

Organic Pearled Barley

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/4 cup (45 g) / par 1/4 tasse (45 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 33 g	11 %
Fibre / Fibres 1 g	6 %
Sugars / Sucres 0 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	20 %

Factoid:

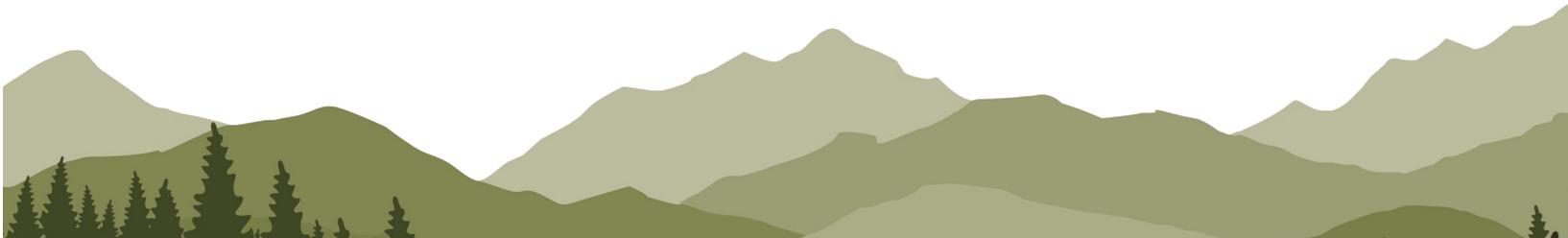
Pearled barley not only has its husk removed but most or all of its bran as well. Because of this, cooking time is reduced and the texture is more palatable. It also contains both soluble and insoluble fibre.

Allergen Information:

This product contains wheat and gluten.

Ingredients:

Organic pearled barley



Recipe:

left coast
ORGANICS

Hungarian Pearl Barley Soup

Ingredients:

1/2 lb pearly barley

1/4 C warm water

Chicken broth

3 leeks (white portion), chopped

4-5 celery stalks, thinly sliced

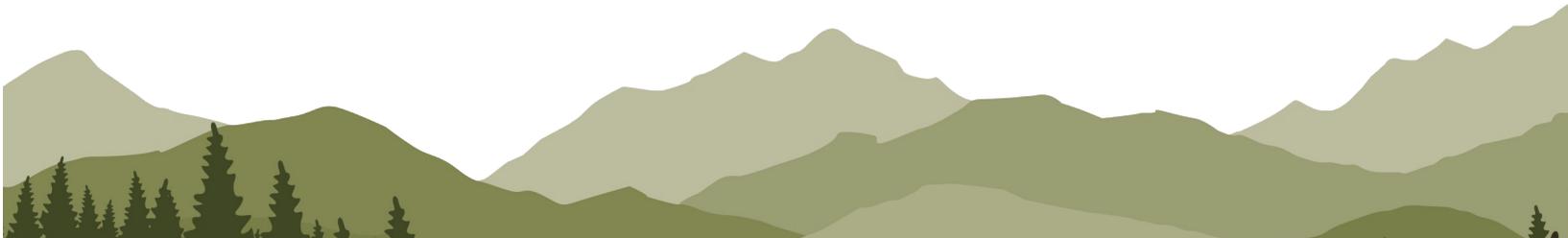
2 Tbl flour

Pinch of sugar

Pinch of nutmeg

Instructions:

1. Soak 1/2 lb pearl barley in 1/4 cups warm water overnight. The next day, drain.
2. Add enough chicken broth and bring to a boil. Simmer over low heat for 2 hours. Add the white portion of 3 leeks, and celery. Stir in 2 tablespoons of flour.
3. Add chicken broth as needed to thin the soup to the desired consistency. Add a pinch of sugar and some nutmeg, if desired. Simmer over low heat for another hour.



Cooking Note:

1. Rinse barley using a strainer. Pick out any debris.
2. Allow barley to soak overnight in water if you want to reduce your cooking time. Use 2 cups of water for each cup of barley.
3. Decide whether you'll be using water or broth to boil your barley.
4. Use 2 1/2 -3 cups of water/broth for every 1 cup of barley. Add your liquid to the pot.
5. Bring water/broth to a boil.
6. Add barley to boiling water/broth and stir together. Cover the pot with a lid and reduce the heat to low.
7. Cook for 15 minutes (if barley is presoaked overnight). If barley is not presoaked, cook barley for 35-40 minutes.

