

# MEDITERRANEAN WHEAT PILAF WITH TOMATOES AND ONIONS

You will need a good covered saucepan, saucier, or 3 - 6 quart Dutch oven/stock pot for this recipe.

## INGREDIENTS:

3 medium onions, slivered  
1/4 cup olive or vegetable oil  
1 15-ounce can petite diced tomatoes (no seasonings), drained  
1 15-ounce can tomato sauce (no seasonings)  
2 cups coarse (#4) cracked wheat or whole, skinless wheat  
Salt to taste  
1 15-ounce can garbanzo beans (chickpeas) drained and rinsed  
2 - 4 cups water (start out with less and add more as necessary)

## DIRECTIONS:

1. Sauté onions in oil until translucent.
2. Add diced tomatoes, tomato sauce, wheat, salt and water.
3. Boil on high heat for 10 minutes, stirring frequently.
4. Reduce heat, cover and simmer until done - probably about 45 minutes - shorter if you used the #4 cracked wheat, longer if you use the whole wheat. Add extra water as necessary. Stir every once in a while. Finished product should be rather thick and pasty, not runny at all.
5. Add the garbanzo beans near the end of the cooking.
6. Season (salt) to taste.

## TIPS:

I like the whole skinless wheat better - you may have to add more water and increase the cooking time until the wheat is just a little past al dente.

You don't have to use the olive oil- there is enough moisture in the onions and there is no need for the oil.

It is best to make this in a 3-qt. non-stick saucier pan with a glass lid - available at Bed, Bath and Beyond for \$10. Or, you can use a 6-qt. Dutch oven/stock pot - non-stick, preferably.

I usually put another can (2 total) of garbanzo beans in.

This makes quite a bit, so you might want to cut the recipe in half even though it's somewhat difficult to halve the tomatoes.

For a spicier dish, substitute Ro-Tel tomatoes for the plain diced tomatoes.

**Revision: 20200928**