



A Nutrition Resource



# BARLEY PILAF

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

**Cost/serving: \$0.39**

**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\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 2g           | <b>3%</b>  |
| Saturated Fat 0g              | <b>0%</b>  |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 0mg        | <b>0%</b>  |
| <b>Sodium</b> 120mg           | <b>5%</b>  |
| <b>Total Carbohydrate</b> 22g | <b>8%</b>  |
| Dietary Fiber 4g              | <b>14%</b> |
| Total Sugars 1g               |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 3g             |            |
| Vitamin D 0mcg                | <b>0%</b>  |
| Calcium 19mg                  | <b>2%</b>  |
| Iron 1mg                      | <b>6%</b>  |
| Potassium 158mg               | <b>4%</b>  |

\*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.

