



Baked Barley

Leviticus 23:9-11

Ingredients

- 1 cup hulled (pearled) barley
- 1 tablespoon unsalted butter
- 1 teaspoon sea salt
- 2 cups boiling broth
- 1 teaspoon ground pepper corn
- 1 can black olives pitted, drained, and sliced

NOTE:

This recipe is so simple and delicious. Barley is quite filling and this easily feeds 4, with some flat bread on the side. Have a larger family? Just double the recipe!

SPRING FEAST RECIPE: WAVE SHEAF

Method

Preheat the oven to 375 degrees F.

Place the barley into a 1 1/2-quart ceramic or glass baking dish (with a lid) and add the butter, salt, and broth. Stir to combine.

Cover the dish tightly with aluminum foil and place the lid on top of the foil. Bake on the middle rack of the oven for 1 hour.

After 1 hour, remove the cover, fluff with a fork and garnish with drained sliced black olives. Enjoy!



Kitchen Chat

I especially like using chicken broth, but you could use water instead and season to your taste. Butter can also be substituted for ghee, coconut oil, or any other dairy-free option.



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