

# How to Cook Bulgur Wheat



## TIPS:

1. Bulgur wheat is nutty tasting, richly nutritious, and highly versatile. It is also and quick to cook (12 minutes for the bulgur wheat shown here) because the wheat grain has been cut into smaller pieces, which have then been pre-cooked and dried.

## 2. Bulgur Wheat vs. Brown Rice Nutrition:

The two biggest nutritional differences between bulgur wheat and brown rice are that bulgur wheat has twice the protein content and 5 times the fiber content of brown rice.

### Brown

Nutrition Facts/ Datos de Nutrición	
Serv. Size/Tamaño por Ración: 1/4 cup/taza (42g) (makes 3/4 cup prepared/ hace 3/4 taza cocida)	
Servings Per Container/Raciones por Envase: 11	
Amount Per Serving/Cantidad por Ración	
Calories/Calorías 150	
Calories from Fat/Calorías de Grasa 10	
% Daily Value*/% Valor Diario*	
Total Fat/Grasa Total 0g	2%
Saturated Fat/Grasa Saturada 0g	0%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 0mg	0%
Total Carb./Carbohidrato Total 32g	11%
Dietary Fiber/Fibra Dietética 1g	4%
Sugars/Azúcares 0g	
Protein/Proteínas 3g	

### Bulgur

Nutrition Facts	
Serving Size: 1/4 cup (47g)	
Servings Per Container: About 17	
Amount Per Serving	
Calories 170	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 6g	

**Cooking Time:** About 12 minutes (depends on bulgur wheat coarseness; check the time on the package)

### Needed

(to make 3 1/2 cups rice)

**1 Cup (8 ounces) Bulgur Wheat**

**2 Cups Water**

**1/2 Teaspoon Salt** (optional but does add some flavor)

**Measuring Cup**

**Medium (3-4 quart) Pot**

**Teaspoon**

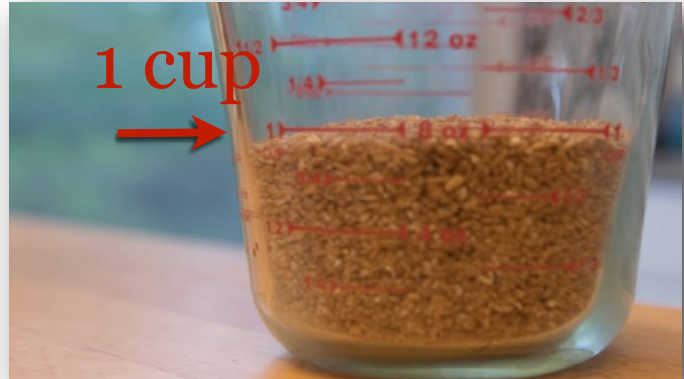
**Large Spoon**

**Timer**





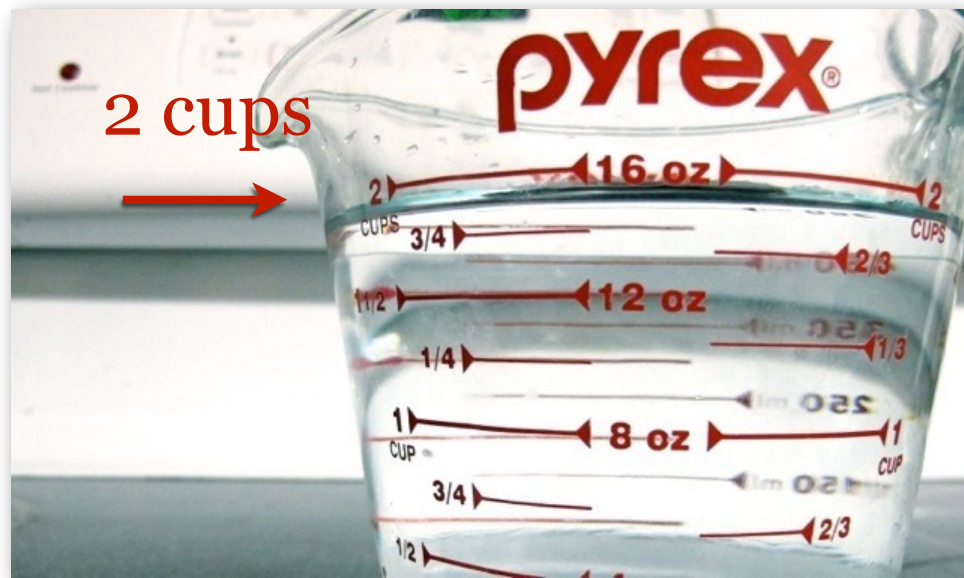
1. Measure 1 cup (8 ounces) bulgur wheat, and...



...pour the bulgur wheat into a medium sized pot on the stove.



2. Measure **2 cups (16 ounces)** of **cold water** (see the cooking directions on the bulgur wheat package you're using for the specific amount of water to use), and...



...add that water to the bulgur wheat in the pot.





3. Turn on the burner heat to HIGH, and add an optional **1/2 teaspoon salt**.



4. Cook until the water comes to a rapid boil. Then turn the burner heat down to LOW, and set a timer for 12 minutes (or the amount of time recommended on your bulgur wheat package cooking directions).



5. When the timer sounds, check the **cooked bulgur wheat** for doneness by tipping the pot and making sure that all the water has been absorbed as shown in the picture to the right below. If, however,...



...all the water is not absorbed, like it's not in the picture on the left below, keep cooking the **bulgur wheat** over low heat and checking for doneness at 5 minute intervals until all the water has been absorbed as shown above.



6. When the bulgur wheat is done, serve warm.



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