

# Middle Eastern Spiced Barley

*Embark on a Middle Eastern culinary journey with our Spiced Middle Eastern Barley recipe. Discover the perfect fusion of authentic ingredients, crafting a flavorful and historically rich dining experience.*

Preparation 2 min

Cooking 40 min

Servings 4



## Nutrition Facts (per serving)

Calories 215 kcal

Fat 4 g

Carbohydrates 42 g

Fibre 8 g

Protein 6 g

Sodium 50 mg

## Ingredients

- 15 ml (1 tbsp) plant-based margarine
- 1 ml (1/4 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground ginger
- 1 ml (1/4 tsp) ground turmeric
- 250 ml (1 cup) pearl barley, rinsed
- 625 ml (2 1/2 cups) vegetable broth, reduced in salt
- Salt and pepper to taste



Chloé Hoff-Paradis – Nutritionniste Diététiste à Sherbrooke

Registered Dietitian Nutritionist in Sherbrooke