



## BARLEY VEGETABLE STEW

### Ingredients:

1 cup hulled barley (if you use pearled barley, see Note)  
4 cups water (or 2 to 2 1/2 cups if using prepared, pearled)  
1/2 cup pizza/pasta sauce  
1/4 cup onion, chopped, or 1 T dry flakes)  
1 to 1 T garlic powder  
2 T chicken-flavored powder or 2 bouillon cubes  
1/2 T salt or to taste  
2 carrots, diced  
1 potato, diced  
1 cup green beans or peas  
1/2 cup to 1 cup bonded chicken pieces, optional

### Instructions:

Soak hulled barley overnight in 2 cups of water. Add 2 more cups of water, pizza sauce, onion, garlic chicken powder or bouillon, and salt and bring to boil. Keeping covered, reduce heat and simmer for 1- 1 1/2 hours. Add chicken and diced carrots and return to boil for 15 minutes. Add potatoes and green beans, cooking an additional 15-20 minutes until potatoes are tender. Add water or remove lid to adjust liquid to desired consistency. Yields 6-7 cups.

## CABBAGE ROLLS

### Ingredients:

1 large head of green cabbage  
1 pound ground beef or lamb  
1 cup uncooked white rice  
1 small onion, finely chopped  
1 carrot, finely chopped  
1 stalk celery, finely chopped  
1 egg, beaten  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon paprika  
1/2 teaspoon garlic powder  
2 tablespoons chopped fresh parsley  
1 (28-ounce) can crushed tomatoes

### Instructions:

1. Preheat the oven to 350°F.
2. Bring a large pot of salted water to a boil. Remove the tough outer leaves from the cabbage and discard them. Carefully separate the remaining leaves from the cabbage head and add them to the boiling water. Cook for 3-4 minutes, or until the leaves are soft and pliable.
3. In a large bowl, mix together the ground meat, rice, onion, carrot, celery, egg, salt, pepper, paprika, garlic powder, and parsley.
4. Lay the cabbage leaves out on a clean work surface. Place a spoonful of the filling in the center of each leaf and roll it up tightly, tucking in the ends to enclose the filling.
5. Place the cabbage rolls seam-side down in a large baking dish. Pour the crushed tomatoes over the top of the rolls.
6. Cover the dish with foil and bake for 1 hour, or until the cabbage rolls are cooked through and the cabbage is tender.
7. Serve the cabbage rolls hot, with additional tomato sauce on top if desired.



## HONEY-BARLEY MUFFINS

### Ingredients:

1 cup barley flour  
¾ cup unbleached all-purpose flour  
¼ cup wheat germ or bran  
1 T baking powder  
½ tsp. salt  
2 egg whites or 1 whole egg  
¼ cup oil  
½ cup milk  
½ cup honey

### Instructions:

Mix all dry ingredients together and all wet ingredients together. Now put the two together and stir just until mixed. Pour into cupcake papers in muffin tin or grease the muffin tin. Bake in preheated 375° oven for 20 minutes.

NOTE: For extra special touch, put a teaspoon of all-fruit jam or apple jelly in the center of each muffin before baking.