













Creamy Barley with Lentils & Shrimp

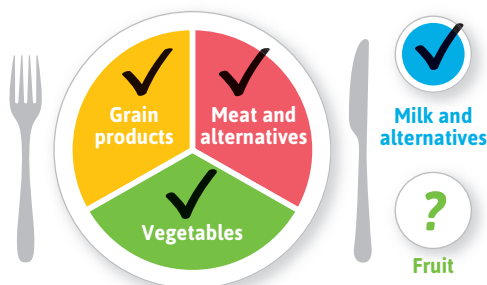
Preparation time	5 minutes
Cooking time	45 minutes
Servings	4
Cost per serving	\$2.49
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, small pot, large pot, ladle, colander, can opener, grater, wooden spoon



Ingredients

 500 ml (2 cups) milk	 500 ml (2 cups) water	 5 ml (1 tsp) canola oil	 1 small yellow onion , peeled and chopped	 2 celery sticks , chopped	 Salt and pepper to taste	 250 ml (1 cup) dry pearl barley
 250 ml (1 cup) chicken broth	 1 can (540 ml) lentils , drained and rinsed	 250 ml (1 cup) grated cheddar cheese	 175 ml (¾ cup) frozen green peas	 150 g (1/3 lb) northern shrimp , shelled	<p><i>OR ANOTHER GREEN VEGETABLE CHOPPED INTO SMALL PIECES (GREEN BELL PEPPERS, GREEN BEANS OR BROCCOLI, FOR EXAMPLE)</i></p> <p><i>OR ANY KIND OF FISH OF YOUR CHOICE.</i></p>	

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Balanced plate

Serve with:

? Vegetables (salad or cooked vegetables, for example) to round out the serving, and a fruit

Directions

- 1 In a small pot over medium heat, warm the **milk** and **water**. When the mixture first starts to bubble, turn off heat, cover and set aside.

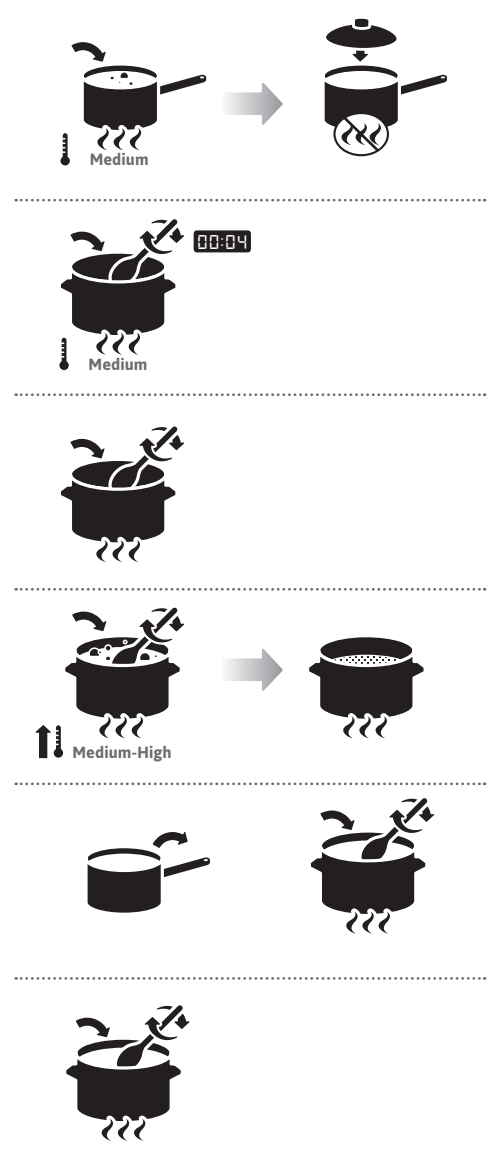
- 2 Heat the **oil** in a large pot over medium heat. Add the **onion** and **celery** and cook for 4 minutes. Add **salt** and **pepper**.

- 3 Add the **barley** and stir to ensure the barley is covered in oil.

- 4 Add the **chicken broth** and bring to a boil over medium-high heat, stirring constantly until all the broth has been absorbed.

- 5 Add a ladle of the **milk mixture** and continue to stir until there is almost no liquid left. Repeat step 5 until there is no milk mixture left.
Tip: If the barley still isn't soft after using all the milk mixture, add 60 ml (¼ cup) of water at a time.

- 6 Add the **lentils**, **cheddar cheese**, **green peas** and **shrimp**. Mix until the cheese has melted.
Variation: This recipe can be prepared without the shrimp.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition