

# Mushroom Barley Risotto

Serves 6

Contains gluten, alcohol, optional milk



VEGAN



VEGETARIAN



DAIRY FREE



## Ingredients

- 1 cup pearl barley
- 5 cups vegetable broth
- 3 tablespoons olive oil (could use butter, regular or vegan)
- 1 medium yellow onion, chopped
- 1 pound (about 5 cups) white and/or brown mushrooms, sliced
- 2 garlic cloves, minced
- ½ cup white wine
- ¾ teaspoon thyme dried
- 1 bay leaf
- ¼ teaspoon pepper
- ¼ teaspoon salt or to taste
- zest of 1 lemon

### Optional:

- drizzle truffle oil
- ¼-½ cup parmesan cheese
- garnish with fresh parsley (2 tablespoons)

## Directions

1. In a large high-walled skillet or Dutch oven, heat oil over medium high heat. Add onions and sauté until they begin to brown, about 3 minutes. Add garlic and cook until fragrant, 30-60 seconds.
2. Add mushrooms and cook until they begin to brown, about 3 minutes. Add white wine and stir.
3. Add barley, thyme, bay leaf, and broth. Bring to a simmer and lower heat to maintain a simmer, stirring occasionally. Cook until the broth is absorbed and the barley is cooked. It will become more tender but will be chewy and hearty when cooked. It should take about 50 minutes. Add a little more water while cooking if it gets absorbed too quickly.
4. Once cooked, add lemon zest and salt to taste. If using, drizzle with truffle oil and stir in parmesan cheese. Garnish with parsley.

## Serving Suggestions

- To make this recipe vegan and dairy-free, do not add optional parmesan and use olive oil or vegan butter. You may also wish to use wine that is labelled vegan or substitute it (see below).
- Can replace wine with water, broth, ¼ cup apple cider vinegar or white wine vinegar + ¼ cup water.
- Can replace onion with 1 leek, sliced.

Recipe from [Cooking on a Budget, Spring 2021](#)