

# *Vegetable Tabouli*

By Mary McDougall

Serves: 8

Prep Time: 15 min

Cook Time: 30 min



## *Ingredients*

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**1 Cup** Uncooked bulgur wheat

**2 Cups** Boiling water

**3** Tomatoes, chopped

**1** Cucumber, diced

**1** Green bell pepper, chopped

**6** Green onions, chopped

**1 Cup** Fresh parsley, chopped

**1/2 Cup** Fresh mint, chopped

**1/2 Cup** Lemon juice

Freshly ground pepper to taste

## *Directions*

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- 1 Place bulgur in a bowl and pour the boiling water over it. Cover and let rest for 30 minutes. Transfer to a colander to cool and drain.

Meanwhile, prepare the vegetables and place them in a separate

- 2 large bowl. Combine the drained bulgur and vegetables. Add the lemon juice and pepper to taste. Mix well and chill for 2-3 hours before serving.

*Hint: A 15-ounce can of any kind of cooked beans, drained and rinsed, makes a nice addition to this salad. Try garbanzo, kidney, black or white beans.*