



Barley Recipes

By Kate Idzorek and Kristy Long



Barley Cornbread

Ingredients

- 1 cup barley flour
- 1 cup cornmeal
- ¼ cup sugar
- ½ teaspoon baking soda
- ¼ teaspoon salt (optional)
- 5 tablespoons melted butter (salted or unsalted)
- 2 large eggs
- 1 cup buttermilk

Equipment

- 2- to 3-quart mixing bowl
- 2-quart mixing bowl
- 8×8-inch baking dish (or 12-cup muffin tin)
- measuring spoons
- measuring cups
- wooden spoon
- non-stick cooking spray, butter or oil for greasing pan

Method

1. Preheat oven to 375°F.
2. Grease 8×8-inch baking dish or muffin tin with non-stick cooking spray, butter or vegetable oil.
3. Mix barley flour, cornmeal, sugar, baking soda and salt together in a 2- to 3-quart mixing bowl. Set aside.
4. Beat together buttermilk, eggs and melted butter in 2-quart mixing bowl.

- To cut costs, purchase cornmeal in the bulk section of the grocery store. Not only is it less expensive than pre-packaged cornmeal, the bulk products allow you to buy only the amount necessary.
- Use powdered buttermilk. It is less expensive than fresh buttermilk and has a longer shelf life. Reconstitute according to package instructions.
- If there is no buttermilk on hand, use 1 cup regular milk plus 1 tablespoon of lemon juice or vinegar.
- Try using coarse ground cornmeal.
- Try replacing the cornmeal and barley flour with 1¼ cups cornmeal and ¾ cup barley flour.

5. Pour wet ingredients into dry ingredients and stir until just combined.
6. Pour batter into baking dish and spread evenly.
7. Place in oven and bake 30 minutes or until done (until toothpick inserted into the center comes out clean and bread has pulled away from sides of the pan).
8. Remove from oven and serve hot.

Makes about 12 2x2½-inch pieces.

Calories 140; total fat 6g; cholesterol 45mg; sodium 120mg; total carbohydrates 19g; protein 3g.

Barley Brownies

Ingredients

- 10 tablespoons (1¼ sticks) melted butter
- 1¼ cups sugar
- ¾ cup plus 2 tablespoons unsweetened cocoa powder
- ¼ teaspoon salt (optional)
- ½ teaspoon pure vanilla extract
- 2 large eggs, cold
- ½ cup barley flour
- ⅔ cup walnut or pecan pieces (optional)

Equipment

- 8×8-inch baking dish
- non-stick cooking spray, butter or vegetable oil for greasing baking dish
- rubber spatula
- wooden spoon
- measuring cups
- measuring spoons
- 1 medium bowl

Method

1. Position a rack in center of the oven and preheat the oven to 325°F.
2. Grease 8×8-inch pan with non-stick cooking spray, butter or vegetable oil (or if using parchment paper or aluminum foil, line the bottom and sides of the baking pan with it leaving an overhang on all sides).

3. Measure butter, sugar, cocoa powder and salt into bowl and cream with wooden spoon until smooth.
4. Stir vanilla into chocolate mixture.
5. Add the eggs one at a time, beating vigorously with wooden spoon after each egg is added.
6. When the batter looks thick, shiny and well blended, add the flour. Mix until flour is blended into mixture, then beat batter vigorously for 1 minute with a wooden spoon or a rubber spatula.
7. Stir in the nuts (optional).
8. Spread batter evenly in pan.
9. Bake about 40–50 minutes (until a toothpick inserted into the center comes out clean).
10. Let cool completely on a rack before serving.

Makes about 16 2x2-inch bars.

Calories 160; total fat 8g; cholesterol 45mg; sodium 50mg; total carbohydrate 20g; protein 2g.

- Use parchment paper or aluminum foil to line the pan instead of greasing it with non-stick cooking spray, butter or vegetable oil. This will guarantee that the brownies don't stick to the pan and cleanup will be easier.
- Try adding ¼ cup chocolate chips.
- Use of electric mixer will make final product tough. It is better to beat by hand.

