INGREDIENTS

- ½ cup barley
- 1 cup lentils, sorted and cleaned
- 1 medium onion, minced
- 1 carrot, grated
- 1 stalk celery, minced
- 2 Tablespoons olive oil (or oil of choice)
- ¼ cup water
- ¾ cup pecans or walnuts, roasted and chopped coarsely
- 3 Tablespoons soy sauce
- ½ cup crushed tomatoes (from a can)
- 2 large eggs
- 2 Tablespoons fresh herbs chopped or 2 teaspoons dried herbs (such as oregano or thyme)
- 1 teaspoon fennel seeds
- 1 teaspoon ground coriander
- black pepper

DIRECTIONS

1. In a saucepan, bring barley and 6 cups of water to a boil. Turn down, cover, and simmer for 20 minutes. Now add the lentils and simmer an additional 30 minutes. Turn off heat and let sit covered 10 more minutes until water is absorbed and grains and lentils soft.

2. In a hot skillet, heat 2 Tablespoons oil and sauté the onion for 3 minutes. Add the carrot, celery, and ¼ cup water. Cover and cook over medium heat for about 5 minutes.

3. In a large bowl, mix together the barley and lentils with the sautéed vegetables. Mix well and add the remaining ingredients. Be firm and mix until well blended.

4. Oil a loaf pan (approx 8 x 4) and put the mixture into the pan. Cover with foil, bake at 350 for 50 minutes, uncover and cook 10 more minutes. Let sit 10 minutes out of oven before serving.

Options

Top with prepared tomato sauce, or serve with roasted potatoes, green vegetable, or a salad.

NOTES