



A Nutrition Resource

# BARLEY

## All about barley

Studies show that eating barley may reduce blood pressure, lower LDL cholesterol (“bad cholesterol”), help control blood sugar, and help people feel full longer.

### VARIETIES

**HULLED BARLEY** has only the tough outer hulls removed, making it the most nutritious variety and very **high in fiber**. One 1/2 cup of hulled barley provides 15 grams of fiber which is about half of the recommended daily intake for an adult. This form takes 90 minutes to cook.

**PEARL BARLEY** is the most common form. Pearl barley is stripped of the hull and bran layer leaving just the “pearl” inside. Despite this, it is still fairly nutritious. It takes about 45 minutes to an hour to cook.

**QUICK COOKING BARLEY** is similar to pearl barley in taste and nutrients, but it only takes about ten minutes to cook since it has been pre-steamed. It generally costs more.

### BARLEY IS ALSO A GOOD SOURCE OF:

- **Potassium**
- **Protein**
- **Iron**
- **Vitamin B-6**
- **Magnesium**

## Storing

Store barley in a cool, dry place in a closed package or air-tight container for up to 1 year. For longer storage, refrigerate or freeze.

## Cooking

### STOVETOP:

- Rinse barley thoroughly.
- Place 3 cups water in saucepan. Add 1 cup barley.
- Bring to boil. Cover and turn heat to low.
- Cook for 45-90 minutes (depending on variety) or until barley is tender and liquid is absorbed.

### COOKING TIPS:

- Barley swells when it cooks. 1 cup uncooked barley = 3 to 3½ cups cooked
- To add flavor, cook barley in low-sodium beef, chicken, or vegetable broth instead of water.
- Cook a double batch of barley and freeze in individual or family-sized amounts.

## Ways to enjoy

Try cooked barley instead of rice in stuffed green peppers, stir fries, fried rice, and wraps. Barley also makes a great addition to any soup. Check out our recipes **Create Your Own Soup** or **Vegetable Barley Soup** on our website at <https://buyeatlivebetter.org/recipes>.



## Barley Pilaf

**Yield: 8 Servings | Serving Size: 1/2 Cup**

- 1 Tablespoon vegetable oil
- 1 cup chopped onion
- ½ cup chopped celery
- 1 Tablespoon Italian seasoning (optional)
- ½ cup chopped green or red bell pepper (optional)
- 1 cup sliced fresh mushrooms or 1- 4 ounce can mushrooms, drained
- 1 cup uncooked pearl barley
- 2½ cups water
- 1 cube or teaspoon vegetable, beef, or chicken bouillon (may use low-sodium bouillon)

- 1) Place a medium pan over medium heat; add vegetable oil, onion, celery, and Italian seasoning (if using). Cook, stirring often until onion is soft.
- 2) Stir in bell pepper (if using), mushrooms, and pearl barley.
- 3) Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat, and cover pan.
- 4) Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

## Barley and Beef Chili

**Yield: 9 Servings | Serving Size: 1 Cup**

- 2 teaspoons vegetable oil
- 1-pound lean ground beef (15% fat or less), turkey, or chicken
- 1 medium onion, chopped
- ½ cup barley, uncooked
- 1 28-ounce can cut tomatoes
- 1 cup water
- 2½ Tablespoons chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ½ teaspoon salt (optional)
- 3½ cups cooked beans or 2 15-ounce canned beans
- Grated cheese or crumbled tortilla chips (optional garnish)

- 1) Heat oil in heavy frying pan over medium heat. Add ground beef and onion. Cook, stirring frequently, until beef is no longer pink.
- 2) Add barley, tomatoes, water, chili powder, cumin, cayenne, garlic powder, pepper, and salt (if using). Cover; cook for 30 minutes over low to medium heat.
- 3) Add beans and cook for 15 to 20 minutes longer or until barley is soft. Serve hot with toppings, if desired.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>0.5 cup (137g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 19mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 158mg	<b>4%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts	
9 servings per container	
<b>Serving size</b>	<b>1 cup (261g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 63mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 523mg	<b>10%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.