

## Savory Bulgur

### Ingredients

- 2 cups bulghur
- 1 small burdock minced
- 2 onions diced
- 2 ribs celery diced
- 1/2 level teaspoon salt
- 1-2 teaspoon toasted sesame oil
- 3 3/4 cup boiling water
- 1/2 cup toasted sunflower seeds
- Soy sauce to taste

### Preparation

1. Warm the oil in the skillet.
2. Add minced burdock and sauté until golden.
3. Add onion and sauté. Add salt and sauté until onions are transparent.
4. Add celery and sauté until color changes to brighter green and celery is slightly tender.
5. Add bulghur and sauté with the vegetable ingredients until well mixed and lightly toasted.
6. Add 3 3/4 cups boiling water. Season to taste with soy sauce. Simmer for 5 minutes covered.
7. Shut off flame and let rest for 15 to 20 minutes.
8. Just before serving mix in toasted sunflower seeds.