

## Bulgur Wheat Sloppy Joes

Cook 1 cup bulgur wheat in 2 cups water.

Saute 1 chopped onion, ½ cup chopped celery in 2 T. canola oil. Add 1 cup and ½ cup ground nuts of choice. Saute together until warm. Add small can of tomato paste and season to taste or you may want to use your favorite BBQ sauce mix with catsup for more flavor. Amount of sauce varies, you can always add more so start with ½ cup catsup to ¼ cup BBQ sauce.

Add this mixture to the cooked bulgur. Serve warm. The longer you keep it warm the more liquid will be absorbed and bulgur will continue to swell.

Kids love this Sloppy Joe recipe served on whole wheat buns.