



# Wild Rice & Bulgur Stuffing



Cooking Time: 1 Hour | Serves: 8

## INGREDIENTS

- 1 cup bulgur
- 2 cups water
- 1 ½ teaspoons olive oil
- 3 stalks celery, chopped
- 2 onions, chopped
- 2 cloves garlic, finely chopped
- 1 cup wild rice
- 3 cups water
- 2 BOU Chicken Bouillon Cubes
- ½ cup pecans
- ½ cup raisins
- ½ cup chopped fresh parsley
- Freshly ground pepper to taste

Recipe by  
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## DIRECTIONS

1. Place bulgur and water in a bowl. Let soak for 30 minutes. Preheat oven to 350°F.
2. Heat oil in a heavy saucepan over medium heat. Add celery, onions and garlic; sauté for about 5 minutes, or until softened.
3. Stir in wild rice. Add water and BOU, stir, and bring to a boil. Reduce heat to low, cover and simmer for 40 to 45 minutes, or until rice is tender and liquid has been absorbed.
4. Spread pecans on a baking sheet and bake for about 10 minutes, or until fragrant. Let cool and chop coarsely.
5. Stir the soaked bulgur, pecans, raisins, and parsley into the cooked wild rice. Season with salt and pepper to taste. Serve warm, and enjoy!

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