

CRACKED WHEAT WITH TOMATO

Equipment:

Measuring Spoons

Measuring Cup

2 Qt. Casserole Dish

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

2 tbsp butter 25 ml

1/2 cup green onions, chopped 125 ml

1 garlic clove, minced 1

10 oz. chicken broth 284 ml

1 cup bulgur (cracked wheat) 250 ml

1 cup chick peas 250 ml

2/3 cup water 150 ml

1/2 tsp dill 2ml

1 tomato, chopped 1

Procedure:

1. In a 2-quart (2 L) casserole, combine butter, onions and garlic.
2. Cook at **P7** 2 - 2 1/2 minutes.
3. Stir in broth, bulgur, chick peas, water and dill.
4. Cover with lid.
5. Cook at **P7** 10 minutes.
6. Cook at **P7** 15 minutes.
7. Stir in tomato.
8. Cover and cook at **P7** 5 minutes, or until liquid is absorbed.
9. **To Complete:** Stir and let stand, covered, 5 minutes.