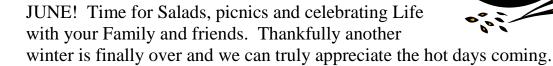
June 2014



This recipe can be used as a first course or as a rich and filling dinner portion. Great with a hearty bread, it can be served as a Vegetarian alternative, or you can add cooked, chopped chicken, beef or pork for a delicious different flavor. Enjoy!

Barley with Lentils and Onions	Serves: 4-6	
3 C. water 1 garlic clove, coarsely chopped	2 Tbsp. olive oil 1/2 C. pearl barley	1/4 Tsp. salt
1/2 C. lentils, rinsed & drained	1 bay leaf	
2 lg onions, finely chopped Freshly ground black pepper, to taste	2 Tbsp. olive oil	salt to taste

- 1 C. shredded cooked lamb, chicken or beef (optional)
- In med. saucepan, combine <u>1 1/2 C. water</u>, 2 Tbsp. olive oil, salt and garlic. Bring to a boil & add barley in a stream. Decrease heat to med-low, cover and cook until tender, 40-45 min. Set aside.
- In another med. saucepan, place remaining <u>1 1/2 C. water</u>, lentils and bay leaf. Cover and cook over med. heat until tender, 15-20 min. Discard bay leaf, drain and set aside.
- In a large skillet, heat the remaining 2 Tbsp. olive oil over med. heat. Cook the onions, stirring occasionally, until golden brown (30-35 min).
- Combine the barley, lentils and meat (opt) with the onions. Cook, stirring until hot. Season with salt and pepper to taste. (Can also add more olive oil, if preferred).

NOTES:

- * I did not add any additional salt when I combined the mixture.
- * Alternate seasonings $-\frac{1}{2}$ -1 tsp. dried & crushed rosemary to taste.
- * I also like the caramelized onion flavor and usually double the amount of onions and olive oil to cook them.