

Quick Crock Pot Barley Casserole

Ingredients:

- 1 cup uncooked pearl barley
- ½ cup V-8 juice, low sodium
- ¼ tsp black pepper
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, seeded and chopped
- 1 cup mushrooms, chopped
- 2 ½ cup vegetable broth, low sodium
- ⅓ cup toasted pine nuts



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 4

Amount Per Serving

Calories 290 **Calories from Fat** 45

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 56g **19%**

Dietary Fiber 15g **60%**

Sugars 6g

Protein 8g

Vitamin A 25% • Vitamin C 90%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

Combine all ingredients except pine nuts in a 3-4 quart crock pot (do NOT use a larger crock pot). Cover and cook on low for 6-8 hours until barley and vegetables are tender. Sprinkle with nuts just before serving.