

Chicken with Bulgur and Peppers

4 small chicken breasts or chicken breast halves, about 5 oz. each
cumin
paprika
1 Tbsp. olive oil
1 small onion, diced
1 small red bell pepper, diced
1 small green bell pepper, diced
3 cloves garlic, minced
2 Tbsp. tomato paste
1 cup medium grain bulgur
2 cups beef broth
1 bay leaf
2 green onions, sliced

Season the chicken to taste with salt, pepper, cumin, and paprika.

Heat a large sauté pan with lid over medium heat and add the oil. Once hot, add the chicken and sear for 1-2 minutes per side. Remove the chicken from the pan.

To the pan, add the onion and peppers and cook until tender, with just a little bit of bite. Stir in the garlic and tomato paste and cook for 1 minute. Add the bulgur and stir around to toast, before adding the beef broth and bay leaf.

Bring a mixture to a low boil, and nestle the chicken back in. Cover the pan with a lid and reduce the heat to low. Cook about 12-13 minutes, then turn off the heat, and let sit for 5 minutes.

Top with green onions before serving.