
Barley “Mac & Cheese”

Ingredients

- 1 tbsp butter
- 2 ½ tbsp flour
- 1 cup onions, chopped
- 2 ½ cups milk
- 1 tsp lemon pepper
- 1 ½ cups sharp cheese
- 3 ¾ cups Fieldstone Organics Barley, cooked*
- 2 ½ cups chopped broccoli, steamed
- 3 tbsp breadcrumbs
- ¼ cup sliced almonds

Method

Melt butter, sauté onions then sprinkle with flour and heat for one minute. Slowly add milk stirring constantly until the mixture boils and thickens. Remove from heat, add pepper, and cheese and stir. Add broccoli and barley, stir and place in an oiled 2 litre shallow baking dish. Sprinkle almonds on top and bake at 400° F for 25 minutes until golden.

Notes

* Use 1 3/4 cups raw barley in 3 cups water, bring to a boil and simmer for 45 mins.

