



Mushroom and Barley Risotto

Prep Time: 15 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

350 Calories

14 g fat

685 mg sodium



INGREDIENTS: **** Items not included in kit**

- 4 cups (32 oz.) low sodium vegetable broth
- 3 TB unsalted butter**
- 1 cup onion, diced
- 1/4 tsp salt & 1/4 tsp black pepper**
- 16 oz. sliced mushrooms
- 3 garlic cloves, minced
- 1 TB thyme leaves, pull leaves from stem & discard stem
- 1 cup pearl barley
- 1 lemon, juiced
- 1 cup Parmesan cheese
- 3/4 cup peas
- 1/4 cup flat leaf parsley, chopped

DIRECTIONS:

1. Wipe mushrooms clean with a damp paper towel and discard the mushroom stems. Slice the **mushrooms**, set aside. Peel and mince **3 garlic cloves**, set aside. Wash and dry **parsley**, chop leaves, set aside.
2. In a large sauce pan, over medium heat add **3 TB butter**, once melted, add the **diced onion**, **1/4 tsp salt** and **1/4 tsp black pepper** and sauté for 5-7 minutes, stirring often until onions are translucent. Increase the heat to medium high and add the **sliced mushrooms**, stirring to combine and continue cooking 4 minutes. Add the **minced garlic** and **fresh thyme leaves** and cook for 1 minute longer. Add the **pearl barley** and stir to combine for 2 minutes to toast the barley. Add **1 cup water** and cook for 3 minutes stirring often. Add the **32 oz box (4 cups) vegetable broth**; stir to combine and bring mixture to boil. Cover, reduce heat and simmer, for 45-50 minutes or until tender. Remove pan from heat, take lid off, and let stand for 5 minutes.
3. Remove lid and add the **1 cup parmesan cheese**, **juice of 1 lemon** and the **peas**. Toss to combine then top with the **chopped parsley** as a garnish.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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