

# Barley no-stir risotto

Yield: 4 - 6 servings  
Prep time: 10 minutes  
Cook time: 45 minutes

Barley offers up a delicious and rich tasting alternative to rice in a risotto. With its slightly firm texture and easy preparation, this creamy risotto is a breeze because there is no continuous stirring involved.

## Ingredients

- 2 tsp vegetable oil
- 1 pkg (8 oz/227) mushrooms, sliced
- 1 onion, finely chopped
- 4 cloves garlic, minced
- 1 tsp dried Italian seasoning
- 1 cup pot barley
- 4 cups vegetable or chicken broth
- 1/2 cup roasted or sundried tomatoes, chopped
- 1/4 cup light herbed cream cheese

## Directions

1. In saucepan, heat oil over medium high heat and cook mushrooms, onion, garlic and Italian seasoning, stirring for about 15 minutes or until no liquid remains. Stir in barley to coat.
2. Add broth and tomatoes; bring to boil. Reduce heat to medium-low; cover and simmer gently for 20 minutes. Uncover and cook for about 20 minutes or until barley is tender but firm.
3. Stir in cream cheese until melted and creamy; cover and let stand 5 minutes before serving.

## GrainFact:

Barley is one of the oldest grains in the world, and has been cultivated for human and animal consumption for thousands of years.

