



## Bulgur Kashotto with White Beans, Bell Pepper, Zucchini, and Spinach - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Canned Tomatoes</b> (260 g)	1	Can	260 g
<input type="checkbox"/>	<b>Canned White Beans</b> (200 g)	1	Can	200 g
<input type="checkbox"/>	<b>Vegetable Broth</b> (1 ml)	250	Gram	1 ml
<input type="checkbox"/>	<b>Red Bell Pepper</b> (200 g)	1	Piece	200 g
<input type="checkbox"/>	<b>Zucchini</b> (600 g)	0.33	Piece	600 g
<input type="checkbox"/>	<b>Bulgur</b> (1 g)	100	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> (170 g)	0.5	Piece	170 g
<input type="checkbox"/>	<b>Fresh Spinach 2</b> (1 g)	2	Handfull	1 g
<input type="checkbox"/>	<b>Butter</b> (20 g)	1	Tablespoon	20 g
<input type="checkbox"/>	<b>Garlic</b> (5 g)	2	Tooth	5 g
<input type="checkbox"/>	<b>Olive Oil</b> (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	<b>Ground Sweet Paprika</b> (3 g)	2	Teaspoon	3 g
<input type="checkbox"/>	<b>Cumin 2</b> (0.08 g)	0.5	Teaspoon	0.08 g
<input type="checkbox"/>	<b>Turmeric</b> (2 g)	0.5	Teaspoon	2 g