

Tabouli (tabouleh)

Ingredients

1 cup bulgur
2 cups boiling water
3 tomatoes, chopped
1 medium cucumber, chopped
6 green onions, chopped
3 cloves garlic, minced
½-1 cup fresh parsley, chopped
½ cup fresh mint, chopped
1 whole lemon, juiced or 2 - 4 tbsps lemon juice
salt, to taste
pepper, to taste
1-2 cups beans, optional

Method

1. Place bulgur in bowl and pour the boiling water over it. Cover and let rest for 30 minutes. Transfer to a colander to cool and drain.
2. Meanwhile, prepare the vegetables and herbs and place them in a separate bowl.
3. Combine the drained bulgur and vegetables. Add the lemon juice, salt and pepper.
4. Mix well and chill before serving.

Source: Renee Tougas (Servings: --)
