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## DONATED CRACKED WHEAT BULGUR

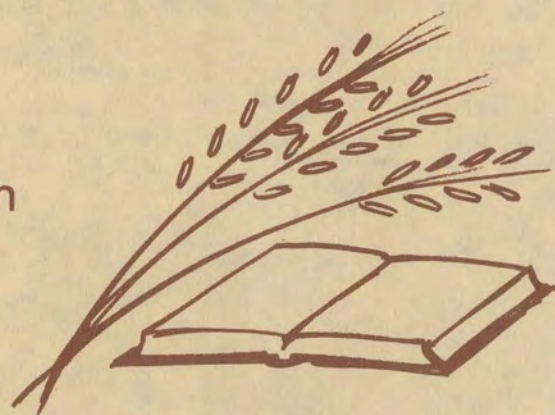
*a good choice for the thrifty family*



### AN ENERGY FOOD

Bulgur is wheat that has been cooked, dried and cracked.

It has been eaten since Biblical days



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Cracked Wheat Bulgur  
cooks quickly.

It has a nut-like flavor

### Use Bulgur-

- As a hot Cereal
- As a 'Side dish' with meat and fish.
- In a Casserole with hamburger and tomatoes
- In Meat Loaf

FNS-31 (Supersedes C&MS -33)



- Fluid milk made from nonfat dry milk may be used in these recipes.
- Use unsifted flour in these recipes.

## COOKED BULGUR

2 cups water  
 ½ teaspoon salt  
 1 cup uncooked bulgur

Heat water to boiling. Add salt. Stir in bulgur.

Lower heat. Cover and cook about 20 minutes until bulgur is tender.

*Makes about 3 cups cooked bulgur.*

## CHILI BULGUR

1 medium-size onion  
 ½ green pepper, if you like  
 1 pound ground beef  
 2 teaspoons salt  
 ¾ cup uncooked bulgur  
 3 ½ cups cooked or canned tomatoes  
 1 tablespoon chili powder

Chop onion. Chop green pepper (if used).

Crumble ground beef in heated fry pan. Add onion, green pepper (if used), salt, and bulgur. Cook and stir over medium heat until meat is browned. Drain off fat.

Add tomatoes and chili powder. Cover and boil gently 20 to 25 minutes until bulgur is tender.

*Makes 6 servings, 1 cup each.*

## MEAT AND BULGUR BAKE

½ small onion  
 ½ green pepper  
 1 ½ cups cooked bulgur  
 ¾ cup cut-up cheese  
 2 ½ cups cut-up, canned chopped meat or canned luncheon meat  
 2 eggs  
 1 ½ cups fluid milk

Chop onion and green pepper.

Mix onion, green pepper, bulgur, cheese, and meat in a baking pan. Set aside.

Beat eggs and add milk. Pour over bulgur mixture.

Bake at 350° F (moderate oven) about 40 minutes until a knife stuck in the center comes out clean.

*Makes 6 servings, 1 cup each.*

## BULGUR BARBECUE

1 pound ground beef  
 1 medium-size onion  
 ½ cup uncooked bulgur  
 3 cups tomato sauce  
 1 tablespoon prepared mustard  
 ½ cup sugar  
 ¼ cup vinegar  
 1 cup water  
 2 teaspoons salt  
 Pepper, as you like

Crumble ground beef in heated fry pan and cook until browned. Drain off fat.

Chop onion.

Add onion and bulgur to meat. Cook until onion is tender.

Add rest of ingredients. Cover and boil gently about 30 minutes until bulgur is tender.

*Makes 6 servings, 1 cup each.*



## BULGUR MEATBALLS

- 1 small onion
- 1/2 green pepper
- 1 1/2 cups cooked bulgur
- 1 pound ground beef
- 1 teaspoon salt
- 1 egg
- 2 cups tomato sauce

Chop onion and green pepper.

Mix all ingredients except tomato sauce. Shape into 12 meatballs.

Brown meatballs in heated greased fry pan. Pour off fat.

Pour tomato sauce over meatballs. Cover tightly and cook slowly 45 minutes.

*Makes 6 servings, 2 meatballs each.*



**Meatballs**

## BULGUR PILAF

- 1 small onion
- 2 tablespoons fat
- 2 1/4 cups beef or chicken broth or water (see Note)
- 1/2 teaspoon salt
- 1 cup uncooked bulgur

Chop onion.

Melt fat in pan. Add onion. Cook and stir until onion is tender.

Add broth or water and salt. Heat to boiling.

Stir in bulgur. Lower heat. Cover and cook about 20 minutes until bulgur is tender.

*Makes 6 servings, 1/2 cup each.*

Note: 2 beef or chicken bouillon cubes in 2 1/4 cups water may be used in place of beef or chicken broth.

## BULGUR SALAD

- 2 medium-size carrots
- 4 stalks celery
- 1/2 green pepper, if you like
- 2 cups cooked bulgur, cooled
- 1 cup drained, crushed pineapple
- 1/4 cup sugar
- 2 tablespoons lemon juice

Chop carrots and celery. Chop green pepper (if used).

Mix all ingredients. Cover and chill about 2 hours.

*Makes 6 servings, 3/4 cup each.*

## BULGUR-RAISIN MUFFINS

- 1 1/2 cups flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1 egg
- 3/4 cup fluid milk
- 1/4 cup melted fat or oil
- 1 cup cooked bulgur, cooled
- 1/2 cup raisins

Mix flour, baking powder, salt, and sugar. Set aside.

Beat egg and add milk. Add fat or oil and bulgur.

Stir bulgur mixture and raisins into flour mixture. Leave batter a little lumpy.

Fill greased muffin pans 2/3 full.

Bake at 425° F (hot oven) about 20 minutes until lightly browned.

*Makes 12 muffins.*

## OTHER WAYS TO SERVE BULGUR

- Serve cooked hot bulgur with spaghetti sauce, meat sauce, hamburger in gravy, etc.
- Add cooked bulgur to soups, stews, and vegetables.
- Serve fresh or canned fruit on hot or cold cooked bulgur.
- Add cut-up cheese to hot cooked bulgur.
- Cook dried fruit, such as raisins, and bulgur together.



## BULGUR TUNA SALAD

1/2 green pepper  
3 stalks celery  
6 1/2 - to 7-ounce can tuna  
3 cups cooked bulgur, cooled  
1/2 cup mayonnaise or salad dressing  
Salt and pepper, as you like  
1 hard-cooked egg

Finely chop green pepper and celery. Drain tuna.

Mix all ingredients except egg.

Slice egg on top of salad. Chill before serving.

*Makes 6 servings, about 2/3 cup each.*



**Bulgur tuna  
salad**



**Bulgur apple  
cake**

## BULGUR APPLE CAKE

1/4 cup fat (shortening, margarine or butter)  
1 cup sugar  
1 egg  
3 small apples  
1 cup flour  
1 teaspoon baking soda  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon salt  
1 cup cooked bulgur, cooled  
1 cup raisins

Mix fat and sugar until smooth. Add egg and beat well. Set aside.

Pare and finely chop apples. Stir into sugar mixture.

Add flour, baking soda, cinnamon, nutmeg, and salt. Mix well.

Stir in bulgur and raisins. Fill a greased baking pan half full.

Bake at 350° F (moderate oven) about 50 minutes until firm.

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