

## Tomato Bulgur and Cucumber Yogurt

### Tomato Bulgur

- 3 c coarse [bulgur](#)
- 1 28 oz can diced tomatoes
- 2 onions, roughly chopped
- 2-3 T olive oil
- 1 t cayenne pepper or Tabasco
- 3 c water, added as required
- 1-2 t sea salt

In a large pot on medium, heat oil and sauté onion, stirring occasionally, for 10 minutes or until softened. Add bulgur, tomatoes, cayenne and 2-3 cups of water. Simmer, covered, for 15 minutes, until softened but still a bit chewy. Add water as required. Garnish with **Cucumber Yogurt**. Serves 6 good-sized portions or a crowd if offering just a scoop.

### Cucumber Yogurt

- 1-2 c yogurt
- 1 cucumber, seeded and grated
- 1 clove garlic, pressed

Combine cucumber, yogurt and garlic and serve with **Bulgur Tomato**. Garnish **Tomato Bulgur and Cucumber Yogurt** with sautéed almond slivers, zucchini, chickpeas, hummus, hard boiled egg or olives.

**Jittery Cook**