



HARRAN NATURAL®

Plant-Based Bulgur Wheat Pilafs
A 21st Century Gift from Ancient
Mesopotamia

Introducing Harran All-Natural Bulgur Pilaf to the American Market for the First Time

Plant-Based Protein – All-Natural Bulgur Pilaf

Our innovative plant-based solutions are a direct response to market trends and deliver great tasting, highly functional, and nutritious products

Trendy – Innovative – PLANT-BASED NUTRITION

Plant-based and vegan, bulgur wheat is the legendary cuisine of ancient Mesopotamia

- Fully sustainable, eco-friendly, all-natural 100% whole grain, nutritious & 100% healthy
- Fully traceable ancient harvesting and processing
- A delectable alternative to rice, quinoa, couscous, orzo or barley



Delicious and nutritious, our all natural plant-based proteins are low in calories and high in taste.

Heat and eat - cooks in 60 seconds!

FEATURES AND BENEFITS:


- ✓ *Whole Grain*
- ✓ *Heart Healthy*
- ✓ *High in Fiber*
- ✓ *Vegan*
- ✓ *Non-GMO*
- ✓ *No Additives, Sugar or Preservatives Added*
- ✓ *Halal Certified*
- ✓ *Sustainably Sourced*
- ✓ *Women-Owned Company*



- Six wholesome, versatile, nutritious and flavorful selections – the perfect complement to any meal or a full culinary experience, unto itself.
- Packaged for the North American palate in convenient heat-and-eat pouches.

BULGUR IS

- A parboiled wheat product – typically cracked in its final processing.
- A source of nutrition and energy consumed extensively by early settlers and nomadic tribes in ancient times.
- Equally suitable for our modern fast-paced lifestyle.
- A staple of the Mediterranean and Near East Cuisine
- A great source of dietary fiber, plant protein, vitamins and minerals.
- Used as an ingredient in many dishes, including pilafs, soups, salads, hors-d'oeuvres.
- The ultimate vegan superfood!

HARRAN Natural  is the only company that keeps Bulgur in its whole form in some of its BULGUR PILAFS, adding to the wholesome quality of the product.

5/25/2022



OUR HISTORY

An early Mesopotamian city founded 12,000 years ago, the fertile region of southeastern Turkey is still known today as the Harran Plains.

Situated along one of the earliest trade routes, Harran introduced the region's first domesticated grains including einkorn wheat. Today, HARRAN Natural  sources its "heritage wheat" products from this region, linking them to their rich cultural and agrarian background.

Archeological digs unearthed such tools as grinding stones, mortars and pestles, evidence that early settlers used these tools to process ancient wheat for daily consumption.

In ancient times, bulgur preparation was a communal event involving women. Whole kernels were parboiled in large cauldrons over a wood fire, dried in the sun and stone-ground with mortar and pestle, and later in watermills. Locally grown durum wheat was also used. This activity can still be witnessed in modern Turkish villages during wheat harvest season.

Today, commercial bulgur is processed in modern FDA-compliant factories. It is parboiled in industrial containers, dried with controlled methods and milled with a vertical emery stone or disc mill.

Einkorn Chickpea with Jalapeño Pepper

Cracked Bulgur Pilaf

INGREDIENTS

Water, whole grain bulgur wheat, chickpeas, *red jalapeno peppers,* green jalapeno peppers, olive oil, roasted onions, roasted garlic, pepper paste, ground cumin, ground black pepper, sea salt. Contains wheat.

Item Code ECJP16



Einkorn Sundried Tomato With Rosemary

Cracked Bulgur Pilaf

INGREDIENTS

Water, whole grain bulgur wheat, sun dried tomatoes, olive oil, roasted garlic, dried thyme, dried rosemary, ground white pepper, ground black pepper, sea salt. Contains wheat.

Item Code ESDR16



Lentil Turmeric Red Basil

Cracked Bulgur Pilaf

INGREDIENTS

Water, whole grain bulgur wheat, green lentils, olive oil, roasted onions, red basil flakes, dried mint, curry powder, ground cumin, ground turmeric, ground white pepper, salt. Contains wheat.

Item Code APMG16



Freekeh Chickpea Mushroom

Whole Bulgar Pilaf

INGREDIENTS

Water, whole grain freekeh, chickpeas,* mushrooms, olive oil, roasted onions, roasted garlic, red basil flakes, ground white pepper, ground black pepper, sea salt. Contains wheat.

Item Code FMCR16



Pea Mint Garlic

Whole Bulgar Pilaf

INGREDIENTS

Vegetable broth (water, carrots, green peppers, zucchini), wholegrain bulgur wheat,* green peppers,* red peppers,* carrots,* peas,* zucchini, olive oil, roasted onions, red pepper paste, dried mint, red pepper flakes, ground red pepper, ground black pepper, sea salt. Contains wheat.

Item Code ALTR16



Eggplant Thyme Blackcurrant

Whole Bulgur Pilaf

INGREDIENTS

Water, whole grain bulgur wheat,* eggplant,* green peppers, olive oil, roasted onions, dried blackcurrants, dried thyme, ground cinnamon, ground black pepper, sea salt. Contains wheat.

Item Code AETB16



HARRAN NATURAL TAKES BULGUR TO A WHOLE NEW LEVEL!

Bulgur is known throughout the U.S. as the main ingredient in the Mediterranean salad Tabbouleh.

Harran's Bulgur Pilafs can be served as side dishes or as full meals in convenient heat and eat pouches.

The product line includes the ancient grain einkorn and ancient freekeh, complimented by a delightful combination of luscious, fresh ingredients.


3/25/2022



EINKORN – THE ANCIENT GRAIN

Einkorn is the earliest wheat known to man and one of the first cultivated food crops. According to archeological evidence, the first domestication of wild einkorn was recorded around 7000 BC. Modern einkorn is almost identical to its original form and is becoming a desirable product in the European and U.S. health food marketplace.

High in fiber and protein but low in gluten, einkorn is praised for its delicate flavor, high nutritious qualities and easy digestibility.

HARRAN  EINKORN WHEAT is sustainably sourced from its original location.

3/25/2022


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FREEKEH – THE ANCIENT GRAIN


A smoked, green, unripe wheat product with a meaty flavor and a gourmet, freekeh is a specialty dish from the Southeastern region of Turkey.

A highly nutritious whole grain, freekeh is a wonderful source of fiber, vitamins, minerals and plant protein.

The ancient artisanal production of freekeh also originates from the Mesopotamian region of Turkey.

HARRAN  FREEKEH is sustainably sourced from its original location.

3/25/2022



Harran's commercial bulgur comes from the hard, whole durum wheat. Once cracked, partially cooked and processed into Harran's lineup of delicacies, bulgur provides a great source of dietary fiber, protein, iron, and vitamin B.

COOKING DIRECTIONS

- **MICROWAVE:** Place pouch upright and heat for 60 seconds.
- **STOVETOP:** Empty entire content into a pot. Stir well and cook uncovered on low heat for 3-5 minutes.
- **CAUTION:** Handle with care! Steam from pouch will be hot!



WHO ARE WE?

HARRAN Natural 🇹🇷 is a woman-owned business headquartered in Istanbul (hometown) Turkey. With a focus on Turkish culinary culture from pre-history through today, we are proud to share our country's cultural food heritage and gastronomic science with the world. Our full line of six Mesopotamian-inspired delicacies, all crafted from healthy, sustainable artisanal ingredients, are produced with both the U.S. and global markets firmly in mind.