

Creamy Barley & Sweet Potato Risotto

with Lemony Broccolini and Parmesan

Guess what? Most any grain can be cooked in the style of risotto for a deliciously creamy texture. Today we're using hearty barley along with starchy sweet potato to create an ultra-silky "barotto." A side of lemony, crispy broccolini is the perfect counterpoint to all that richness.



45 min



level 3



veggie



nut free



Pearled Barley



Sweet Potato



Onion



Garlic



Lemoi



Broccoliv



Parmesan Cheese



Cannallini Roans



Vegetable Stock Concentrates

Ingredients		2 People	4 People	*Not Included .⊆	
Pearled Barley	1)	3/4 C	1 ½ C		½ in % in ½
Sweet Potato		12 oz	24 oz		
Onion		1	1	2) Milk .=	
Garlic		2 cloves	4 cloves	7 7. ii	_
Lemon		1	1	ler 77	Ruler 0 in 1/2
Broccolini		6 oz	12 oz	Ru 0 -	
Parmesan Cheese	2)	1/4 C	⅓ C	Tools	
Cannellini Beans		1/2 C	1 C	Small Pot, Large Pan,	
Vegetable Stock Concentrates		2	4	Baking Sheet, Strainer,	
Butter*	2)	1 T	2 T	Peeler	
Olive Oil*		2 t	4 t		

Nutrition per person Calories: 651 cal | Fat: 16 g | Sat. Fat: 7 g | Protein: 21 g | Carbs: 114 g | Sugar: 13 g | Sodium: 682 mg | Fiber: 23 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 400 degrees. In a small pot, bring 3 cups water to a boil with the stock concentrates. Halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Peel and dice the **sweet potato** into ½-inch cubes. Trim and discard the bottom inch from the **broccolini**. Drain and rinse the **beans**. Halve the **lemon**.



2 Start the risotto: Heat a drizzle of olive oil in a large pan over medium heat. Add the onion and cook, tossing, for 5-6 minutes, until translucent. Add the garlic, barley, and sweet potato, and cook, tossing, for 1-2 minutes. Season with salt and pepper.



Begin adding the stock to the pan in ¼ cup increments, stirring between additions, until absorbed. Continue for 25-30 minutes, until the barley is almost al dente and a loose sauce has formed. Season with salt and pepper.



4 Roast the broccolini: In between stirrings, toss the broccolini on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper. Place in the oven for 15-20 minutes, until golden brown and crispy.







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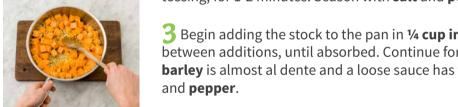
Nutrition per person Calories: 634 cal | Fat: 16 g | Sat. Fat: 7 g | Protein: 20 g | Carbs: 107 g | Sugar: 11 g | Sodium: 680 mg | Fiber: 21 g

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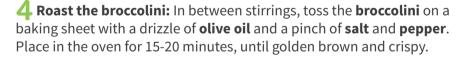


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Begin adding the stock to the pan in ¼ cup increments, stirring between additions, until absorbed. Continue for 25-30 minutes, until the barley is almost al dente and a loose sauce has formed. Season with salt



- 5 Once the barley is almost al dente, add 1/2 cup beans, a squeeze of **lemon**, and **1 Tablespoon butter** to the pan. Stir for about 3 minutes, until the barley is tender. Season with salt and pepper.
- Finish and plate: Stir in the Parmesan cheese and serve with the **broccolini** to the side. Squeeze a **lemon** over the **broccolini**, and enjoy!



