



RECIPES

Barley-Mushroom Pilaf serves 6-8

2 Tbsp Safflower oil
1/2 clove Elephant Garlic, minced
1 red onion, finely chopped
3 cups water & 1 cup Braggs liquid aminos mixed together (substitutes for chicken broth)
1 cup pearled barley
4 medium, thinly sliced mushrooms (from peak frequency list; crimini, porcini, shitake, reishi, etc.)
Real Salt

Heat safflower oil over medium heat in medium saucepan. Add garlic & onion & cook until tender.

Add "broth", barley & mushrooms. Bring to a boil, reduce heat & simmer 45 mins. or until barley is tender & liquid has absorbed. Season to taste with Real Salt.