



## BARLEY & ONIONS

6 servings

### Ingredients

1 large onion, chopped  
2-3 Tbsp. olive oil  
boiling water  
1 lb. package of barley  
2 Tbsp. chicken soup powder mix  
2 Tbsp. parsley

### Step-by-Step Preparation

1. In a deep pot, fry the onion in olive oil until golden brown.
2. Boil a kettle of water.
3. Add the barley to the onions and continue frying, adding more oil if necessary.
4. Pour enough boiling water over the barley to cover.
5. Add the soup powder mix and parsley, and stir.
6. Cover the pot and simmer until the barley absorbs all the water. Fluff with a spoon and serve hot.

## CARAWAY SEED CABBAGE SALAD

6 servings

### Ingredients

1 package of washed and shredded cabbage  
1 large onion, finely chopped  
4-6 Tbsp. caraway seeds  
3 Tbsp. lemon juice  
 $\frac{1}{4}$  cup olive oil

### Step-by-Step Preparation

1. Place the shredded cabbage into a bowl. Add the onions and caraway seeds and mix.
2. Pour in the olive oil and lemon juice. Toss the cabbage mix.
3. Refrigerate and serve cold.