



Bavarian Barley Stew

1/2 pound medium or spicy bulk pork sausage
3/4 cup pearl barley
2 cups coarsely shredded cabbage
1 cup sliced carrot
1 cup sliced celery
1/2 cup chopped onion
1 clove garlic, chopped
1 bay leaf
4 cups chicken broth
1 cup water
2 cans (14-1/2 ounces each) stewed or diced tomatoes
2 tablespoons prepared mustard, optional
Toasted croutons, for garnish

Brown sausage in Dutch oven or large heavy saucepan. Drain any excess fat from sausage. Add remaining ingredients, except mustard and croutons. Cover and simmer 1 hour or until barley and vegetables are tender. Stir in mustard, if desired. Remove bay leaf before serving. Pass around croutons for garnish. Makes 6 servings.

Per serving: 303 calories, 14g protein, 13g fat, 36g carbohydrate, 27mg cholesterol, 8g fiber, 1295mg sodium.

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