

## Bulgur con Pollo

Serves 4-6

- 2 Cups Bulgur Wheat
- 5 Cups Boiling Water
- 1 Tablespoon Vegetable Oil
- 1 # Bone out Chicken Thigh, cut into bitesize pieces
- ½ Onion, diced
- 1 Cup Green Bell Pepper, diced
- 1 Red Bell Pepper, diced
- ¼ Cup Fresh Cilantro
- 1 Clove Garlic, minced
- 1 Teaspoon Oregano, dried
- 1 Teaspoon Black Pepper
- 1 Teaspoon Salt

Boil water. Add bulgur, oil and salt. Cover and allow to cook for about 25 minutes or until cooked. Sauté onion and peppers in oil. When vegetables start to become tender, add garlic, spices and herbs. Add meat and cook until done. Combine meat with cooked bulgur and stir well. Serve hot.