

Barley Casserole

Charlotte Helm

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

Servings: 6

1 cup barley

2 cans onion soup

*1 can (4 ounce) mushroom
pieces*

1/2 cup Cheddar cheese

Preheat the oven to 350 degrees.

In a bowl, mix the barley, onion soup and mushrooms. Pour into a casserole dish.

Bake for 45 minutes.

Remove from the oven. Sprinkle the Cheddar cheese on top. Allow to melt.

Serve warm.

Per Serving (excluding unknown items): 167 Calories; 4g Fat (23.1% calories from fat); 8g Protein; 26g Carbohydrate; 5g Dietary Fiber; 10mg Cholesterol; 414mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.