

Barley with Dried and Fresh Mushrooms

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-dried-mushrooms-recipe>

Ingredients:

- 1 ounce dried mushrooms or more, Porcini mushrooms are great if you have them
- 8 ounces mushrooms sliced white or Portobella
- 1 1/2 cups pearl barley not instant
- 3 cups canned chicken broth or chicken stock
- 1 cup boiling water for mushroom soaking liquid, later simmered until reduced to 1/2 cup
- 1/4 teaspoon dried thyme or more
- 1/4 teaspoon onion powder or more
- 1 tablespoon butter or margarine use margarine for South Beach Diet
- 1 tablespoon extra virgin olive oil

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 9 grams
6. Protein: 8 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 220 milligrams
9. Sugar: 1 grams

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