Bulgur Casserole

Ingredients

- 2 Tbsp vegetable oil
- 1 cup chopped onion
- 2 medium cloves garlic, chopped fine
- 2 oz fresh mushrooms, chopped
- 3/4 cup bulgur (cracked wheat)
- 1 cup sliced black olives
- 1/2 of a 28-oz can tomatoes
- 1/2 cup dry sherry
- 1 tsp oregano
- Salt and pepper to taste
- 1 cup grated cheese
- 2 Tbsp chopped parsley
- Paprika

Instructions

1. Preheat oven to 375 degrees.
2. Heat oil in skillet. Sauté onion, garlic and mushrooms in hot oil until onion is golden.
3. Add bulgur, olives, tomatoes, sherry, oregano, salt and pepper. Mix well.
4. Bring to boil and pour into a 4-quart casserole. Refrigerate or freeze if desired.
5. When ready to serve, return to room temperature, cover and bake for 20 to 25 minutes, until mixture is heated through.
6. Uncover, sprinkle with parsley and paprika and serve.

Yields 5 or 6 servings.

BULGUR CASSEROLE

- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 2 medium cloves garlic, chopped fine
- 2 ounces fresh mushrooms, chopped
- ¾ cup bulgur (cracked wheat)
- 1 cup sliced black olives
- ½ of 28-ounce can tomatoes
- ½ cup dry sherry
- 1 teaspoon oregano
- • Salt and pepper to taste
- 1 cup grated cheese
- 2 tablespoons chopped parsley
- • Paprika

Preheat oven to 375 degrees.

Heat oil in skillet. Saute onion, garlic and mushrooms in hot oil until onion is golden. Add bulgur, olives, tomatoes, sherry, oregano, salt and pepper. Mix well. Bring to boil and pour into 4-quart casserole. Refrigerate or freeze if desired.

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