

From the book “Man Can Cook” for “The Saturday Herd”  
By Robert Sturm

## Barley Pilaf

### Ingredients

1 Cup Barley  
1 QT. Water  
1 Cup Mushroom, small diced  
½ Cup Celery, small diced  
½ Cup Onion, small diced  
½ Cup carrot, small Diced  
2 TB. Sun dried Tomatoes, minced  
1 TB. Garlic, minced  
1 oz. Pumpkin Oil  
1 tsp. Cajun Seasoning  
2 TB. Parsley, chopped



### Directions

In a large pot bring water to boil. Add barley. Boil for 30 minutes. Drain and rinse. In a large pan sauté vegetables, garlic and tomatoes till tender. About 3 minutes. Add barley and Cajun seasoning. Mix well and cook until barley is hot. Add parsley. Stir well. Serve.

Serves 6.