



Mushroom & Barley Risotto

4 servings

40 minutes

Ingredients

951 milliliters Vegetable Broth
30 milliliters Extra Virgin Olive Oil
336 grams Mushrooms (sliced)
3 Garlic (clove, minced)
250 milligrams Dried Thyme
6 grams Sea Salt (divided)
200 grams Pearl Barley
30 milliliters Lemon Juice
15 grams Parsley (chopped, optional)
6 grams Nutritional Yeast (optional)

Directions

- 1 Heat the vegetable broth in a medium pot over medium-high heat. Once it's simmering, reduce heat to low to keep warm.
- 2 Meanwhile, in a large pot or skillet heat the olive oil over medium heat. Add the mushrooms and cook for about 5 minutes until the mushrooms have softened. Add the garlic, thyme and half of the salt and cook for 2 to 3 minutes more.
- 3 Add the barley and lemon juice to the pan and stir to combine. Let cook for another 2 to 3 minutes and add the remaining salt.
- 4 Using a ladle or measuring cup, add 1/4 cup of the warm vegetable broth to the pan. Let the barley and broth simmer, stirring once or twice until the broth has been absorbed. Adjust the heat if needed to maintain a gentle simmer throughout the cooking process, not a boil. Continue to add the broth a 1/4 cup at a time until the barley is cooked to al dente, not mushy, about 25 to 30 minutes.
- 5 Stir in the parsley and nutritional yeast, if using, and season with additional salt if needed.
- 6 Divide the risotto between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat in the microwave or on the stove with additional stock or water.

Serving Size: One serving is roughly 1 cup of risotto.

More Flavor: Use a variety of mushrooms, like cremini, baby portabella or oyster.

Additional Toppings: Top with additional fresh herbs, nutritional yeast or parmesan cheese.