

Utah

Barley Pilaf

Featured Food: Barley

Makes: 8 servings

Ingredients

- 1 tablespoon olive oil
- 1 cup onion, chopped
- ½ cup celery, chopped
- ½ cup green or red bell pepper, chopped
- 1 cup mushrooms, sliced?(or 4 ounce can mushrooms, drained)
- 1 cup pearl barley, uncooked
- 2 ½ cups vegetable, beef, or chicken broth



Directions

1. Place a medium pan over medium heat; add olive oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper, mushrooms, and pearl barley. Stir well.
3. Add broth. Bring to a boil, lower heat and cover pan.
4. Cook for 50-60 minutes or until barley is tender and liquid is absorbed.

Recipe from: Montana State University Extension Service, adapted by the USDA Food and Nutrition Administration.

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