

# 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.

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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.