

## DINNER

# BARLEY RISOTTO



PREP TIME: 15 MINS



COOK TIME: 45 MINS



SERVES: 4 servings



### INGREDIENTS

1 cup	Barley
4 cups	Veg' or chicken broth
2 tbsp	Olive oil
1	Onion, finely chopped
2	Cloves garlic, minced
8oz	Mushrooms, sliced
1/2 cup	Dry white wine
1/2 cup	Grated parmesan

### DIRECTIONS

1. In a saucepan, heat broth. Keep it warm over low heat.
2. In a large, deep skillet or pan, heat olive oil over medium heat. Add chopped onions and sauté until they become translucent, about 3-4 minutes. Add minced garlic and sauté for an additional 1-2 minutes until fragrant.
3. Add sliced mushrooms to the skillet and cook until they release their moisture and become golden brown, approximately 5-7 minutes.
4. Add the barley to the skillet and toast it for 2-3 minutes, stirring occasionally, until it becomes lightly golden.
5. Pour in the white wine and stir, allowing the barley to absorb the liquid. Cook until the wine has mostly evaporated.
6. Begin adding the warm broth to the barley mixture one ladleful at a time. Allow the liquid to be absorbed before adding more. Continue this process until the barley is cooked to your desired level of tenderness. This usually takes about 30-40 minutes.
7. Once the barley is cooked, stir in the grated Parmesan cheese. Season with salt and black pepper to taste. Adjust the consistency by adding more broth if needed.
8. Garnish the barley risotto with chopped fresh parsley. Serve it hot, optionally with an extra sprinkle of Parmesan on top.

