

Baked Barley With Mushrooms And Carrots

Submitted by: Prevention

Pearl barley is flavored with onion and carrot and boiled in vegetable broth for a hearty side dish.

Original recipe yield: 6.

Servings:

6 ([Change](#))

INGREDIENTS:

- 1 tablespoon butter
 - 3 large carrots, chopped
 - 1 large onion, chopped
 - 1 1/4 cups vegetable or chicken broth, divided
 - 11 ounces cremini, baby portobello, or white button mushrooms, sliced
 - 2 cups water
 - 1 cup pearl barley
 - 1 teaspoon dried thyme
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
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DIRECTIONS:

1. Preheat the oven to 350 degrees F.
 2. Melt the butter in an ovenproof Dutch oven over medium-high heat. Add the carrots, onion, and 1 tablespoon of the broth. Cook, stirring frequently, for 8 minutes, or until tender, adding another 1 tablespoon broth halfway through cooking.
 3. Add the mushrooms and 2 tablespoons of the remaining broth and cook, stirring frequently, for 4 minutes, or until tender.
 4. Stir in the remaining 1 cup broth, the water, barley, thyme, salt, and pepper. Bring to a boil over high heat. Cover the pot and place in the oven. Bake for 45 minutes, or until the barley is tender and the liquid is absorbed.
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