

Barley Pilaf

Makes: 8 servings

Ingredients

1 tablespoon vegetable oil
1 cup onion (chopped)
1/2 cup celery (chopped)
1/2 cup green or red bell pepper (chopped, optional)
1 cup mushrooms (fresh sliced, or 1- 4 ounce can mushrooms, drained)
1 cup pearl barley (uncooked)
1 teaspoon vegetable bouillon (or beef or chicken, low sodium)

Directions

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

Notes

- This can be used as a side dish.
- Stuffing for pork chops or chicken.
- Or add 2 cups of any chopped cooked meat during the last fifteen minutes of cooking and serve as a main dish meal.
- If using quick-cooking barley the recipe can be prepared in 15 minutes or less. Reduce water to 2 cups and cook for 10 to 15 minutes.

Total: \$2.00

Per Serving: \$0.25

Source: Montana State University Extension Service, Montana Extension Nutrition Education Program Website Recipe



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Nutrition Facts	
8 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	100
<small>% Daily Values*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.