THE STIRRING LIFE

Suzanne's Tomato Kibbeh

Bright, herby, and completely meat-free

Serves 4–6 · Prep 25 min · No cooking required

INGREDIENTS

- 1½ cups #1 fine cracked wheat (bulgur)
- ½ cup + 1 tbsp tomato paste
- 2 tbsp extra virgin olive oil
- 1 cup scallions, finely chopped
- 1 cup white onion, finely chopped
- 1 cup tomatoes, finely diced and well drained
- ½–¾ cup fresh parsley
- Zest of 1 lime + juice of 2 limes
- 2 tsp cumin
- 1 tsp allspice
- Pinch of cayenne
- Salt, to taste

FOR SERVING

- Extra virgin olive oil, for drizzling
- White onion, thinly sliced
- Jalapeño, sliced
- Fresh parsley and mint

INSTRUCTIONS

1. Slowly add hot water to the cracked wheat, a little at a time, until it's absorbed and the wheat is tender. Don't over-water it.
2. Add everything else — tomato paste, olive oil, scallions, onion, tomatoes, parsley, lime zest and juice, cumin, allspice, cayenne, and salt — and mix well. You're looking for that soft, luscious, spreadable texture of meat kibbeh. Add a little more tomato paste if needed.
3. Spread onto a plate, drizzle with EVOO, and top with white onion, jalapeño, fresh parsley, and mint.

No lime? Lemon works perfectly too.