

BARLEY PILAF

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<http://www.montana.edu/nep/recipes.htm>

Ingredients

- 1 Tbsp. vegetable oil
- 1 cup chopped onion
- ½ cup chopped celery
- ½ cup chopped green or red bell pepper (optional)*
- 1 cup sliced fresh mushrooms or 1- 4 ounce can mushrooms, drained
- 1 cup uncooked pearl barley
- 2 ½ water
- 1 cube or teaspoon vegetable, beef or chicken bouillon (may use low sodium bouillon)

Instructions

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.

Makes eight servings (1/2 cup per serving)

Tips

- This can be used as a side dish.
- It can also be used as a 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.

Cost

Per Recipe: \$ 1.93

Per Serving: \$ 0.24

Nutritional information per serving (8 servings)

Calories: 120

Calories from fat: 20

Total fat: 2g

Saturated fat: 0

Trans fat: 0g

Cholesterol: 0 mg

Sodium: 15mg

Total carbohydrate: 23g

Percent Daily Values are based on a 2,000 calorie diet.

Dietary fiber: 5g

Sugars: 2g

Protein: 3g

Vitamin A: 2%

Vitamin C: 15%

Calcium: 2%

Iron: 4%



Wellness Center