



The Micheff Sisters

Wholesome Grains (2/3/16)

Mushroom Barley Stir Fry

Ingredients:

- 4 c. water
- 2 Tbs. Better than Bouillon No-Chicken Base
- 2 c. barley
- 2 medium onions, slivered
- 1 clove garlic, minced
- 8 ounces baby bella mushroom, sliced
- 8 ounces white mushrooms, sliced
- 1 c. celery, diced
- 1 tsp. fresh parsley
- 2 tsp. McKay's Chicken Style Seasoning
- 2 tsp. salt



Directions:

To prepare the barley, in a medium size saucepan, bring the water to a boil. Add the 2 tbsp. Better than Bouillon No-Chicken Base and stir until combined. Add barley, cover, then turn down the heat and simmer for 10-12 minutes. Remove from heat and let sit for 5 minutes with the cover still on.

Place the onion, garlic, mushrooms, parsley, Better than Bouillon No-Chicken Base, and salt in a pan and sauté over medium high heat until vegetables are tender. Add barley.

Yields: 7 cups

Brenda Walsh