Barley Banana Bread (honey and oil)

Ingredients

1¾ cups barley flour
 ½ teaspoon salt
 1 teaspoon baking soda
 ⅓ cup canola or vegetable oil
 ½ cup honey
 2 large eggs
 1 teaspoon vanilla extract
 1 cup mashed ripe bananas
 ¼ cup hot water
 non-stick cooking spray, butter or oil for greasing pan

Equipment

1- to 2-quart mixing bowl
 3 quart mixing bowl
 whisk or electric mixer
 measuring cups
 measuring spoons
 small bowl or cup
 9x5-inch loaf pan
 cooling rack
 butter knife

Method

1. Preheat oven to 325°F.
2. In 1- to 2-quart mixing bowl, mix flour, salt and baking soda. Set aside.
3. In 3-quart mixing bowl, beat oil and honey together by hand or with an electric mixer until thoroughly blended.
4. Add eggs to honey and oil and beat about 1 minute.
5. Add bananas, vanilla, water and dry ingredients to mixture and beat about 1 minute until all ingredients are blended.
6. Pour batter into a greased, 9x5-inch loaf pan.
7. Bake for 60–70 minutes.
8. Cool in pan for 10 minutes. Loosen sides of loaves from pan with a butter knife. Turn pan upside down onto cooling rack. Tap bottom of pan with backside of butter knife until loaf releases from pan. Remove pan, turn bread over and let cool for at least 30 minutes before slicing.
9. Wrap completely cooled bread tightly in plastic wrap or plastic storage bag. Store for up to 4 days at room temperature or 7 days in refrigerator.

Makes about 14 ½-inch slices.

Calories 140; total fat 6g; cholesterol 25mg; sodium 180mg; total carbohydrate 20g; protein 2g.

- Try adding ½ cup nuts such as walnut pieces or sliced almonds.
- Try adding ½ cup dried fruit such as raisins or currants.
- This recipe can be doubled. Bake in 2 greased, 9x5-inch baking dishes.
- Make banana muffins instead. Replace 9x5-inch baking pan with a 12-cup muffin tin.
- Tightly wrap loaf in freezer quality plastic wrap and aluminum foil and freeze for up to 3 months.
- The eggs can be replaced with a pasteurized egg product. Replace according to package instructions.
- The eggs can be replaced with powdered eggs. Replace according to package instructions.
- To reduce the mess, line inside of baking dish with wax paper instead of greasing.
- Barley has a distinct flavor. If it is too strong, replace half the barley flour with either whole wheat or all-purpose flour.



Barley Banana Bread

(butter and sugar)

Ingredients

1½ cup barley flour
¾ teaspoon salt (optional)
½ teaspoon baking soda
¼ teaspoon baking powder
⅓ cup room temperature butter
⅔ cup sugar
2 large eggs
1 cup mashed ripe bananas
non-stick cooking spray, butter or oil for greasing loaf pan

Equipment

2-quart mixing bowl
4-quart mixing bowl
measuring cups
measuring spoons
electric mixer
wooden spoon
9×5-inch loaf pan, greased

Method

1. Preheat oven to 325°F.
2. In 2-quart mixing bowl, mix: flour, salt, baking soda and baking powder. Set aside.
3. In 4 quart mixing bowl, blend butter and sugar with electric mixer until creamy.
4. Add eggs and blend until fully combined.
5. Add bananas and blend until fully combined.
6. Gradually add dry ingredients to butter and sugar mixture. Blend until fully combined.
7. Pour batter into greased, 9×5-inch loaf pan.
8. Bake for 60–75 minutes, until a toothpick inserted into the center comes out clean.
9. Cool bread in pan for 10 minutes. Loosen sides of loaves from pan with a butter knife. Turn pan upside down onto cooling rack. Tap bottom of pan with backside of butter knife until loaf releases from pan. Remove pan, turn bread over and let cool for at least 30 minutes before slicing.
10. Wrap completely cooled bread tightly in plastic wrap or plastic storage bag. Store for up to 4 days at room temperature or 7 days in refrigerator.

