



Barley Rice Patty

Yield: 12-3.5 oz. portions

2 c.	Brown Rice
2c.	Pearled Barley
7 c.	Vegetable Stock
1 tsp.	Granulated Garlic
2 tsp.	Ground Cumin
1 tsp.	Curry Powder
½ tsp	White Pepper

1. Bring stock to a boil. Add seasoning and simmer 2 minutes.
2. Divide stock and cook rice and barley separately (3 cups-rice, 4 cups-barley) approximately 40-45 minutes.

½ c.	Onions, finely chopped
½ c.	Mushrooms, finely chopped
½ c.	Carrots, finely chopped
1 Tbsp.	Olive Oil
¼ c.	Quick Oats
¼ c.	Flour
¼ c.	Potato Pearls (instant potatoes)

1. Saute onions, mushrooms and carrots in oil over medium heat until soft.
2. Combine cooked rice, barley, vegetables, oats, flour and potatoes. Mix gently but well.
3. Use a #16 scoop to form tight 3.5 oz patties. Cook on a well-oiled medium hot griddle or saute pan. Serve with Spicy Tomato Chutney.