

Caramelized Onion, Mushroom and Bulgur Pilaf

Servings: 6 @ 2 points, 4 pointsplus

Preparation Time: 20 min

Cooking Time: 16 min

Level of Difficulty: Easy

Works with Simply Filling

Our vegetarian pilaf is packed with sautéed onions, mushrooms and spinach. To save time, buy pre-sliced mushrooms and frozen chopped onions and spinach.

Ingredients

2 cup(s) vegetable broth, use mushroom broth if available

1 cup(s) uncooked bulgur

1 cup(s) water

2 tsp olive oil

1 1/2 cup(s) onion(s), chopped

8 oz mushroom(s), thinly sliced (baby Bella suggested)

4 cup(s) spinach, baby leaves

1/4 tsp table salt, or to taste

1/4 tsp black pepper, or to taste

Instructions

In a medium saucepan over medium-high heat, bring broth, bulgur and water to a boil; cover, reduce heat to low and simmer until bulgur is tender, about 10 to 12 minutes.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add onion; cook over medium heat, stirring occasionally, until onions are golden and tender, about 8 minutes. Add mushrooms; cook, stirring occasionally, until mushrooms are golden and tender, about 5 minutes. Add spinach, salt and pepper; cook, stirring, until spinach wilts, about 1 minute more.

Spoon bulgur into skillet; stir over low heat until well-combined. Yields about 3/4 cup per serving.