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|  | **Ingredients** | **Step** |
| Tabouli Bulgur Wheat Salad | 1 pound  lean **ground meat** (15% fat) (turkey, chicken or beef)  1 cup  diced **onion**  1⁄2 cup  sliced **celery**  1 cup  sliced or diced **carrots**  1 1⁄2 cups  sliced or chopped **cabbage**  1 can  (15 ounces) **kidney beans** drained and rinsed  2 cans  (15 ounces each) **tomato pieces** with liquid  1 can  (15 ounces) **tomato sauce**  1 can  (15 ouncse) cut **green beans**, drained and rinsed  1 cup  whole kernel **corn** (canned and drained, frozen, or fresh cooked)  2 cups  **water**  3 teaspoons  or 3 cubes low sodium **beef, chicken or vegetable bouillon**  1 teaspoon  **garlic powder** or 4 cloves, crushed  1 teaspoon  **dried parsley**  1⁄2 teaspoon  **dried oregano leaf**  1⁄2 teaspoon  **dried sweet basil leaf**  1⁄4 teaspoon  **pepper**  1⁄2 cup | 1. Combine almond milk and rice in a 2-3 quart saucepan, and bring to a boil. 2. Reduce heat and simmer for 1/2 hour with the lid on until the rice is soft. 3. Add sugar, vanilla, almond extract and cinnamon. Stir and serve warm. 4. Refrigerate leftovers within 2 hours. |