

Barley Pilaf

- 1 Tbsp. vegetable oil
- 1 cup onion (chopped)
- ½ cup celery (chopped)
- ½ cup red or green bell pepper (chopped)
- 1 cup mushrooms (sliced)
- 2 cups water or chicken broth
- 1 tsp. low-sodium vegetable bouillon
- 1 cup pearl quick-cooking barley

PREPARATIONS

1. Heat medium-sized pan over medium heat. Add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper, 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: 8 servings

Nutritional Information (per serving)

Total Calories	119
Total Fat	2 g
Protein	2 g
Carbohydrates	24 g
Dietary Fiber	3 g
Saturated Fat	0 g
Sodium	11 mg
Total Sugars	1 g

Source: USDA