

LET BARLEY WARM UP YOUR WINTER MEALS



On a cold winter's day, nothing will be as welcome as a tureen of delicious Barley Minestrone Soup, served with Parmesan cheese. Complete your homey "Souper Supper" menu with garlic bread and a tossed salad with Italian dressing.

Discover versatile, economical barley as a mainstay in your kitchen this winter. See for yourself how its heartiness and eye appeal brighten everyday soups and casseroles and dress up stuffings and pilafs. You'll agree that barley belongs at your family table often.

Barley belongs at a "souper supper" in Barley Minestrone Soup, perfect with garlic bread and tossed salad with Italian dressing. Vegetables never tasted so good.

Barley belongs at a weekday supper in Hungarian Barley Stew. It complements beef stew meat, onion and green pepper in this spicy casserole served with dollops of sour cream.

Barley belongs on your Sunday dinner table in simple and tasty Roast Chicken with Herbed Barley Stuffing, spiced with parsley and poultry seasoning.

Barley belongs in Mexican-influenced Casserole Con Carne, a favorite of teens!

And barley belongs on your party buffet table in Far East Barley Pilaf. Serve with your favorite oriental stir-fry recipe, such as chicken with broccoli.

The versatility and just plain goodness of barley are concepts that families on a budget should know about. For just pennies per serving, you can add the wholesomeness of barley to main dishes, with its appealing flavor and pleasantly chewy texture. And each bite contains protein, thiamine, niacin, phosphorus and iron.

Barley also belongs to history. It has a long and colorful past. It is mentioned in the Bible and has been a staple of many peoples throughout the world. As a matter of fact, barley came with Columbus to the new world.

You continue in barley's rich, wonderful history whenever you use it in your kitchen. Where do you begin? Right here, with these nutritionally-balanced menus featuring the best of barley main dishes.

"SOUPER SUPPER" MENU

BARLEY MINESTRONE SOUP

Garlic Bread
Tossed salad with Italian dressing
Ice cream

BARLEY MINESTRONE SOUP

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| 1 tablespoon vegetable oil | 4 to 6 beef bouillon cubes |
| 1 cup chopped onion | 1 teaspoon sugar |
| 1 cup carrot slices | 1 bay leaf |
| 1 cup celery slices | One 16-oz. can red or white kidney beans, drained |
| 2 cloves garlic, minced | One 10-oz. pkg. frozen Italian green beans |
| 6 cups water | Grated Parmesan cheese |
| One 28-oz. can whole tomatoes, undrained, coarsely chopped | |
| 2/3 cup regular barley* | |

In 6-qt. heavy saucepan or Dutch oven, heat oil. Sauté onion, carrot, celery and garlic over high heat until crisp tender. Add water, tomatoes, barley, bouillon cubes, sugar and bay leaf. Cover; bring to a boil. Reduce heat. Simmer 50 minutes, stirring occasionally. Stir in kidney beans and Italian beans. Continue simmering about 5 minutes or until vegetables and barley are tender. Sprinkle individual servings with Parmesan cheese. Serve with tossed salad and bread, if desired. Makes about 4-1/2 qt. soup.

*NOTE: Substitute 1 cup quick barley for regular barley, if desired. Add quick barley after soup has simmered 30 minutes. Continue simmering 20 minutes, stirring occasionally. Add kidney beans and Italian beans. Proceed as recipe directs.

WEEKDAY SUPPER MENU

HUNGARIAN BARLEY STEW

*Crusty rye rolls
Lettuce wedges with French dressing
Lemon pudding cake

SUNDAY DINNER MENU

ROAST CHICKEN WITH HERBED BARLEY STUFFING

Mixed Vegetables
Molded cranberry and walnut salad
Dinner rolls
Apple pie

TEENS' FAVORITE MENU

CASSEROLE CON CARNE

Corn Chips
Orange gelatin with fruit
Brownies

ORIENTAL PARTY MENU

Stir fried chicken with broccoli

FAR EAST BARLEY PILAF
Shredded carrot and bean sprout salad
Almond cookies

HUNGARIAN BARLEY STEW

- 2 tablespoons vegetable oil
- 1-1/2 lb. beef stew meat, cut into 1/2-inch cubes
- 1-1/2 cups chopped onion (about 2 large-onions)
- 1 medium green pepper, chopped
- 1 teaspoon salt
- 3 cups water
- One 28-oz. can whole tomatoes, undrained
- 2/3 cup regular barley*
- 1 tablespoon paprika
- Dairy sour cream

In 4-qt. heavy saucepan or Dutch oven, heat oil. Add meat; brown on all sides. Add onion, green pepper and salt; cook just until vegetables are tender. Add remaining ingredients except sour cream; mix well. Cover; bring to a boil. Reduce heat. Uncover; simmer about 1 hour or until meat and barley are tender, stirring occasionally. Dollop individual servings with sour cream. Makes 6 servings.

