

BOK CHOY & BULGAR

INGREDIENTS

- 2 t** Extra virgin garlic olive oil (divided) (more for drizzling)
- 8 oz** Mushrooms (Cremini or button)
- 8** Tomatoes (cherry or grape) (cut in 1/2)
- 1/4 C** Shallots (minced)
- 1 C** Imagine Mushroom Soup Broth
- 1 C** Bulgur
- 1 1/2 C** Water
- 1 t** Thyme
- Salt & pepper to taste
- 4** Bok Choy (small) (halved)
- Non-stick cooking spray

DIRECTIONS

- 1** Spray a saute pan with the non-stick cooking spray
- 2** Heat 1 t of the garlic olive oil in the saute pan over medium-high heat & add the mushrooms
- 3** Cook the mushroom, flipping them so both sides get browned (5 minutes) & put them in a bowl
- 4** Add tomatoes to the pan cut side down & cook until browned (2 minutes) & then add to the bowl
- 5** Add shallots & remaining 1 t garlic oil to the pan and saute (2 - 3 minutes)
- 6** Add the bulgar stirring to make sure it's covered by the oil & the shallots & then add broth, water & the thyme
- 7** Season with salt & pepper to your taste
- 8** Cover the pan & reduce the heat to medium-low
- 9** Simmer for 5 minutes
- 10** Arrange bok choy halves on top of bulgar with stem ends at the center of the pan.
- 11** Sprinkle the mushrooms & tomatoes that were in the bowl in between the bok choy
- 12** Cover & simmer for another 5 minutes
- 13** Remove from the stove top & let stand for 10 minutes

NOTES

