



# Barley with Vegetables



**SERVINGS**

1



**COOKING TIME**

10 min

Barley with Vegetables is a hearty dish with simple yet homey flavors. This recipe is a tasty vegetarian lunch or dinner option all year-round. Cozy up with a bowl of this barley for a wholesome meal with veggies.

## Ingredients

- 2 tbsp vegetable oil
- 1 cup thinly sliced celery
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 tbsp snipped fresh parsley or 1 tsp dried parsley flakes
- 1/2 tsp dried sage or 1 tsp poultry seasoning
- 1/2 tsp salt (optional)
- 1/8 tsp black pepper
- 3 cups [Quaker® - Quick Barley](#)
- 2 cups (4 oz) coarsely chopped mushrooms
- 1/2 cup shredded carrot

## Cooking Instructions

1. In large saucepan, sauté celery, onion and garlic in oil over medium heat 3 to 4 minutes or until onion is tender. Add parsley, sage, salt and pepper; mix well. Stir in barley, mushrooms and carrot; mix well. Cook about 3 minutes or until heated through. Serve warm.

### **Microwave Directions:**

2. In 3-quart microwaveable bowl, combine oil, celery and garlic. Microwave at HIGH about 1 minute 30 seconds or until tender. Add remaining ingredients; mix well. Microwave at HIGH about 4 minutes or until heated through. Stir before serving.

3. For extra convenience, cook barley ahead of time. Freeze; thaw as package directs.