

Cranberry Vegetable Barley Stir Fry

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Ingredients

1 cup pearled Barley
2½ cups Mixed vegetables
⅓ cup cranberries dried
1 medium Onion- chopped/ cubed
3 cloves Garlic
3 cups Water or broth
1 tbsp Coconut oil
1 tsp vegetable bouillon (optional)

Seasonings:

½ tsp Paprika
½ tsp no salt seasoning
Salt & pepper- to taste

Directions

Cooking Barley:

In a medium- sized saucepan add water or broth. Add pearled barley. If using water you can add vegetable bouillon, stir and cover.
Bring to a boil, reduce heat and cook for 45 mins.
Allow time to cool before stir frying- approx 35 min or can be cooked 1 day in advance.

for stir fry:

Prepare and chop the onions and garlic and set aside.

Prepare mixed vegetables and set aside.

Measure seasonings and set aside.

In a heated wok or large pan, add oil. When oil is heated, add onions and garlic and saute until tender.

Add mixed vegetables and stir fry for 3-4 min

Next add the cooked barley, dried cranberries and seasonings

Stir fry quickly and continuously to prevent sticking for 2- 3 min

Remove from heat

Serve immediately or it can be cooled and refrigerated for 1 to 2 days in a sealed container.