

Barley Bits

Hot and hardy soups and stews

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Barley Posole

Soup with south-of-the-border flair.

- 2 teaspoons olive oil
- 1 cup chopped onion
- 4 fresh Anaheim chilies, seeded, deveined and chopped
- 4 fresh Jalapeno chilies, seeded, deveined and chopped
- 8 cups chicken broth, divided
- 1 cup pearl barley
- 1 can (29 ounces) hominy, drained
- 2 cans (7 ounces each) salsa verde
- 1/2 teaspoon ground cumin
- Shredded Cheddar cheese, for garnish

In large pot with lid, heat oil over medium heat. Sauté onion and chilies for 5 minutes, stirring occasionally. Add 4 cups broth and all of barley. Bring to a boil. Reduce heat, cover and simmer for 30 minutes. Stir in remaining broth, hominy, salsa and cumin. Cook for 20 minutes longer. Ladle soup into bowls and top with cheese, if desired.

Makes 12 servings.

Per serving: calories 146, protein 4g, carbohydrates 23g, fiber 4g, fat 4g, cholesterol 3mg, sodium 894mg.

Barley Kielbasa Stew

Tame the hungries with this robust stew.

- 1 tablespoon olive oil
- 1/2 pound small white mushrooms, cut in half, divided
- 1 medium onion, chopped
- 3 cloves garlic, finely chopped
- 2 teaspoons dried leaf oregano, crushed
- 6 cups fat-free chicken broth
- 1 cup pearl barley
- 2 bay leaves
- 3 medium carrots, peeled and sliced 1/2 -inch thick
- 1/2 cup Pinot Noir wine or chicken broth
- 1 pound fat-reduced Kielbasa sausage, cut into 1/2-inch thick slices

In large pot with lid, heat oil over medium-high heat. Add half of mushrooms (about 1/4 pound), onion and garlic. Sauté for 3 to 4 minutes, stirring occasionally. Add oregano and basil; sauté 2 more minutes. Stir in chicken broth, barley and bay leaves. Bring to a boil. Reduce heat,

cover and cook 25 minutes. Mix in carrots, wine or broth and remaining 1/4 pound mushrooms. Bring to a boil. Reduce heat and simmer for 20 minutes. Add sausage and cook for an additional 5 minutes. Remove bay leaves. Ladle into bowls and serve. **Makes 8 servings.**

Per serving: calories 249, protein 17g, carbohydrates 28g, fiber 6g, fat 7g, cholesterol 37mg, sodium 642mg.

Barley Cheddar Chowder

Warm up with a steaming cup of chowder.

- 2 teaspoons olive oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 8 cups chicken broth, divided
- 3/4 cup pearl barley
- 2 packages (11 ounces each) soft tofu, drained and cubed
- 1 pound Cheddar cheese, shredded
- 2 teaspoons Worcestershire sauce
- 1 teaspoon ground white pepper
- 1/2 teaspoon ground cayenne pepper

In large pot with lid, heat oil over medium heat. Add onion, celery and carrots. Sauté for 6 to 8 minutes, stirring occasionally. Add 5 cups broth and barley. Bring to a boil. Reduce heat, cover and simmer 45 minutes. Cool. In blender jar, blend cooked barley, vegetables and liquid in batches until partially smooth. (Barley should retain some texture.) Return blended barley mixture to soup pot. Puree tofu and remaining 3 cups broth in blender; add to barley. Stir in cheese, Worcestershire sauce, white pepper and cayenne pepper. Warm soup over low heat just until cheese is melted. Ladle soup into bowls and serve.

Makes 12 servings.

Per serving: calories 266, protein 14g, carbohydrates 14g, fiber 3g, fat 17g, cholesterol 42mg, sodium 929mg.

Add cooked pearled barley to canned soups and stews for extra flavor, fiber and texture.



Barley Winter Vegetable Soup

Choose your favorite veggies for this soup.

1/2 pound smoked sausage, sliced
1/2 cup chopped onion
1/2 cup chopped celery
2 cloves garlic, finely chopped
2 tablespoons olive oil
1 cup pearl barley
8 cups beef broth
1 teaspoon dried basil
1 can (8 ounces) tomato sauce
5 cups cut-up seasonal vegetables*
Salt and pepper, to taste
Shredded Parmesan cheese, for garnish

In large pot with lid, sauté sausage, onion, celery and garlic in oil until sausage is lightly browned. Add barley, beef broth, basil and tomato sauce. Bring to boil. Reduce heat, cover and simmer for 1 hour. Stir in vegetables. Simmer 30 minutes longer or until vegetables are tender. Add more broth, if necessary. Season soup with salt and pepper to taste. Garnish each serving with a sprinkle of shredded cheese, if desired.
Makes 8 servings.

*Choose from carrots, brussels sprouts, broccoli, cauliflower, turnips, rutabaga, potatoes or parsnips.

Per serving: calories 236, protein 11g, carbohydrates 25g, fiber 5g, fat 11g, cholesterol 20mg, sodium 1120mg.

Herbed Barley Scotch Broth

A classic that never goes out of style.

2 leeks, thinly sliced (white part only)
2 cloves garlic, chopped
2 large carrots, thinly sliced
1 fennel bulb, quartered and thinly sliced
1 stalk celery, thinly sliced
1/2 pound boneless lean lamb,
cut into 1-inch cubes
6 cups fat-free chicken broth
1/2 cup pearl barley
1 teaspoon salt
1/2 teaspoon ground black pepper
Fresh herb bundle: 6 sprigs thyme, 4 sprigs
Italian parsley and 1 sprig rosemary

Spray large pot with non-stick cooking spray. Add leeks, garlic, carrots, fennel and

celery. Sauté over medium-high heat for 5 to 6 minutes, stirring until browned. Remove vegetables from pan and set aside. Add lamb to pan; brown, stirring occasionally. Return vegetables to pan. Add broth, barley, salt, pepper and herb bundle. Cover and bring to a boil. Reduce heat and simmer for 1 hour. Remove herb bundle and serve in soup bowls.
Makes 8 servings.

Per serving: calories 156, protein 11g, carbohydrates 18g, fiber 4g, fat 5g, cholesterol 15mg, sodium 464mg.

The grain with heart and soul

Why should barley be a staple in your pantry?

It lowers cholesterol and reduces the risk of coronary heart disease.

In May 2006 the US Food and Drug Administration authorized use of a health claim for the role of beta-glucan soluble fiber from barley in reducing the risk of coronary heart disease. The ruling was based on scientific evidence from clinical trials that reported significantly lower serum total and LDL cholesterol levels in people who consumed diets in which whole grain barley and dry milled barley products replaced wheat and rice ingredients. For more information, visit www.barleyfoods.org.

It's a versatile grain.

Because barley is available in kernels, flour, flakes and grits, this grain is a natural for breakfast, lunch and dinner offerings.

If offers plenty of healthful fiber.

Nutrition professionals say we should eat 20 to 35 grams of fiber every day. Barley is an excellent fiber choice. One-half cup of cooked pearl barley kernels contains 3 grams of fiber. In comparison, 1/2 cup of cooked brown rice contains 1.75 grams and fiber and 1/2 cup of cooked long-grain white rice contains less than 1 gram of fiber.

You can dress it up or down.

From sophisticated entrees to simple sides, barley does it all. Be sure to check out www.barleyfoods.org for more delicious recipes that are sure to suit your culinary style.