



A Nutrition Resource



BARLEY PILAF

Yield: 8 Servings | Serving Size: 1/2 cup

Cost/serving: \$0.53

Ingredients:

- 1 Tablespoon vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 Tablespoon Italian seasoning (optional)
- 1/2 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 1/2 cups water
- 1 cube or teaspoon vegetable, beef, pr chicken bouillon (may use low-sodium bouillon)

Directions:

- 1) Place a medium pan over medium heat; add vegetable oil, onion, celery, and Italian seasoning (if using). 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.

Nutrition Facts

8 servings per container
Serving size 0.5 cup (137g)

Amount per serving
Calories 110

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 22g 8%

Dietary Fiber 4g 14%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 19mg 2%

Iron 1mg 6%

Potassium 158mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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