

Barley Pilaf

This recipe makes 5 cups of Barley Pilaf



Ingredients

1 small onion, chopped
1 cup hulled barley
2 1/2 cups + low-sodium chicken broth
Kosher salt
1/2 cup small pieces of broken spaghetti (about 2 oz)
Freshly ground black pepper
2 Tbsp chopped fresh chives

Directions:

1. Add a couple of tablespoons of broth to a medium saucepan over medium heat.
2. Add the onion and cook, stirring occasionally, until soft and lightly golden brown, about 6 minutes.
3. Add the barley and stir.
4. Add the broth and 1/2 teaspoon of salt, then bring to a boil.
5. Reduce the heat to medium-low, cover, and simmer for 20 minutes.
6. Uncover and quickly stir in the spaghetti. Cover and continue to simmer until most of the liquid is absorbed and the barley and spaghetti are tender, stirring once more, about 15 minutes more.
7. Remove from heat and let sit, covered, for 10 minutes.
8. Line a tray with parchment paper
9. Spread evenly across the tray, add dividers set to the 10 portion arrangement.
10. Pre Freeze when possible
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add about 1/2 cup of boiling water to 2 of the 10 portions and mix well. Cover and let stand for at least 10 minutes. If needed, heat in the microwave or on the stove for full rehydration.

Notes:

To make this recipe vegan, use vegetable broth instead of chicken broth and ensure the spaghetti is egg-free. All other ingredients are naturally plant-based.

Nutritional Value Per 1 cup

Calories: 206 Protein: 7 g Fat: 3 g Carbohydrates: 38 g Sugar: 7 g Fiber: 2 g