

Sweet and Savory Swiss Chard Wraps

Makes: 6 or 50 Servings

6 Servings

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Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		1 tsp		1 Tbsp
Onions, fresh chopped	1 ounce		12 ounces	
Green bell pepper, chopped	1/2 ounce		6 ounces	
Chili powder		1/3 tsp		1 Tbsp + 1 tsp
Cumin, lightly toasted		1/3 tsp		1 Tbsp + 1 tsp
Garlic powder		1/6 tsp		2 tsp
Red hot sauce		1/3 tsp		1 Tbsp
Brown sugar packed		1/2 tsp		6 Tbsp
Canned tomatoes, crushed	1 oz		1 lb 13 oz	
Canned kidney beans	1.3 oz		3 pounds	
Bulgur no.3	2 oz		12 oz	
Water		1/2 oz		2 cups
Plain low fat yogurt		2 1/2 oz		2 cups
Fresh oregano		1/2 tsp		2 Tbsp
Swiss Chard		12 leaves		4 bunches



Directions

1. Heat oil in heavy stock pot.
2. Add chopped onions and green peppers, saute 4-5 minutes, until vegetables are tender.
3. Add chili powder, cumin, garlic powder, onion powder, salt, and red hot sauce to the sauteed vegetables.
4. Add brown sugar and tomatoes and simmer for 15 minutes uncovered.
5. Add kidney beans, bulgur wheat and water and simmer 15 minutes longer.
6. Add yogurt and blend well.
7. Clean and devein Swiss chard leaves. Steam them for 2

minutes, cool down in ice water bath.

8. Lay out Swiss chard leaf over lapping both sides of leaf without the vein.

9. Fill leaf with 4 oz of chili in the lower third of leaf.

10. Add fresh chopped oregano.

11. Roll from bottom upwards. Fold over sides and continue to roll until wrap is completely enclosed.