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Vegan Creamy Tomato Barley ♦

This vegan creamy tomato barley recipe is a delicious and nutritious dish that is perfect for vegans and vegetarians. It combines the flavors of tomatoes, barley, and various spices to create a creamy and satisfying meal. The dish is easy to prepare and can be enjoyed as a main course or as a side dish.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Barley
400 g	Tomatoes
100 g	onion
2 cloves	garlic

500 ml	vegetable broth
200 ml	coconut milk
2 tsp	Curry powder
1 tsp	turmeric powder
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Boiling

Cook the barley according to package instructions.

Prep Time: 5 mins

Cook Time: 25 mins

Step 2

Sautéing

In a separate pan, sauté the onion and garlic until translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Simmering

Add the tomatoes, vegetable broth, coconut milk, curry powder, turmeric powder, salt, and black pepper to the pan. Simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Cooking

Add the cooked barley to the pan and stir until well combined. Cook for an additional 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 6 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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