

Barley Casserole

From SOAR—the Searchable Online Archive of Recipes, University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>)

Yield: 8 servings

Ingredients:

4 tablespoons butter
2 medium onions, chopped
8 ounces sliced fresh mushrooms
1½ cups pearly barley
3 cups chicken or beef broth, divided
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
1/3 cup chopped parsley (optional)

Procedure:

Melt butter over medium heat on the stove top in an oven-proof pan such as a Dutch oven. Saute onions two minutes, add mushrooms and cook five to seven minutes more. Add barley. Cook until lightly browned, and add 2 cups of broth, salt and pepper. Bring to a boil.

about 220
calories and
7 grams of fat
per serving

Cover and bake 45 minutes in oven at 350 F. Remove pan and add remaining 1 cup of broth. Return covered pan to the oven and bake 30 minutes more. Serve immediately. Garnish with chopped parsley, if desired.

A serving of Barley Casserole (one-eighth of the recipe) also contains 7 grams of fiber, and it provides about 10 percent of the daily recommendation for iron and 11 percent of the daily recommendation for vitamin C.

NDSU Agriculture Communication



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