Makes about 12 ¾-inch slices.

Calories 150; total fat 6g; cholesterol 50mg; sodium 220mg; total carbohydrate 22g; protein 2g.

- Try adding ½ cup nuts such as walnut pieces or sliced almonds.
- Try adding ½ cup dried fruit such as raisins or currants.
- This recipe can be doubled. Bake in 2 greased, 9x5-inch baking dishes.
- Make banana muffins instead. Replace 9x5-inch baking pan with a 12-cup muffin tin. Makes 12 muffins.
- Tightly wrap loaf in plastic freezer wrap and aluminum foil and freeze for up to 6 months.
- The eggs can be replaced with a pasteurized egg product. Replace according to package instructions.
- The eggs can be replaced with powdered eggs. Replace according to package instructions.
- To reduce the mess, line inside of baking dish with wax paper instead of greasing.
- Barley has a distinct flavor. If it is too strong, replace half with either whole wheat or all-purpose flour.

Barley Buttermilk Pancakes

Ingredients

1½ cups barley flour
3 tablespoons white sugar
1½ teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt (optional)
1½ cups buttermilk
3 tablespoon canola or vegetable oil or melted butter
2 large, slightly beaten eggs
non-stick cooking spray or vegetable oil for greasing griddle or skillet

Equipment

1-quart mixing bowl
2½-quart or larger mixing bowl
wooden spoon or whisk
measuring cups
measuring spoons
electric or stovetop griddle (or 12-inch skillet)
metal spatula

Method

1. Mix flour, sugar, baking powder, baking soda and salt together in bowl. Set aside.
2. Mix buttermilk, melted butter and slightly beaten eggs in 1 quart mixing bowl. Add to dry ingredients. Mix together until ingredients are just combined.
3. Let batter rest about 5–10 minutes.
4. Lightly butter, oil or spray electric griddle, stovetop griddle or frying pan. Preheat electric griddle or skillet to 350° F. Preheat stovetop griddle or frying pan over medium heat.
5. Pour ⅓ cup batter onto hot, lightly greased griddle or skillet for each pancake. Cook until top of each

pancake is speckled with bubbles, some of the bubbles have popped and the underside of the pancake is golden brown. Flip the pancake and cook the second side until lightly browned.

6. Serve immediately or place on a plate in a 200°F oven to keep warm until ready to serve. Serve with butter and syrup.

Makes about 12 5-inch pancakes.

Calories 200; total fat 9g; cholesterol 90mg; sodium 470mg; total carbohydrate 24g; protein 7g.

- Try adding ½ cup, fresh or frozen, blueberries, sliced bananas or desired fruit to batter.
- Try adding chopped nuts of your choice to batter.
- Try adding ¼ cup oat bran. Increase liquid by 2–4 tablespoons to desired consistency.
- Try adding ½ teaspoon cinnamon and a pinch of nutmeg to the batter.
- Replace the butter and syrup with fruit and yogurt for a healthier alternative.
- Use powdered buttermilk. It is less expensive than fresh buttermilk and has a longer shelf life. Reconstitute according to package directions.
- If no buttermilk is available, replace it with 1½ cup milk and 2 tablespoons of lemon juice or vinegar.
- For thinner pancakes, add an extra 2–4 tablespoons liquid.
- For thicker pancakes, reduce liquid by 1–2 tablespoons.

Barley Carrot Cake

Ingredients

2½ cups barley flour
2 teaspoons baking soda
1 teaspoon salt
2 teaspoons ground cinnamon
½ teaspoon ground nutmeg
1 teaspoon ground ginger
2 cups sugar
1 cup unsweetened applesauce
¼ cup canola oil
4 large eggs
3 cups grated carrots

Equipment

9×13-inch baking dish
large bowl
measuring cups
measuring spoons
whisk or wooden spoon
cooling rack
parchment paper (optional)

Method

1. Preheat oven to 350°F.
2. Line baking dish with parchment paper (or oil and flour each dish).
3. In medium bowl, mix flour, baking soda, salt, cinnamon, nutmeg and ginger. Set aside.
4. In large bowl, beat sugar, applesauce and oil until blended. Add one egg at a time and beat or whisk until blended.
5. Add flour mixture and stir until blended. Add carrots stirring until fully combined.
6. Pour batter into baking dish. Bake about 40 minutes until toothpick comes out clean and middle of cake springs back when gently pressed with a finger.
7. Cool.
8. Frost once cake has fully cooled.

