

# Cooking on a Budget

## Spring 2021



For past cooking class recipes, go to [uhs.berkeley.edu/cookwellberkeley](https://uhs.berkeley.edu/cookwellberkeley)



## Mushroom Barley Risotto

Vegan. Contains gluten, alcohol

Serves 6

### 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)

### Instructions

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.

### Notes

- 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

# Cooking on a Budget

Spring 2021



For past cooking class recipes, go to [uhs.berkeley.edu/cookwellberkeley](https://uhs.berkeley.edu/cookwellberkeley)

## Lentil Meatballs

Vegan, can be gluten-free. Contains wheat (if using panko)

Makes 12 meatballs

Recipe and photo from [Minimalist Baker](#)



### Ingredients

- 1 tablespoon + 1 teaspoon olive oil
- 1 medium shallot, minced
- 3 cloves garlic, minced
- 1 batch flax egg (1 tablespoon flaxseed meal + 2 ½ tablespoons water)
- 1 ½ cups cooked + cooled green lentils
- 1 ½ tablespoons dried Italian seasonings (dried basil + oregano)
- ¼ cup fresh Italian parsley
- 1 tablespoons tomato paste
- 5-6 tablespoons nutritional yeast
- ~¼ teaspoon salt and black pepper to taste
- 1-3 tablespoons panko bread crumbs, coconut flour, or oat flour

### Instructions

1. Preheat oven to 375°F, and line a baking sheet with parchment paper.
2. Heat 1 tablespoon olive oil in a small skillet over medium heat, then sauté shallot and garlic for 2-3 minutes, or until slightly golden brown.
3. To a food processor, add flaxseed and water and let set for 2-3 minutes.
4. Add cooked lentils, 1 teaspoon olive oil, sautéed garlic and shallot, Italian seasonings, parsley, tomato paste, nutritional yeast, 1 tablespoon panko, and a pinch each salt and pepper. Pulse, mixing until combined, but not puréed, leaving a little texture.
5. Taste and adjust seasonings as needed, adding more salt and pepper or herbs for flavor, nutritional yeast for cheesiness and to dry out, or more olive oil to moisten. The texture should be dough-like. If the mixture is still too wet, add more panko or coconut or oat flour.
6. Use a tablespoon or cookie dough scoop, to scoop out rounded tablespoon amounts of dough and carefully form into balls. The mixture is moldable, but fragile, so the best way to do this is to rest the dough in the palm of one hand, while using two fingers from the other hand to gently mold/form into a meatball. If it cracks, moisten your fingers with a little water to help reform/bind them. Repeat until all meatballs are formed.
7. Arrange on baking sheet. Bake for 30 minutes, flipping once, or until crisp and lightly browned on the outside.
8. Remove meatballs from oven and let cool slightly – they will firm up the longer they are cooled. Serve over pasta with marinara sauce.

### Notes

- Best when fresh, though leftovers keep in the freezer up to 1 month. Reheat in a 350°F oven until warmed through.
- You can also pan fry the meatballs instead of baking them. Heat the skillet from earlier over medium heat. Once hot, add 1 Tbsp olive oil and half of the meatballs. Brown for 4-5 minutes, or until golden brown, shaking the pan or using a wooden spoon to roll the balls around to cook evenly on all sides. Repeat process, adding 1 Tbsp olive oil to the skillet and sautéing remaining meatballs.