

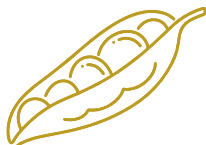


## Barley and Vegetables

This barley and vegetables recipe is a nourishing Ayurvedic grain dish that combines hearty whole grains with seasonal vegetables.

**Servings: 2**

**Preparation Time: 45 minutes**



### Ingredients

- 1 Tablespoon of ghee
- 1/4 to 1/2 teaspoon **cumin seeds**
- 1/4 to 1/2 teaspoon **coriander seeds**, crushed
- 1/8 teaspoon **black pepper**
- 1/2 to 1 inch fresh ginger, grated
- 1/4 cup chopped onion (optional)
- 1/2 of a zucchini, chopped
- 1/2 cup fresh peas
- 1/2 teaspoon **salt** (or more to taste)
- 1/2 cup **pearled barley**
- 1 1/2 cups water, boiled and kept hot
- fresh, chopped cilantro for garnish
- lime or lemon juice for taste

## Barley and Vegetables (Cont.)



### Instructions

- Prepare veggies by washing and cutting.
- Add ghee to a large saucepan and warm on medium heat.
- Add cumin, black pepper, and coriander, and cook until golden.
- Add grated ginger and cook until golden.
- Add chopped onion and salt; cook until soft.
- Add prepared vegetables and sauté until al dente.
- Add cracked barley, stirring to coat the barley with the ghee and vegetables.
- Allow the barley to roast for a bit (about 2-4 minutes), stirring occasionally to prevent burning.
- Carefully add boiling water.
- Cook until all of the water is absorbed.
- Garnish with chopped, fresh cilantro and squeeze some lemon or lime on top.

This recipe is appropriate for all dosha types. Adjust spices to your specific needs.

*Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.*

*With love + wishes  
for balanced Agni,  
Belinda*

