

Nutritional information

Nutrient	Per Serve	Per 100g
Energy	951.45kJ	382.77kJ
Protein	6.56g	2.64g
Fat	4.72g	1.90g
Saturated Fat	0.42g	0.17g
Carbohydrate	39.41g	15.86g
Sugar	10.00g	4.02g
Fibre	>9.48g	>3.81g
Sodium	420.45mg	169.15mg

Nutritional analyses are estimated calculations based 'Food Works'™ computer software

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healthy home-cooking made easy!

PLU489

Barley & Vegetable Hotpot

This meal pack includes:

Dry Ingredients

- 1 cup pearl barley
- 1 420g can corn kernels
- 2 Tbs dried parsley flakes
- 4 tsp vegetable stock powder
- 1 tablespoon soy sauce

Fresh Ingredients

- 2 onions
- 3 cloves garlic
- 2 celery sticks
- 2 large carrots
- 500 gram sweet potato

Vegetarian Dish

Preparation time: 30 minutes Cooking time: 45 minutes

Serves 6



**COMMUNITY
FOOD SA**

Developed by Community Foodies in conjunction with
Community Food SA

Barley and Vegetable Hotpot

time required

Preparation time: 30 minutes

Cooking time: 45 minutes

ingredients

- 2 onions
- 3 cloves garlic
- 2 celery sticks
- 2 large carrots
- 4 tsp low salt vegetable stock powder
- 4 cups water
- 500g sweet potato
- 1 cup pearl barley
- 1 420g can corn kernels
- 2 Tbs dried parsley flakes
- 1 tablespoon soy sauce
- 1 tablespoon oil (not provided)

tips and ideas

- Steps 1 – 10 can all be done the day before, then cooled and refrigerated overnight.
- If you ever find that your celery has become a bit 'floppy', it can be revived by standing it in a glass of cold water for an hour or so before use.

Cooking Instructions

1. Place barley in large saucepan and cover with 3 cups of water
2. Bring to the boil, turn down the heat and simmer for 20-30 minutes or until tender.
3. Drain and put aside (this can be done the day before and kept in the fridge, covered)
4. Peel the onion and garlic and dice.
5. Dice the carrot and celery.
6. Heat oil in a large saucepan and cook the onion, carrot, celery and garlic over low heat until soft (about 10 minutes).
7. Stir occasionally to prevent burning.
8. Meanwhile, peel and dice the sweet potato.
9. Dissolve the stock powder in 1 cup of boiling water.
10. Add stock and sweet potato to the saucepan and cook for 10 -15 minutes, uncovered over a medium heat, until all the vegetables are tender
11. Open the can of corn and drain off the liquid.
12. Stir the soy sauce, barley, corn and the parsley into the vegetables. Heat through and serve.