

Two-Grain Pilaf

Barley (dry)	½ cup
Brown Rice (dry)	½ cup
Vegetable Stock	2 ¾ cups
Butter	1 tbs
Parsley	1 tsp
Salt and Pepper	To taste

Cooking Instructions:

1. Melt butter in skillet. Stir in brown rice and barley; sauté for three minutes over medium heat.
2. Add broth, salt and pepper. Bring to a boil. Stir in parsley. Reduce heat and cover.
3. Simmer for 20–25 minutes or until the barley and rice are tender and the liquid is absorbed.