



Barley Rice Vege-Turkey Casserole (Regular)

Ingredients:

- 1 medium onion, minced fine
- 1 medium yellow or red sweet pepper, diced
- 2 cups celery, minced
- 2 cups mushrooms, sliced
- 2 cloves garlic, minced fine
- 2 Tbsp. olive oil
- 3 cups water
- 2 cups milk
- ¼ cup McKay's Chicken Seasoning
- 1 tsp. parsley flakes
- 1 tsp. garlic powder
- ½ tsp. salt (or to taste)
- 1 8 oz. container herb and chive flavored cream cheese
- 3 cups uncooked instant brown rice
- ½ cup uncooked instant barley
- 2 cups vegetarian chicken/turkey of your choice



Directions:

In a large skillet, saute' onions till clear, then add peppers, celery, mushrooms and garlic cloves. When peppers and celery are tender, add water, milk, and seasonings. Bring to a slow simmer then add cream cheese. Stir until completely blended then add vegetarian chicken, rice, and barley. Simmer for 5 minutes, then pour into a 9x13 glass baking dish. Cover with aluminum foil and bake at 375 degrees for 30 minutes. Remove foil and bake for an additional 15-20 minutes until top is nice and "crusty." Serve hot!

Yields: 20 ½ cup servings