Bulgur in Family Meals

Prepared by MARIE TRIBBLE
Extension Foods and Nutrition Specialist, Oregon State University, Corvallis

What is bulgur?
Bulgur is wheat that has been cooked, dried, and had some of the bran removed. It is a good source of protein, carbohydrate, and B vitamins—all necessary for growth and health. Bulgur is sold in grocery stores under the brand name of ALA.

For variety in your meals, serve cooked bulgur as a breakfast cereal or as a vegetable. Or add bulgur to soups or stews at the start of cooking. You also can use cooked bulgur in meat loaves, meatballs, stuffed peppers, or casserole dishes.

Cooking methods for bulgur are similar to those for rice. Like rice, bulgur is not washed before cooking or rinsed after cooking. Cook in just the amount of water that will be absorbed during cooking. One cup of dry, cracked bulgur yields 3 to 3 1/2 cups cooked bulgur.

Bulgur keeps well in a covered container on a shelf in a cool place.

Using Bulgur
Most recipes call for cooked bulgur.

It is simple to prepare by this recipe:

**Quick Soft Cooked Bulgur**

overnight before cooking.

■ 7 cups boiling water
■ 2 cups bulgur
■ 1 teaspoon salt

Add bulgur to salted, boiling water. Stir and cover tightly. Cook on low heat for 20 minutes. Cook the beef and onion in the oil until the beef is lightly browned and the onion is tender. Combine all ingredients and cook slowly until thick. Serves 6, 1 cup each.

**Meat Stew With Bulgur**

■ 1 pound stew meat
■ 2 tablespoons fat or oil
■ 5 cups water
■ 1 cup bulgur, uncooked
■ 13 teaspoons salt
■ 4 teaspoon pepper
■ 4 cup quartered onions
■ 2 cups diced green beans
■ 1 cup diced carrots
■ 1 cup cooked green beans
■ 1 teaspoon sugar, if desired

Make gravy as in flour. Add water and cover. Cook over a low heat 2 1/2 hours or until meat is tender. Add bulgur, vegetables, and seasonings. Cook 20 minutes or until hot. If desired, thicken with flour and water mixture. Serves 6, 1 cup each.

Add bulgur and salt to boiling water. Stir. Cover pan. Cook over low heat about 30 minutes. Remove cover and let stand covered for 5 to 10 minutes. Makes 3 to 4 servings. Can be used in combination with other foods or served with milk and sugar for breakfast. Chicken or turkey broth can be substituted for boiling water. Prepare bulgur as a side dish to serve with meat, poultry, or fish.

**Crunchy Bulgur**

It is simple to prepare by this recipe:

■ 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 10 minutes. Remove from heat and let stand covered for 10 minutes.

**Chopped Meat Casserole**

■ 1 cup bulgur
■ 1 cup chopped onions
■ 1 cup nonfat dry milk
■ 2 tablespoons flour
■ 1 cup water
■ 3/4 cup grated cheese
■ 1 egg, beaten, or 1 cup dried egg mix plus 1/4 cup water

Pour into greased baking dish. Bake at 325°F for 30 minutes. Serves 6.

**Barbecued Beef**

■ 1 large onion
■ 21/2 cups canned beef, chopped
■ 1 cup boiling water
■ 1 cup bulgur
■ 2 cups cooked or cooked tomatoes
■ 1 tablespoon sugar
■ 1 teaspoon chili powder
■ 1/4 cup grated cheese

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, 1/2 cup each.

**Chili Bulgur**

■ 1 large onion
■ 21/2 cups canned beef, chopped
■ 2 cups canned tomatoes
■ 1 cup cooked green beans
■ 1 cup cooked bulgur
■ 2 tablespoons chopped onion
■ 1 teaspoon chili powder
■ 1/4 cup grated cheese

Cook cleaned onion and beef in fry pan until meat is brown, stirring with fork. Add tomatoes, chili powder, and cooked bulgur. Cover and cook low heat for 20 to 30 minutes. Serves 6.