Makes about 12 pieces

Calories 290; total fat 7g; cholesterol 75mg; sodium 460mg; total carbohydrate 53g; protein 4g.

- Replace applesauce with equal amount of canola oil if no applesauce is available.
- Use two 12-cup muffin pans to make cupcakes instead. Reduce baking time to about 15 minutes.
- Replace the eggs with pasteurized egg product if preferred. Replace according to directions on package.
- Replace eggs with dried egg powder if preferred. Replace according to directions on package.
- Frost with your favorite cream cheese frosting or make this simple recipe: blend 8 ounces cream cheese (1 package) and 4 tablespoons softened butter. Add 1–1½ cups confectioner's sugar and 2 teaspoons vanilla. Blend until smooth.
- Cake can be covered in plastic wrap and stored in refrigerator for 3–5 days.

Barley Chocolate Chip Cookies

Ingredients

3¼ cup barley flour
1 teaspoon baking soda
½ teaspoon salt
1 cup softened butter
¾ cup white sugar
¾ cup packed brown sugar
2 teaspoons vanilla
2 large eggs
1½ cups chocolate chips
1 cup chopped nuts such as walnuts (optional)



Equipment

1 large mixing bowl (3½–4 quarts)
1 medium mixing bowl (about 2½ quarts)
measuring spoons
measuring cups
wooden spoon
cookie sheets or jellyroll pans
2 spoons
cooling rack or paper towels

Method

1. Preheat oven to 375°F.
2. Mix barley flour, baking soda and salt together in medium mixing bowl. Set aside.
3. With wooden spoon, cream together butter, sugar, brown sugar and vanilla.
4. Add eggs to butter mixture, beating after each one.
5. Gradually add flour mixture to butter mixture and beat together.
6. Stir in chocolate chips and nuts (if using).
7. Using two spoons, drop by rounded tablespoon onto ungreased cookie sheets.
8. Bake for 8–10 minutes. Turn cookie sheets halfway through baking time.
9. Remove from oven; cool on cookie sheet about 1 minute.
10. Remove from cookie sheet and place on cooling rack or paper towels until cooled.

Makes about 120 cookies.

Calories 130; total fat 7g; cholesterol 120mg; sodium 65mg; total carbohydrate 17g; protein 1g.

- Instead of making cookies, press into a greased 9x13-inch pan and make into cookie bars. Increase baking time by 15–20 minutes.
- Cookies may be stored in freezer for up to 8 weeks. Package in freezer bag or freezer container.
- For a special treat, make ice cream sandwiches by placing about ¼ cup of ice cream between two cookies.
- Depending on the variety and coarseness of the barley flour used, you may need to add up to 1 cup extra flour per batch of cookies. If dough feels too soft when mixing, add more flour until consistency appears right.

Barley Honey Crackers

Ingredients

2½ cups barley flour
½ cup packed brown sugar
½ teaspoon salt
1 teaspoon baking soda
½ cup softened butter
¼ cup honey
2–4 tablespoons water
Whole wheat or all-purpose flour for rolling

Equipment

measuring cups
measuring spoons
medium bowl
wooden spoon
rolling pin
sharp knife
fork
cookie sheet
parchment paper or silicone baking mat (optional)
food processor (optional)

