

DINNER

Slow Cooker Pork with Mushrooms and Barley

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
500 min	20 min	480 min	6	\$3.56	523 kcal



Need a dairy free main course? Slow Cooker Pork with Mushrooms and Barley could be a great recipe to try. One portion of this dish contains roughly 67g of protein, 21g of fat, and a total of 531 calories. This recipe serves 6.

Ingredients

- ☐ ½ cup barley

☐ 28 ounce chicken broth
canned

☐ 1 pinch salt and ground black pepper to taste

☐ 6 pork chops

☐ ½ cup water
- ☐ 1 bay leaf

☐ 3 cloves garlic, finely chopped

☐ ½ onion, chopped

☐ 1 teaspoon salt

☐ 8 ounces white mushrooms, sliced

☐ 2 teaspoons Worcestershire sauce

EQUIPMENT Slow cooker

Method

- 1 Rub chopped garlic and 1 teaspoon salt into pork chops.
- 2 Place barley in slow cooker and top with pork chops. Cover with white mushrooms and chopped onion.
- 3 Add chicken broth, water, Worcestershire sauce, bay leaf, salt and a few grinding of fresh black pepper.
- 4 Set slow cooker to low. Cover and cook 8 hours.

Nutrition per serving			
	523	66 g	21 g
	KCAL	PROTEIN	FAT
			15 g
			CARBS
Saturated Fat			6.4 g · 40% of daily needs
Fibre			3.2 g · 13% of daily needs
Sugar			1.5 g · 2% of daily needs
Sodium			1,121 mg · 49% of daily needs
Cholesterol			156 mg · 52% of daily needs
Vitamin C			2.2 mg · 3% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/slow-cooker-pork-with-mushrooms-and-barley-148335](https://www.whatsheate.com/slow-cooker-pork-with-mushrooms-and-barley-148335)