



Barley Baked Beans

3/4 cup pearl barley or whole grain barley
2-1/4 cups water
2 cans (15 ounces each) pinto beans, rinsed and drained
1 can (28 ounces) crushed tomatoes
3/4 cup dark brown sugar, packed
3/4 cup finely chopped onion
1/3 cup molasses
2 tablespoons catsup
1 tablespoon dry mustard
1 teaspoon salt
1/2 teaspoon nutmeg
1/4 teaspoon cayenne pepper

In small saucepan with cover, bring water to a boil. Add barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. If using whole grain barley, increase cooking time to 50-55 minutes and pour off any unabsorbed liquid after cooking. Pour cooked barley into large bowl and combine with remaining ingredients. Pour into 2-quart baking dish. Bake in preheated 325° F oven for 2-1/2 hours, stirring occasionally. Makes 12 servings.

Per serving: calories 212, protein 6g, carbohydrates 47g, fiber 6g, fat 1g, cholesterol 0, sodium 540mg.

For more recipe ideas, visit www.barleyfoods.org.