

Mid-winter – Spanish Guise



Fry the bacon (chunks, pieces better than sliced) roughly
400g – can do more

Fry some aromatic veges: garlic, onions, celery

Fry other veges: we did mushrooms, leeks, cabbage – we
used olive oil for all frying

Add ½ jar of red peppers, 1 jar pitted olives + equivalent
juice from olive jar, 1 tin whole tomatoes, 1 tin butter beans

Add chicken stock (roughly two heaped teaspoons)

4 good handfuls of bulgur wheat

Liquid to cover roughly

Best done in a Crock Pot or Slow Cooker



Courtesy of the Ockwell Household