



Barley and Vegetable Medley

Recipe adapted from "Food for Fifty, 14th Edition."

Hearty, delicious and creamy grain bowl with fresh vegetables.

Prep time: 25 minutes

Cook time: 40 minutes

Yield: 50 servings

Portion size: 4 oz.




Ingredients:

- 3 oz. olive oil
- 1 lb. 8 oz. onions, sliced into thin half-rings
- 1 tbsp. garlic, minced
- 1 lb. barley
- 1 oz. low-sodium vegetable base
- 1 1/4 qt. water
- 1 lb. 6 oz. carrots, peeled, sliced
- 10 oz. cauliflower, small florets
- 8 oz. broccoli, small florets
- 1 tbsp. basil, dried
- 1 tbsp. thyme, dried
- 2 tsp. salt
- 1/2 tsp. black pepper
- 2 lbs. diced tomatoes, fresh
- 1 lb. zucchini, squash, sliced
- 10 oz. green bell peppers, diced
- 1 lb. 8 oz. peas, frozen

Directions:

1. Heat oil to 350°F in a large pot or tilting frying pan.
2. Sauté onions, garlic, and barley in hot oil until onions and barley are golden brown, about 5 minutes.
3. Mix vegetable base with part of the water. Add water and vegetable base to vegetable-barley mixture. Heat to boiling and reduce to simmer until barley is almost tender, about 30 minutes. Stir occasionally.
4. Add carrots, cauliflower, broccoli, herbs and spices to barley mixture. Cover and simmer for 12-15 minutes.
5. Add tomatoes, squash, peppers, and peas to barley mixture. Cook for 5-10 minutes until vegetables are tender.

Nutrition Information per serving:

-  Fulfills one serving of vegetables
-  Good source of fiber
-  Good for blood sugar control

Calories	Carbohydrates	Protein	Fat	Sodium	Fiber
80 kcal	13 g	2.6 g	2 g	153 mg	3.4 g

*Estimated nutritional value