

Bean Vegetable Medley

Ingredients

3 tablespoon vegetable oil
1 large onion, diced
2 stalks celery, sliced
1 med. green pepper
2 medium tomatoes, diced
2 cup red kidney beans, drained
1 pkg frozen baby lima beans,10 oz
1 cup quick cooking barley
2/3 cup chopped parsley
1 1/2 teaspoon salt
1 teaspoon dried basil leaves
1/4 teaspoon ground black pepper
3 cups boiling water
2 tablespoon grated cheddar cheese

Directions

Add the boiling water just before baking. Cut green pepper into strips. Heat oil in a large skillet. Add onion, celery, and green pepper. Cook slowly for 10 minutes. Do not brown. Stir in tomatoes, kidney beans, barley, parsley, salt, basil, and black pepper. Transfer mixture to a buttered 2-to 3 quart casserole with lid. Add boiling water. Cover. Bake at 350 degrees F for 1-1/2 hours or until barley is tender and liquid is absorbed. Sprinkle with grated cheese before serving.

Good served with: Marinated, slightly blanched mixed vegetables, hot French bread and butter.