

Barley Mushroom Casserole (10 servings)

FLT (per serving): 1 grain, unlimited category 1 vegetables

Per ½ cup serving: 130 calories, 6 g fat, 3 g protein, 18 g carbohydrate, 4 g fiber

3 tablespoons olive oil
1 small, chopped onion
2 cups brown or white mushrooms, sliced
1 cup pearl barley, rinsed and drained
3 cups chicken or vegetable broth, or water
½ tsp salt

1. Heat oil over medium-high heat in a large sauce pan with a well fitting lid.
2. Add onion and sauté until softened.
3. Add mushrooms and barley and sauté five minutes more.
4. Mix in broth or water, and salt.
5. Bring to a boil, cover and reduce to low heat.
6. Simmer about 60 to 70 minutes until all liquid has been absorbed, and barley is tender.
7. Season to taste with additional salt as needed and black pepper to taste.