

Barley Pilaf

Makes: 8 servings

Short on time? Using quick-cooking barley will cut this recipe time

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.

Nutrition Information

Nutrients	Amount
Calories	N/A
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	0 mg
Sodium	N/A
Total Carbohydrate	22 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

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.

Learn more about:

- [Mushrooms](#)
- [Celery](#)
- [Onions](#)
- [Bell Peppers](#)

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