



# Frugal -Baked Barley with Mushrooms



Serving: 4



Cook Time: 70 mins



Level: Easy



## INGREDIENTS

- 2 cloves garlic
- 8 oz. mushrooms
- 4 Tbsp butter
- 1 cup pearled barley
- 2 cups vegetable broth
- 1/2 tsp dried thyme
- 1/8 tsp freshly cracked black pepper
- 1 Tbsp chopped fresh parsley (optional)

## PREPARATION

1. Preheat the oven to 350°F. Mince the garlic and slice the mushrooms
2. Add the garlic, mushrooms, and butter to a Dutch oven. Sauté over medium heat until the mushrooms have softened.
3. Add the barley, vegetable broth, thyme and freshly cracked pepper to the dutch oven. Stir to combine, place the lid on top, and transfer to the oven. Bake the barley for one hour.
4. After baking for one hour, stir the barley to fluff it up. Give the barley a taste and adjust the salt or pepper to your liking. Top with chopped fresh parsley just before serving.