



## Barley Casserole

- 1 small onion
- 8 ounces fresh mushrooms
- 1 tablespoon margarine
- 1 package onion soup mix
- 4 cups water
- 1 cup hulled barley
- ½ teaspoon salt
- ¼ teaspoon pepper

1. Chop the onion.
2. Wash and dry mushrooms with paper towel. Slice mushrooms.
3. Melt margarine in large skillet over medium low heat. Add mushrooms and onion and cook until lightly browned.
4. Put soup mix into water and add barley. Add the cooked mushrooms and onion and mix well. Cook until hot.
5. Place mixture in baking pan. Cover and bake in a preheated 350° oven for 1 ¼ hours or until barley is tender. Check it occasionally and add more water if needed.

Makes 8 portions

Per portion

Calories	107
Carbohydrate	21 grams
Protein	4 grams
Fat	1 gram
Saturated Fat	0
Cholesterol	0
Sodium	325 milligrams
Dietary Fiber	5 grams

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