Bulger

www.bobsredmill.com

Servings: 4 servings

Ingredients:

- 1 cup bulger
- 2 cups cold water

Directions:

1. Add bulger and water to pan.
2. Bring to a boil, cover and simmer 12-15 minutes or until tender.
3. Drain off any excess water if needed (I have not had to do this. I usually turn off heat and let bulger sit covered for 10 minutes to absorb all water. Then I remove the lid and fluff with a fork.

Note: Bulger can be used in the place of brown rice, in salads, as a ground beef look in meals like vegan chili. It cooks fast and freezes well.