
1 tablespoon sugar
1/2 teaspoon chili powder
1/4 cup grated cheese

Wash bulgur. Cook beef and onion until beef is brown and onion is tender. Combine all ingredients except the cheese; cover and simmer 30 minutes, stirring occasionally. Add cheese to meat mixture. Reheat. Serve over toasted buns. Serves 6, 1/3 cup each.

Chili Bulgur
1/2 large onion
2 1/2 cups canned beef, chopped
1-pound can tomatoes
1 tablespoon chili powder
3 cups cooked bulgur

Cook chopped onion and beef in fry pan until meat is brown, stirring with fork. Add tomatoes, chili powder, and cooked bulgur. Cover and cook over low heat for 20 to 25 minutes. Serves 6.

Barbecued Beef
2 1/2 cups canned beef, chopped
2 tablespoons chopped onion
2 1/2 cups boiled water
1 tablespoon butter or margarine
1/4 cup bulgur
1 1/2 tablespoons nonfat dry milk
1/3 cup grated cheese

Wash bulgur. Cook beef and onion until beef is brown and onion is tender. Combine all ingredients except the cheese; pour in grease baking dish. Bake at 325° F for 30 minutes. Serves 6, 1/3 cup each.

Meat Stew With Bulgur
1 1/2 teaspoons sugar
1/2 cup diced carrots
1 tablespoon sugar
1/4 cup water
1 1/2 cups diced celery, if desired

Brown meat in fat or oil. Add water and cover. Cook over low heat 2 1/2 hours or until meat is tender. Add bulgur, vegetables, and seasonings. Cook 20 minutes. Serve hot. If desired, thicken with flour and water mixture. Serves 5, 1 cup each.

Cheese Casserole
1 tablespoon butter or margarine
2 tablespoons flour
1/4 cup nonfat dry milk
1 cup water
3/4 teaspoon salt
1/4 teaspoon pepper
2 cups grated cheese
3 cups cooked bulgur
1 egg, beaten
Crumbs mixed with melted butter or margarine
1/4 teaspoon pepper

Melt the butter or margarine and blend in the flour and milk to make a smooth mixture. Add the water slowly and cook over low heat, stirring constantly, until thickened. Add seasonings and cheese; stir until the cheese is melted. Combine all ingredients and cook slowly until thick. Serves 5, 1 cup each.

Cheese Casserole
1 tablespoon butter or margarine
2 tablespoons flour
1/4 cup nonfat dry milk
1 cup water
3/4 teaspoon salt
1/4 teaspoon pepper
2 cups powdered dry mustard
2 cups grated cheese
3 cups cooked bulgur
1 egg, beaten
Crumbs mixed with melted butter or margarine
1/4 teaspoon pepper

Melt the butter or margarine and blend in the flour and milk to make a smooth mixture. Add the water slowly and cook over low heat, stirring constantly, until thickened. Add seasonings and cheese; stir until the cheese is melted. Remove from heat and stir in the bulgur and egg. Place in a baking dish; sprinkle with crumbs. Bake at 350° F (moderate oven) for 30 minutes. Serves 6, 2/3 cup each.

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meatballs; add the flour to drippings in the pan. Stir in the broth and cook until thickened, stirring constantly. Place the meatballs in the gravy; cover and simmer over low heat for 1 hour. Serves 6.

**Bulgur Meat Loaf**

1 pound ground beef
1/2 cup bulgur
1 cup water
2 tablespoons catsup

Add seasonings to taste

Mix all ingredients together in bowl. Mixture will be quite soft. Shape into loaf pan. Bake in 325° F (moderate) oven for 45 minutes. Serves 6.

**Bulgur Pancakes**

1 cup bulgur
1 1/4 cups water
2 cups flour
2 teaspoons salt
1 tablespoon baking powder
2 tablespoons nonfat dry milk
2 tablespoons sugar
1/4 cup cooking oil
2 cups water

Wash bulgur. Soak in 1 1/4 cups water for 2 hours, or overnight. Stir the bulgur, flour, salt, baking powder, dry milk, and sugar together. Add oil and 2 cups water and stir only until batter is smooth. Drop by spoonfuls onto a hot greased griddle or frying pan. Cook slowly until the pancake is covered with bubbles, turn and cook until the bottom is well browned. Makes 20 4-inch pancakes.

**Western Bulgur Salad**

1 cup uncooked bulgur
2 cups cold water
1/2 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon salt
1/4 cup sugar
3/4 cup nonfat dry milk
1/2 cup raisins

Cover bulgur with cold water, add salt, and cover tightly; when it begins to boil, reduce heat and simmer 15 minutes. Drain. While warm, marinate in the French dressing. Chill.

Add peas, sweet pickle, onion, cheese and mayonnaise; toss lightly together. Salt to taste. Turn into bowl and chill.

Other ways to serve bulgur:
- Add to your favorite soups, stews, and vegetables.
- As a cereal with milk and sugar.
- Serve fresh or canned fruit on hot or cold cooked bulgur.
- Add cut-up cheese to cooked bulgur.
- Add dried fruit, such as raisins, to bulgur as it is cooking.