

Bulgur and Lentil Pilaf

Contributed by
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1 cup lentils

4 cups vegetable broth or water

1 bay leaf

3 Tbsp. margarine

1 large onion, chopped

Salt and pepper (to taste)

1 cup coarsely ground bulgur

Rinse the lentils and put in a pot with enough broth to cover. Add bay leaf, bring to a boil and keep covered. Turn off heat and let stand for 30 minutes.

While the lentils are soaking, melt margarine in a heavy pot. Add chopped onion, salt and pepper. Saute until onions are tender and transparent. When onions are ready, keep heat at medium, stir in bulgur and continue stirring until all the margarine is absorbed. Lower heat to a simmer and add the rest of the broth and lentils in their broth. Bring to a boil, reduce heat again, cover tightly and simmer until all the liquid has been absorbed. Add more liquid until the bulgur and lentils are cooked. Remove bay leaf and serve with a vegetable stew.