



# A cooking and nutrition Fact Sheet

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## Barley

### About Barley

Barley is a whole grain that is high in fiber. At most markets you may have the choice between three kinds of barley.

1. Hulled barley is the most nutritious, since only the tough outer hulls are polished off, but it is chewier.
2. Pearl (or pearled) barley is the most common form. Pearl barley is stripped of the hull and bran layer leaving just the "pearl" inside. Despite this, it is still fairly nutritious. It takes about one hour to cook.
3. Quick-cooking barley is similar to pearl barley in taste and nutrients, but it only takes about ten minutes to cook since it has been pre-steamed, but it generally costs more.

### To Cook Pearl Barley:

1. Place 3 cups water in saucepan.
2. Add 1 cup barley.
3. Bring to boil.
4. Cover and turn heat to low.
5. Cook for 45 minutes or until barley is tender and liquid is absorbed.

Barley swells when it cooks.

1 cup uncooked = 3 to 3½ cups cooked

To add flavor, cook barley in beef, chicken or vegetable broth instead of water. Barley may also be cooked in fruit juice or wine.

☆Tip: Cook a double batch of barley and freeze half.

### Try cooked barley instead of rice in:

- Stuffed green peppers
- Beef stroganoff
- Stir Fry
- Fried Rice
- Wraps

### Rock 'Em Sock 'Em Chili

Yield: 8 servings

2 teaspoons vegetable oil  
1 pound lean ground beef, turkey or chicken  
½ cup barley, uncooked  
1 28-ounce can cut tomatoes  
1 cup water  
1 to 2 Tablespoons chili powder  
½ teaspoon salt (optional)  
2 15-ounce can beans (kidney, pinto, black, etc)  
Grated cheese or crumbled tortilla chips for garnish (optional)

1. Heat oil in heavy fry pan over medium heat. Add ground beef and onion. Cook, stirring frequently, until beef is no longer pink.
2. Add barley, tomatoes, water, chili powder and salt. Cover; cook for 30 minutes over low to medium heat.
3. Add beans and cook for 15 to 20 minutes longer or until barley is soft. Serve hot with toppings, if desired.

## Slow Cooker Beef and Barley Bake

Yield: 4 servings

1 pound round steak, cut into 1 inch pieces  
¾ cup quick cooking barley  
1 can mushroom soup  
½ soup can water  
½ onion, sliced  
2 carrots, peeled and sliced  
8 to 12 ounces fresh mushrooms, sliced

1. Combine all ingredients in slow cooker and mix well.
2. Cover. Cook on LOW for 7 to 8 hours.

## Barley Wraps

Yield: 6 tortillas

½ pound ground turkey, chicken or beef  
1 cup cooked barley  
½ cup chunky salsa  
½ green pepper, diced  
½ teaspoon cumin or chili powder  
¼ teaspoon oregano  
¼ teaspoon garlic powder  
1½ cups cheddar cheese  
6 tortillas

1. Cook barley.
2. Brown meat in a large skillet. Drain off fat.
3. Stir in barley, salsa, pepper and spices. Stir in cheese.
4. Spoon barley mixture onto tortillas. Roll and serve.

## Beef Barley Soup

Yield: 8 servings • Serving: 1 cup

6 cups water  
1 pound boneless stew meat or hamburger  
1 onion, chopped  
1 cup uncooked barley or wheat berries  
1 bay leaf (optional)  
3 to 4 cubes or teaspoons instant bouillon  
3 carrots, peeled and sliced  
3 celery stalks, sliced  
2 cups chopped cabbage (optional)  
4 mushrooms, sliced (optional)

1. In a 3 quart or larger saucepan, bring water, beef, onion, barley or wheat berries and bay leaf (if using) to a boil. Turn heat to low. Simmer until meat is cooked and grain is tender, about 1 to 2 hours.
2. Add bouillon cubes or granules, carrots and celery. Cook until vegetables are almost done, about 15 minutes. Add cabbage and mushrooms (if using) and cook for 5 more minutes until vegetables are soft but not mushy.
3. Remove bay leaf (if using) before serving. Serve hot. Refrigerate or freeze leftovers.

### ★Variation

- Slow Cooker: Place everything in slow cooker. Cover and cook on HIGH for 1 hour. Then cook on LOW for 6 to 8 hours.

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