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Middle Eastern Burgers

Prep Time: 10 mins

Cook Time: 16 mins

Rest Time: 30 mins

Total Time: 56 mins

Ingredients

- 1/3 cup(s) bulgur
- 1/2 cup(s) water, warm
- 2 tablespoon water, warm
- 1 teaspoon oil, canola
- 1/2 cup(s) onion(s), chopped
- 2 clove(s) garlic, minced
- 1/3 cup(s) plums, pitted, dried, finely chopped
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon coriander, ground
- 1/4 teaspoon allspice, ground
- 12 ounce(s) beef, lean ground
- 1 large egg(s), lightly beaten
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon pepper, black ground
- 4 small pita, whole-wheat



Preparation

1. Preheat grill.
2. Combine bulgur with 1/2 cup warm water in a small bowl; let soak until the bulgur is tender and most of the water has been absorbed, 20 to 30 minutes. Drain any excess liquid.
3. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion; cook, stirring often, until the onion softens, about 4 minutes. Add garlic and prunes; cook, stirring often, until fragrant, about 2 minutes. Don't let the garlic burn.
4. Stir in cumin, coriander and allspice; cook, stirring constantly, for 1 minute. Add remaining 2 tablespoons water; cook until it is absorbed, about 1 minute. Remove from the heat.
5. Combine beef, egg, salt, pepper, the onion-prune mixture and the bulgur in a mixing bowl; mix thoroughly. Shape into four 3/4-inch-thick patties.
6. Lightly oil the grill rack (hold a piece of oil-soaked paper towel with tongs and rub it over the grate). Grill the burgers over medium heat, turning once, until browned and cooked through, about 4 minutes per side. Warm pitas on the grill, if desired. Serve the burgers with the pitas.