

Barley with Mushrooms and Onions

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Ingredients

2 spray(s) cooking spray
2 tsp unsalted butter
1 small uncooked Spanish onion(s), finely chopped
1/2 pound(s) cremini mushroom(s), shredded* (also known as baby Bella)
3 cup(s) vegetable broth, or mushroom broth
1 cup(s) uncooked pearl barley, pearl variety
1 tsp table salt, or to taste

Directions

Coat a heavy saucepan with cooking spray and set over medium-high heat; melt butter in pan.

Add onion; cook, stirring occasionally, about 5 minutes. Add mushrooms; cook, stirring a few times, until mushrooms release their moisture, about 5 minutes.

Add broth, barley and salt; bring to a boil. Partially cover pan and reduce heat to low; simmer until barley is tender, stirring occasionally, about 60 to 75 minutes. Yields about 1 cup per serving.