

BULGAR STUFFED SUMMER VEGETABLES

INGREDIENTS

- 1 C Bulgur wheat
- 1 1/4 C Chicken broth
- 2 Bell peppers (1 red & 1 yellow)
- 1 1/2 C Water
- 2 Zucchini or yellow summer squash
- 2 Tomatoes
- 2 T Olive Oil (extra-virgin)
- 1 Onion (small) (chopped)
- 1/4 lb Mushrooms (crimini) (chopped)
- 3 Garlic (cloves) (minced)
- Kosher salt & Black pepper (freshly)
- 2 t Tarragon (chopped)
- 1/4 C Parmesan cheese (grated)



DIRECTORY

- 1 Pre-heat the oven to 350 F & place the bulgur in a heat proof bowl.
- 2 In a sauce pan, bring the chicken broth & the water to a boil.
- 3 When the liquid has come to a boil, pour over the bulgur.
- 4 Let sit until the bulgur absorbs the liquid (about 20 minutes).
- 5 Cut off the top third of the bell peppers.
- 6 Remove the seeds & ribs leaving a 'cup' for the stuffing.
- 7 Dice the flesh from the top 1/3 & reserve.
- 8 Cut 1/3 of the zucchini lengthwise to reveal the seeds.
- 9 Scoop out the seeds to create a boat & dice the remaining 1/3 pieces.
- 10 Slice the tomatoes in half & scoop out the seeds to create a cup.
- 11 In a large saute pan, heat the oil over medium heat.
- 12 Add the chopped onion & sweat until translucent.
- 13 Add the reserved chopped peppers, squash, mushrooms & garlic to the pan.
- 14 Season the vegetables with salt & pepper.
- 15 Cook until the vegetables are tender (about 10 minutes).
- 16 Drain the cooked vegetables, if necessary & add to the cooked bulgur.
- 17 Sprinkle salt & pepper on the inside of the vegetable 'cups.'
- 18 Stuff the vegetables with the bulgur mix & place in a shallow baking dish, cover with foil & bake for 45 minutes.
- 19 Uncover & sprinkle with grated Parmesan cheese.
- 20 Bake for an additional 10 minutes or until the cheese is brown & melted.