

# Savory Calico Barley

E-311-00

Cereals, Rices and Pasta Products

Color Code: Green

Sodium: Moderate

Yield: 108 Portions

Each Portion:  $\frac{3}{4}$  cup (5- $\frac{1}{2}$  oz)

Pan Size and Number: 12 x 20 x 4-Inch Steam Table Pans (3)

Temperature: 350°F

(176°C)

Time: 1 hr 15 mins.

## INGREDIENTS

Item	Measure	Weight	Approx issue
BASE, VEGETABLE, LOW-SODIUM	$\frac{3}{4}$ cup	7- $\frac{2}{3}$ oz	
WATER	2 gal + 9 cup	21 lb 10 oz	
ONIONS, DICED $\frac{1}{2}$ INCH	3- $\frac{1}{2}$ qt	4 lb 5 oz	4 lb 12 oz
CARROTS, DICED $\frac{1}{2}$ INCH	2- $\frac{1}{4}$ qt	2 lb 8 oz	3 lb
OIL, CANOLA	1 cup	7- $\frac{2}{3}$ oz	
GARLIC, PRE-MINCED IN WATER	9 tbsp	3- $\frac{1}{3}$ oz	
SALT	3 tbsp	2 oz	
CELERY SALT	2 tbsp	0.88 oz	

SAGE, GROUND	2 tbsp	0.24 oz
PEPPER, BLACK, GROUND	1 tbsp	0.24 oz
BARLEY, PEARLED, DRY	3-½ qt	5 lb 13 oz
CORN, FROZEN	3-½ qt	4 lb 4 oz
SPINACH, FROZEN, CHOPPED	3-½ qt	2 lb 11 oz
NON-STICK COOKING SPRAY		

## DIRECTIONS

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1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Dice onions and carrots to ½ inch Reconstitute vegetable base in water; stir well. Set aside for use in Step 6.
2. Preheat convection oven to 350°F (176°C).
3. Combine onions, carrots, oil, garlic, salt, celery salt, sage and black pepper in a stock pot or steam-jacketed kettle. Cook over medium heat for 10 to 15 minutes or until vegetables are tender.
4. Lightly spray each steam table pan with nonstick cooking spray.
5. Transfer 1 qt (1 lb 13oz) cooked vegetable mixture, 4-⅔ cup (1 lb 14oz) pearled barley, 4-⅔ cup (1 lb 7oz) corn, 4-⅔ cup (14 oz) spinach and 3-½ qt (7 lb) vegetable broth to each steam table pan. Stir to mix and cover.
6. In an oven, on convection mode, bake at 350°F (176°C) for 1 hour. CCP: Internal temperature must reach 135°F (68°C) for 15 seconds.
7. Remove pans from oven.
8. Mix casserole before serving as spinach will rise to top during baking.
9. Serve immediately or CP: Hold for hot service at 135°F (57°F)

## RECIPE NOTES

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1. A small amount of residual water may be present when casserole comes out of oven. The casserole will soak up the liquid as it sits on the steam table line, helping keep the casserole moist.
2. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using

an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).

3. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
4. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

## NUTRITION FACTS

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Calories	158
Carbohydrates	29 g
Sugars*	2 g
Protein	4 g
Fat	4 g
Saturated Fat	0.3 g
Sodium	369 mg
Calcium	35 mg
Fiber	5.5 g



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