

Starters, Sides, and Complements

Barley Casserole

**Vegetarian*

Barley is not only on earth for making beer! This grain works wonders in soups and as a hearty side dish. This recipe also works well as a base. Jazz it up in a variety of ways that you find tasteful.

You'll Need

- 1 cup barley
- 3 tablespoons butter
- 21 ounces vegetarian chicken or beef broth
- 8 ounces water
- ½ cup sliced, mushrooms
- 1 medium onion, sliced
- Salt and pepper

Directions

- Preheat the oven to 350 F.
- On stovetop, sauté the barley in 2 tablespoons in butter until lightly brown. Then add broth and water and bring to a boil.
- Then place in a casserole dish. Cover and bake for 40 to 45 minutes or until the liquid is absorbed.
- While casserole is baking sauté the onions and mushrooms in a tablespoon of butter.
- When barley is finished mix in onions and mushrooms season with salt and pepper, serve.



Play with Your Food

- Switch up the mushrooms with carrots or other veggie of choice
- Or simply add additional veggies
- Prepare with sweet onions

Medwell Kitchen Tested