



Masala Barley

Instructions

1. Soak 1 cup barley in water to cover it for 30 minutes
2. Boil barley in 2 cups water after draining it
3. In a sauté pan, heat oil and add cumin seeds and curry leaves
4. Add ginger and garlic paste, and sauté
5. Add onion and a pinch of salt, sauté and cover for 1 minute
6. Add the spices and saute for another minute
7. Add all the vegetables and sauté/cover for 10-20 minutes, until they are soft
8. Add the cooked barley grains and mix
9. Add cilantro leaves and lemon juice.

Ingredients

- 1 cup barley
- 2 cups water
- 1 tsp cooking oil
- ¼ tsp cumin seeds
- A few curry leaves
- 1 tsp grated garlic
- 1 tsp grated ginger
- ½ cup chopped onion
- ¼ tsp turmeric powder
- ½ tsp black Pepper powder
- ¼ tsfp cumin powder
- ¼ tsp coriander powder
- ¼ tsp paprika powder
- ¼ tsp Garam Masala
- Salt to taste
- 1 Tbsp lemon juice
- Cilantro 1-2 Tbsp
- ½ cup chopped carrots
- ½ cup chopped bell pepper
- ½ cup chopped tomatoes
- Salt to taste