*NOTE: Substitute 1 cup quick barley for regular barley, if desired. Add quick barley after stew has simmered 40 minutes. Continue simmering 20 to 25 minutes or until meat and barley are tender.

ROAST CHICKEN WITH HERBED BARLEY STUFFING

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| Stuffing: | 1/4 to 1/2 cup chicken broth |
| 3 cups water | 2 tablespoons minced fresh parsley |
| 1/2 cup regular barley* | or 2 teaspoons dried parsley flakes |
| 1/2 teaspoon salt | |
| 3/4 cup butter or margarine | 1-1/2 teaspoons poultry seasoning |
| 1 cup celery slices | Chicken: |
| 1/2 cup chopped onion | One 4 to 4-1/2 lb. roasting chicken |
| 1 cup dry bread crumbs | 1/4 cup butter or margarine, melted |
| 1 egg, beaten | |

For Stuffing: In medium saucepan, bring water to a boil. Stir in barley and salt. Reduce heat. Cover; simmer 50 to 60 minutes or until barley is tender, stirring occasionally. Drain; set aside. In large skillet, melt butter. Sauté celery and onion until tender. Add barley and remaining ingredients; mix well.

For chicken: Heat oven to 350°F. Remove giblets and neck from chicken. Rinse chicken; pat dry. Lightly spoon about 2 cups stuffing mixture into body cavity. Secure neck skin over opening with wooden pick. Fold wings under back. Tie legs together. Place chicken breast side up on rack in shallow roasting pan; brush with melted butter. Insert meat thermometer into thickest part of thigh, not touching bone. Roast about 2 hours and 10 minutes, or until meat thermometer registers 180° to 185° F., basting with melted butter every 30 minutes. Makes 4 to 6 servings.

*NOTE: Substitute 3/4 cup quick barley for regular barley, if desired. Decrease water to 2-1/4 cups. Decrease cooking time of barley to 10 to 12 minutes or until barley is tender, stirring occasionally. Proceed as recipe directs.

**NOTE: Place any remaining stuffing in small baking dish. Bake, uncovered, with chicken during last 30 minutes of roasting.

CASSEROLE CON CARNE

- One lb. ground beef
- 1/2 cup chopped onion
- One 15-oz. can tomato sauce
- 1 cup water
- 1/2 cup regular barley*
- 1/4 cup black olive slices
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 to 1 teaspoon chili powder
- 1 cup (4 oz.) shredded sharp Cheddar cheese

Heat oven to 375° F. In medium skillet, brown ground beef with onion; drain fat. In large bowl, combine ground beef mixture with remaining ingredients except cheese; mix well. Place in 11 x 7-inch baking dish. Cover tightly with foil. Bake about 1 hour or until barley is tender. Uncover; stir casserole. Sprinkle cheese on top. Continue baking 2 to 3 minutes or until cheese is melted. Garnish with additional black olive slices, chopped tomatoes or avocado slices, if desired. Makes 4 to 6 servings.

*NOTE: Substitute 3/4 cup quick barley for regular barley, if desired. Decrease baking time of casserole to 30 minutes. Proceed as recipe directs.

FAR EAST BARLEY PILAF

- 4 cups water
- 2/3 cup regular barley*
- 2 chicken bouillon cubes
- 1 teaspoon salt
- 2 tablespoons butter or margarine
- 1 cup fresh mushroom slices or one 4-oz. can mushroom slices, drained
- 1/3 cup green onion slices
- 1 clove garlic, minced
- 1/3 cup water chestnut slices
- 1 tablespoon soy sauce

In large saucepan, bring water to a boil. Stir in barley, bouillon cubes and salt. Reduce heat. Cover; simmer 50 to 60 minutes or until barley is tender, stirring occasionally. Drain; set aside. In large skillet, melt butter. Sauté mushrooms, onion and garlic until tender. Add barley, water chestnuts and soy sauce; mix well. Continue cooking over medium heat until mixture is heated through. Makes 6 servings.

*NOTE: Substitute 1 cup quick barley for regular barley, if desired. Decrease water to 3 cups. Decrease cooking time of barley to 10 to 12 minutes or until barley is tender, stirring occasionally. Proceed as recipe directs.