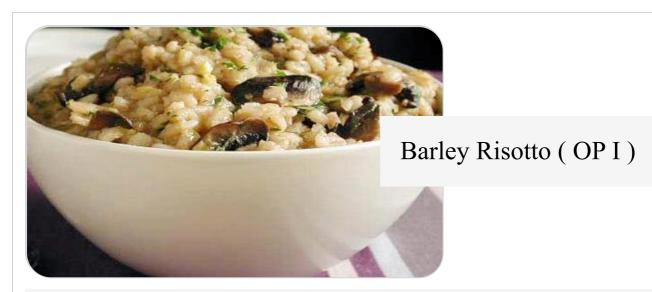


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- -Barley (raw) 3 tbsp
- -Garlic, minced 2 cloves
- -Mixed veggies (onion, tomato,carrot,capsicum,) - 1 cup
- -Sliced mushrooms 8 piecs
- -Vegetable stock/ plain water 1 cup
- Salt and pepper to taste
- -Oil 1 tsp

Preparation Method

- In olive oil, saute onion and garlic until softened. Add mushrooms, cook until browning.
- Add barley and cook for 5 minutes until lightly toasted.
- Add vegetable stock/water, tomato, salt& pepper. Bring to boil, cover and simmer 15 minutes, stirringoccasionally.
- Add peas and some additional broth if needed, simmer an additional 10-15 minutes stir add more salt and pepper if needed.