

Vegetable Barley Risotto



SIZE

For 6

PREPARATION

45 min

DIFFICULTY



Level 1



Level 2



Level 2



DESCRIPTION

This healthy, comforting, veggie-packed pot of vegetable barley risotto starts out like a stew, and if you leave it in the fridge overnight, it becomes a kind of cheaters risotto.

So what we are trying to say is make a double batch, eat it for dinner, and then reheat the next day, and top with a fried egg for a decadent brunch.

Ingredients

- 2** T olive oil, plus more to serve
- 1** onion, chopped
- 2** large celery stalks, chopped
- 2** large carrots, chopped
- 1** red bell pepper, cored, seeded and chopped
- 1** zucchini or yellow squash, chopped
- 3** cloves garlic, minced
- 1/4-1/2** tsp red pepper flakes
- 1** tsp dried oregano
- 2** bay leaves
- 1** cup barley
- 1** jar not just pasta sauce
- 5** cups vegetable or chicken stock
- 2** cups rainbow chard, ribs removed, cut into 1 1/2 inch pieces
- lemon wedges to serve

Process

1

In a large heavy bottomed pot or dutch oven, heat the oil over medium heat until shimmering. Add the onion, carrots, celery, bell pepper and zucchini and cook until beginning to soften, 5-7 minutes. Add the garlic, red pepper flakes, oregano, bay leaves, and barley and cook until fragrant and toasted, about 2 minutes..

2

Stir in the not just pasta sauce and stock, and bring to a simmer over medium-high heat. Reduce to medium-low, maintaining a steady simmer until the barley is tender, about 30 minutes. Add the chard and cook until slightly wilted, 3-5 minutes. Season to taste and serve with lemon wedges.