Method

1. Mix barley flour, brown sugar, salt, baking soda, softened butter, honey and 2–4 tablespoons of water until well blended (by hand or with food processor).
2. Knead 2–3 times by hand and form dough into a ball. Wrap in plastic wrap and place in refrigerator for about 1 hour (until dough is firm, but not completely hard).
3. About 15 minutes before dough is removed from refrigerator, preheat oven to 400°F.
4. Remove dough from refrigerator and break in half. Rewrap remaining dough and return to the refrigerator.
5. On a floured surface (using whole wheat or all-purpose flour), roll dough to ⅛-inch thickness, dusting lightly with flour to keep rolling pin from sticking.
6. Cut into 1½- to 2-inch squares with sharp knife and poke holes in each cracker with a fork.
7. Carefully place individual crackers on an ungreased cookie sheet.
8. Bake 8–10 minutes or until golden brown but still soft. Watch crackers closely; they are easy to overbake.
9. Remove from oven and place on cooling rack or paper towels. Crackers will crisp as they cool.
10. Repeat with remaining dough.

Makes about 64 2-inch crackers.

Calories 120; total fat 6g; cholesterol 15mg; sodium 150mg; total carbohydrate 17g; protein 1g.

- To reduce the cholesterol content, replace the melted butter with an equal amount of canola or vegetable oil.
- Use cookie cutters to make shapes instead of cutting them into squares.
- Frost with chocolate or vanilla frosting for a special treat. Frost after they have fully cooled.
- Form into “sticks” instead of crackers. Take a 1-inch ball of dough and form into desired shape on cookie sheet. Increase baking time by about 2–4 minutes.
- Make a barley honey pie crust. Do not refrigerate dough. Instead, press into 9-inch pie pan or springform pan with fingers. Bake about 10 minutes. Fill with desired filling. Chill in freezer for 10 minutes if dough is too sticky to press.

Barley Muffins with Berries

Ingredients

- 1 cup barley flour
- ½ cup whole wheat or all-purpose flour
- ⅓ cup sugar
- 1½ teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt (optional)
- 1 cup berries of your choice (raspberries, blueberries, etc.)
- ½ cup melted butter
- 1 cup sour cream
- 1 large egg
- 1 teaspoon vanilla

Equipment

- 2- to 3-quart mixing bowl
- 1 quart mixing bowl
- wooden spoon or whisk
- measuring cups
- measuring spoons
- 12 cup muffin tin
- 12 muffin tin liners (or non-stick cooking spray, vegetable oil or butter for greasing the muffin tin)

Method

1. Preheat oven to 400°F.
2. Line muffin tins with paper liners or lightly grease with nonstick cooking spray, vegetable oil or butter.
3. In 2-quart or larger mixing bowl, combine barley flour, whole wheat or all purpose flour, sugar, baking powder, baking soda and salt. Stir and set aside.
4. Combine melted butter, sour cream, egg and vanilla in a 1-quart mixing bowl. Whisk or beat with a spoon until ingredients are thoroughly mixed.
5. Add berries to dry ingredients and stir in.
6. Gradually add wet ingredients to dry ingredients and combine with a few strokes, until dry ingredients are just moist.
7. Divide batter evenly between the muffin cups (each cup should be about ⅓–½ full).
8. Bake for 30 minutes or until toothpick inserted into the center of a muffin comes out clean.

Makes about 12 muffins.

Calories 180; total fat 12g; cholesterol 55mg; sodium 140mg; total carbohydrate 17g; protein 3g.



- If using frozen berries, thaw and drain well before adding to dry ingredients.
- Try replacing berries with other favorite muffin flavors such as chocolate chips, dried fruit or bananas.
- To reduce the cholesterol content, replace the melted butter with an equal amount of margarine.
- Replace the eggs with pasteurized egg product if preferred. Replace according to directions on package.
- Replace eggs with dried egg powder if preferred. Replace according to directions on package.

