

# Super Simple Southwestern Barley Salad

## Ingredients

- 1 cup uncooked barley
- 1 cup sweet corn kernels
- 1 ½ cup grape tomatoes, halved
- ¼ cup chopped fresh cilantro
- 4 stalks green onion, thinly sliced
- Juice of 2 large limes
- ¼ cup olive oil
- 2 tsp kosher salt, plus more to taste
- 1 ¼ tsp granulated sugar
- ½ tsp garlic powder
- ¼ tsp freshly ground black pepper, plus more to taste

## Directions

**Do ahead:** Cook barley according to package instructions until tender (generally, boil for approximately 1 hour in a large pot of salted water) Drain cooked barley in colander. Rinse, tossing the cooked barley with cold water until starchiness is washed off.

In a large mixing bowl, combine the remaining ingredients. Stir to combine well. Add rinsed/drained cooked barley. Stir to combine. Add additional kosher salt and pepper as needed. Let salad chill 1-2 hours, covered, for flavors to meld before serving.

<https://www.chewoutloud.com/southwestern-barley-salad-6/>



## Ingredients

- 6 cups Low-Sodium Vegetable Stock / Broth
- 2 tablespoons Extra Virgin Olive Oil
- 1 medium Onion, finely chopped (should measure about 3/4 cup)
- 1.5 cups Pearled Barley
- 1/2 cup Dry White Wine
- 3 tablespoons Unsalted Butter, at room temperature
- 3/4 cups Grated Parmigiano-Reggiano cheese, plus extra for serving
- Salt and Fresh Ground Pepper, to taste

## Directions

1. Pour stock into a medium pot and bring it to a simmer over medium-high heat. Reduce the heat to low and keep warm.
2. In a large skillet, with deep sides, heat the olive oil over medium heat. Add the onion and cook, stirring, until the onion begins to soften, about 5 minutes.
3. Add the barley, stirring until all of the grains are evenly coated in olive oil. Cook, stirring frequently, for about 5 minutes.
4. Add the wine and cook, stirring, until it is nearly all absorbed.
5. Add 1 cup of the warm stock to the pan, and continue stirring, until the stock is nearly all absorbed. Continue cooking the barley this way, adding the stock a bit at a time and stirring frequently, until the barley is tender enough to eat but still has a slight chew, about 50 minutes.
6. Add any of the optional add-ins and continue cooking for a couple minutes, just until the ingredients are heated through.
7. Remove the dish from the heat and gently stir in the butter and cheese. Season with salt and pepper, to taste.
8. Serve immediately, with extra grated Parmigiano-Reggiano on the top.

<https://inquiringchef.com/creamy-barley-risotto/>



## Ingredients

- 2 lb beef chuck roast, boneless, cut into 1/2 inch chunks
- 14 ½ oz diced tomatoes , with juices
- 4 cups beef broth, regular strength
- ½ cup barley, dry, small "pearl" size
- 1 cup corn kernels, frozen, sweet
- 1 whole onion, sliced
- 5 stalks celery, sliced
- 5 whole carrots, sliced
- 1 tsp garlic powder
- 1 tsp kosher salt, plus more to taste
- ½ tsp freshly ground black pepper, plus more to taste
- ½ tsp dried basil
- ½ tsp dried oregano
- 1 whole russet potato, peeled and cubed

## Directions

1. In a large slow cooker, add all ingredients except for the cubed potatoes. Stir to make sure all ingredients are submerged in the liquid and seasonings.
2. Cover and cook on low for 11-12 hours OR on high for 8-9 hours. During the last 3 hours of cooking, add the cubed potatoes. This prevents them from overcooking and becoming starchy and mushy.
3. Add more kosher salt and black pepper to taste, if desired. Serve warm.

<https://www.chewoutloud.com/slow-cooker-beef-vegetable-barley-stew/>



## Ingredients

- 3/4 cup dry barley
- 6 cups water
- 2 (14 ounce) cans of coconut milk
- 1 vanilla bean (halved and seeded)
- 1 cinnamon stick
- 2 tbsp sugar
- 1/2 cup raisins

## Directions

1. Rinse the raw barley in cold water. Place in a large saucepan and cover with 6 cups of water.
2. Bring to a boil and simmer, covered, for 15 minutes.
3. Drain barley and return it to the saucepan.
4. Stir in the coconut milk, vanilla seeds and bean, cinnamon stick, sugar and raisins.
5. Bring to a simmer, cook covered on low until the barley is tender and the milk has thickened, about 30 to 40 minutes, stirring occasionally.
6. Remove cover during final 10 minutes of cook time and add more water or coconut milk if the pudding seems dry.
7. Remove vanilla bean and cinnamon stick.

<https://aprettylifeinthesuburbs.com/coconut-barley-pudding>

