



**St. Charles Hospital**  
Catholic Health Services  
At the heart of health

## **GREENWHEAT FREEKEH TACO FILLING**

### Ingredients:

- ½ lb- Greenwheat Freekeh
- 2 cups- Salted Boiling Water (or veggie stock)
- 1 TBSP- Olive Oli, pure
- ½ cup- Onion, diced
- ½ cup-Green and Red Pepper, diced
- 1 TBSP- Garlic, fresh, chopped
- ½ tsp- Cumin
- ½ tsp- dark Chili Powder
- 8oz- Diced Tomatoes, canned

### Method:

- Add Freekeh to boiling water (or stock) and simmer 20 minutes.
- Meanwhile, on a medium high flame, lightly brown garlic in olive oil, then add onions.
- Cook until translucent (approx. 2-3 minutes), then add peppers, cumin and chili powder.
- Continue cooking until aromatic and peppers are tender (2-3 minutes).
- Add diced tomatoes and cooked freekeh.
- Continue cooking until most of the liquid has evaporated (1-2 minutes).
- Taste and adjust seasoning, if needed.
- Serve with your favorite toppings.

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