



Slow Cooker Bulgur Wheat with Vegetables

Serves 6

Ingredients:

- 350g bulgur wheat
- 1 onion, chopped
- 130g mushrooms, sliced
- 1 red bell pepper, seeded and diced
- 1l vegetable stock
- 2tbsp olive oil
- 2tsp dried thyme
- 2tsp soy sauce
- salt and freshly ground black pepper
- 20g coriander, chopped

Method:

1. Place all the ingredients, except the coriander, in the slow cooker
2. Cook on low for 3-3 ½ hours
3. Just before serving stir in the coriander