Barley Noodles

Ingredients

- 1½ cups barley flour
- ½ cup whole wheat or all-purpose flour
- 3 large eggs
- 2–3 teaspoons cold water (less if dough is wet, more if dry)
- 1 teaspoon salt for cooking water

Equipment

- medium bowl
- wooden spoon
- measuring cups and spoons
- rolling pin and sharp knife
- 4-quart cooking pot

Method (rolling pin)

1. Mix barley flour and all-purpose or whole wheat flour thoroughly. Make well in center.
2. Add eggs to well and mix with wooden spoon or by hand.
3. Add water slowly, and as needed, and mix until the dough is well blended. The dough should form into a pliable ball and not stick to your hands.
4. Knead by hand on lightly floured surface (using whole wheat or all-purpose flour) about 1 minute
5. Break dough into 8 pieces and roll each piece into a ball.
6. Flatten one dough ball at a time. Cover remaining dough balls with a bowl to prevent them from drying out.
7. Using rolling pin, roll dough to about ¼ inch thick on unfloured surface. Fold dough in half and repeat about 8–10 times.
8. Roll dough to desired thickness with rolling pin (about ⅛ inch thick). If dough is sticking, sprinkle very lightly with flour.
9. Cut into long, thin strips using the sharp knife.
10. Lay finished noodles on a tray to dry for about an hour.

Method (pasta machine)

1. Mix barley flour and all-purpose or whole wheat flour thoroughly. Make well in center.
2. Add eggs to well and mix with wooden spoon or by hand.
3. Add water slowly, as needed, and mix until the dough is well blended. The dough should form into a pliable ball and not stick to your hands.
4. Knead by hand on lightly floured surface (using whole wheat or all-purpose flour) for about 1 minute.
5. Break dough into 8 pieces. Roll each piece into a ball.
6. Flatten, by hand, one dough ball at a time to approximately ½ inch thick. Cover remaining dough balls with a bowl to prevent them from drying out.
7. Run flattened ball through the pasta machine on setting #1 (the widest setting) 6–8 times, folding the dough in half each time.
8. Run flat dough through pasta machine on setting #2 one time. Do not fold dough in half. Continue decreasing thickness on machine up to setting #7 (or your desired thickness). The dough should be a long thin piece.
9. Run through the desired width of pasta cutter.
10. Lay finished noodles on a tray to dry for about an hour.



Cooking Method

1. Bring 3 quarts of water to a rolling boil in a large pot.
2. Add 1 teaspoon salt to boiling water.
3. Add noodles and boil about 3 minutes.
4. Remove from pot and drain excess water.

Makes about 3 servings.

Calories 380; total fat 7g; cholesterol 195mg; sodium 75mg; total carbohydrate 63g; protein 16g.

- If dough is sticky, lightly dust in whole wheat or all-purpose flour before rolling.
- Store in covered container in refrigerator for up to 5 days.
- Replace eggs with desired egg replacement product to reduce cholesterol. Replace according to directions on package.
- Dehydrate the noodles for later use:
 - Gently pull noodles apart and place into piles about 2 inches in diameter and 1 inch high.
 - Place piles on dehydrator tray.
 - Dehydrate at 135°F for about 2–4 hours or until dry.
 - Store in airtight plastic bag.

Barley Tart Crust

Ingredients

- 1½ cups barley flour
- ½ cup powdered sugar
- ¼ teaspoon salt (optional)
- pinch of nutmeg (optional)
- ¼ teaspoon cinnamon
- 9 tablespoons cold butter
- 1 large egg, slightly beaten
- 1 tablespoon cold water

Equipment

- Medium mixing bowl (about 2½ quarts)
- Measuring cups
- Measuring spoons
- Pastry blender or two butter knives
- Small bowl
- 8- or 9-inch pie/pastry pan

Method

1. In medium mixing bowl, combine flour, powdered sugar, salt, nutmeg and cinnamon.
2. Cut cold butter into ¼-inch pieces and add to dry ingredients. Using pastry blender or two knives, cut the butter into the dry ingredients until the mixture resembles coarse crumbs with some pea-sized pieces.
3. Mix egg and water together in small bowl. Pour into dry ingredients and stir dough just until it forms into a ball around the spoon.
4. Place in freezer for about 15–20 minutes and start preheating the oven to 325°F.
5. Press into pie pan or tart/muffin pan. Poke bottom and sides of crust with a fork.
6. Place crust in oven and bake about 20 minutes or until lightly browned. Fill with desired filling.

