

# Barley Pilaf with Peas

cook time

15-17 minutes

## things you need

3 cups

water

3

chicken bouillon cubes

1 cup

barley

1 ½ cups

frozen peas

½ cup

chopped onion

1

clove crushed garlic (or ¼ tsp garlic powder)

2 tbsp

non-hydrogenated margarine or butter

2 tbsp

soya sauce (preferably low-sodium)

## here's how

1. Bring water and chicken bouillon cubes to a boil; stir in barley. Reduce heat. Cover.
2. Simmer for 10 to 12 minutes, or until tender, stirring occasionally. Drain.
3. In large skillet, sauté frozen peas, onions and garlic in butter for about 5 minutes.
4. Reduce heat. Stir in cooked barley and soy sauce.
5. Continue cooking until heated through, stirring occasionally.