



Half-Time Barley 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
2 teaspoons dried leaf basil, crushed
6 cups fat-free chicken broth
1 cup pearl barley or whole grain barley
2 bay leaves
3 medium carrots, peeled and sliced 1/4-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 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 20 minutes. Add sausage and cook 5 minutes longer. Remove bay leaves and serve. Makes 8 servings.

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

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