Makes 1 tart.

Calories 210; total fat 14g; cholesterol 60mg; sodium 85mg; total carbohydrate 18g; protein 3g.

- Replace cold butter with cold margarine to reduce cholesterol.
- Place dough in freezer for 10–20 minutes if it is too sticky to press into pan.
- Try replacing ½ cup of the barley flour with ½ cup ground cashews or nut of your choice.
- Crust can be pressed into pan, tightly covered and stored in freezer for up to 1 month.
- Fill with desired pie filling, custard, fruit or cheesecake.
- Make miniature tarts using a mini-tart/muffin pan with 24 ¼-cup cavities.

Beef Barley Soup for the Slow Cooker

Required Ingredients

1 cup hullless barley
4 cups beef broth
2 cups water
1 pound of beef stew meat chopped into 1-inch squares
1 cup coarsely chopped carrots (about 1½ carrots)
1 cup coarsely chopped celery (about 3 medium stalks)
1 cup coarsely chopped onion (about 1 medium onion)
4 cloves of chopped garlic (2 tablespoons)

Required Spices

¼ teaspoon black pepper
1½ teaspoons dried oregano
1 teaspoon dried thyme
½ teaspoon dried basil

Method

1. Measure and pour barley into the 1-quart bowl. Fill with cool water to about 2 inches over the top of the grain. Remove the floating pieces with a slotted spoon. Drain water and place barley in the slow cooker.
2. If using dried beans, measure and pour beans into a 1-quart saucepan, cover with water and bring to boil. Boil for 5 minutes. Drain water and place beans in slow cooker.
3. Add remaining required ingredients and spices and remaining optional ingredients and spices to the crock pot.
4. Cook about 5 hours on high, or 8 hours on low.
5. Add an extra 1–2 cups water if soup is too thick or dry.
6. Remove bay leaves (if using) and serve.

Makes about 11 cups.

Calories 260; total fat 9g; cholesterol 35mg; sodium 340mg; total carbohydrate 29g; protein 17g.

This material is based upon work supported by the Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture, under Agreement No. 2003-45057-01644. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

www.uaf.edu/ces or 1-877-520-5211

Kate Idzorek, Food Research Technician, and **Kristy Long**, former Extension Foods Specialist.



America's Arctic University

Published by the University of Alaska Fairbanks Cooperative Extension Service in cooperation with the United States Department of Agriculture. The University of Alaska Fairbanks is an affirmative action/equal opportunity employer and educational institution.

©2011 University of Alaska Fairbanks.

6-10/KI-KL/1-12

- Add 20 minutes to total cooking time each time slow cooker lid is opened.
- To cut costs, purchase herbs and spices in the bulk section of the grocery store. Try varying the herbs and spices and amounts used in the soup.
- If there is no Alaska hullless barley available, make this soup with pearled barley.
- Try replacing the beef with game meat of your choice such as moose, caribou or deer.
- There is no need to use a tender cut of meat in this soup, the long slow cooking process will tenderize tougher cuts of meats also.
- If using a cut of meat with a bone in it, cook the soup with the bone to add extra flavor and remove it right before serving.

Optional Ingredients

6 large button mushrooms chopped
1 cup uncooked sweet potato, peeled and coarsely chopped (about half a sweet potato)
1 cup assorted dried beans (white, red, kidney, black, etc.)

Optional Spices

3 small bay leaves
1 teaspoon dried sage
¼ teaspoon dried dill
½ teaspoon dried tarragon
1 tablespoon dried parsley
¼ teaspoon red pepper flakes
2 dashes Worcestershire sauce

Equipment

crock pot, 5-quart or larger
cutting board
knife
vegetable peeler
measuring cups
measuring spoons
saucepan, 1 quart or larger
bowl, 1 quart or larger
wooden spoon

Revised January 2012