



Etch (Armenian Bulgur Dish)

ingredients

- 3 onions chopped
- 3/4 cup olive oil
- 1 - 28 oz. can ground tomatoes
- 4 tbsp lemon juice
- 2 cups fine bulgar wheat
- salt & pepper
- 1 large red onion, chopped, optional
- 1-1/2 cups scallions, chopped
- 1/2 cup parsley, chopped
- 1/2 cup green pepper, chopped

directions

- Saute onions in oil until tender
- Add tomatoes and simmer for 10 minutes
- Remove from heat
- Add lemon juice, bulgar, salt & pepper, and mix well
- Cover and let stand for 45 minutes
- Mix in the scallions, parsley, green pepper to the bulgar
- Add chopped red onion if desired
- Can serve warm or cold