**Chopped Meat Casserole**

■ 1 cup nonfat dry milk
■ 1 cup bulgur
■ 2 cups cooked bulgur
■ 1/4 cup shredded cheese
■ 1 cup hot water
■ 2 eggs, beaten, or 1 cup dried egg mix plus 1/4 cup water
■ 1 teaspoon salt

Pour chilled bulgur into baking dish. Bake at 350°F for 30 minutes. Serves 6.

**Meatballs**

■ 1/2 pounds ground hamburger meat
■ 1 cup cooked bulgur
■ 1 egg, beaten, or 1 cup dried egg mix plus 1/4 cup water
■ 2 tablespoons nonfat dry milk
■ 1/4 teaspoon salt
■ 1/4 teaspoon pepper
■ 2 tablespoons cane sugar
■ 1 cup flour
■ 1/2 cups beef broth (can be made from bouillon cubes)

Combine beef, bulgur, egg, milk, and seasonings. Add water, mix well to blend. Form meat mixture. Reheat. Serve over toasted buns. Serves 6, 1/2 cup each.
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
½ 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.

**Beef-Vegetable Soup**
25 quarts water
½ pounds beef neck
1 to 2 pounds beef knuckle bones
1 cup diced potatoes
25 cups cooked bulgur
1 cup sliced carrots
2 cups tomatoes, canned
½ cup chopped onions
2 teaspoons salt
5 teaspoon pepper
Simmer water, beef neck, and knuckle bones together 2 to 3 hours, or until meat is tender. Take out meat and bones and skim off fat. Remove all meat from bones and dice. Add vegetables, bulgur, and seasonings to broth and continue cooking until vegetables are tender, about 20 minutes. Add meat to mixture and reheat. Makes about 25 quarts soup.

**Bulgur Pancakes**
1 cup bulgur
½ cup water
2 cups flour
2 teaspoons salt
1 tablespoon baking powder
2 tablespoons nonfat dry milk
2 cups water
½ cup cooking oil
½ cup sugar
Soak bulgur in ½ 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. When top is covered with bubbles, turn and brown the other side. Makes 20 4-inch pancakes.

**Peanut Butter Bars With Bulgur**
½ cup peanut butter
2 tablespoons butter or margarine
2 cups sugar
2 tablespoons nonfat dry milk
2 eggs, beaten, or ½ cup dried egg mix plus ½ cup water
2 teaspoons lemon juice
½ cup water
½ cups flour
2 teaspoons baking powder
½ teaspoon salt
½ cup cooked bulgur
½ cup chopped raisins, if desired
Cream the peanut butter and fat until light and fluffy. Gradually add the sugar and cream until well blended. Stir in the milk. Combine eggs, lemon juice, and water; add alternately with the flour, baking powder, and salt to the creamed mixture. Stir in the bulgur and raisins. Place batter in a greased baking pan. Bake at 375° F (moderate oven) for 15 minutes or until light brown. Frost with Peanut Butter Cream Frosting while warm.

**Peanut Butter Cream Frosting**
1 tablespoon butter or margarine
3 tablespoons peanut butter
13 cups powdered sugar
2 teaspoons nonfat dry milk
Few grains salt
25 tablespoons warm water
1 teaspoon lemon juice
Cream the fat and peanut butter together until light and fluffy. Stir in milk. Add remaining ingredients and beat until well blended. Makes 1 cup.

**Old Fashioned Bulgur Raisin Pudding**
⅔ cup nonfat dry milk
2 cups cooked bulgur
¾ cup water
⅓ cup sugar
⅓ teaspoon salt
⅓ cup raisins
1 teaspoon vanilla
⅓ teaspoon cinnamon or nutmeg, if you like.
Combine milk and bulgur. Add remaining ingredients. Pour into a baking dish. Cover and bake at 325° F (slow oven) for 45 minutes. Remove cover, stir, and continue baking uncovered for 45 minutes or until browned. Serves 6.

**Western Bulgur Salad**
1 cup uncooked bulgur
2 cups cold water
1 teaspoon salt
1½ cups French dressing
1 cup cooked peas
½ cup sweet pickle, chopped
1 cup cubed cheese
1 cup mayonnaise
Cover bulgur with cold water, add salt, and cover tightly; when it begins to boil, reduce heat and simmer 20 minutes. Drain. While warm, marinate in the French dressing. 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 dried fruit, such as raisins, to bulgur as it is cooking.