

## Tabbouleh



### Makes:

12 servings, approximately 6 ounces (170g) each

### Utensil:

Saladmaster Food Processor  
small mixing bowl  
large mixing bowl

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### Recipe:

### Contributed By:

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Authorized Saladmaster® Dealer

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Tabbouleh

1 cup  
bulgur (cracked wheat)  
(140 g)  
1 cup  
fresh tomato juice (1 large tomato)  
(240 mL)  
4 cups  
fresh parsley  
(240 g)  
½ green bell pepper  
½ jalapeno pepper  
2 cucumbers, seeded and processed, use Cone #3  
4 scallions, chopped  
4 medium tomatoes, diced  
½ cup  
fresh mint, finely chopped  
(40 g)

### Dressing

¼ - ½  
cup olive oil (60 - 120 mL) 1 ½  
teaspoons salt (9 g) ½  
cup lime juice (120 mL) 1  
clove garlic, crushed 1  
teaspoon black pepper (2 g) ½  
teaspoon sugar (2 g)

### Directions:

1. Soak bulgur in tomato juice for 2 hours in a large bowl. Add remaining ingredients and mix to combine.

2. In a small bowl, mix together dressing ingredients. Pour over salad and mix to combine.
3. Serve with warm pita bread, if desired.

Nutritional Information per

▼ Serving

**Calories:** 113

**Total Fat:** 5g

**Saturated Fat:** 1g

**Cholesterol:** 0mg

**Sodium:** 311mg

**Total** 16g

**Carbs:**

**Dietary Fiber:** 4g

**Sugar:** 3g

**Protein:** 3g

Analysis calculated using ¼ cup olive oil