

Barley Lasagna

Ingredients:

Filling:

3 lbs ground beef	1 onion
1 Tbsp garlic	1 ½ cups Tamalpais cracked barley
2 Tbsp Italian seasoning	7 cups Ricotta cheese
5 eggs	6 cups mozzarella, shredded
Salt and pepper to taste	3 jars Canned pasta/marinara sauce

Pasta:

9 eggs	4 egg yolks
3 Tbsp olive oil	4 ½ cups all-purpose flour
1 ½ cups barley flour	

Instructions:

Whisk barley and all-purpose flours together. Combine the eggs and 4 yolks in a bowl. Make a well and pour in half egg mix. Mix by hand to pull in flour and add other half of egg mix. Knead about 10 minutes. Cover with cling film, let rest about 1 hour (up to 24 hours ok). Run through pasta maker, floured well. Cover pasta with damp towel until ready for use. Brown beef, onion, and garlic together. Cook the barley about 45 minutes, drain and set aside. Stir together the ricotta and 5 eggs. Layer meat, ricotta, pasta, and mozzarella, with mozzarella layer on top. Bake at 350 F for about 60 minutes, remove and let rest 20 minutes

Servings: 15 Serving Size: 1 cup

Calories: 349 Sodium: 600 mg Fat: 6.5 g Fiber: 600 mg