



More than Food

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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



Lemon



Broccolini



Parmesan Cheese



Cannellini Beans



Vegetable Stock Concentrates

Ingredients

		2 People	4 People
Pearled Barley	1)	¾ C	1 ½ C
Sweet Potato		12 oz	24 oz
Onion		1	1
Garlic		2 cloves	4 cloves
Lemon		1	1
Broccolini		6 oz	12 oz
Parmesan Cheese	2)	¼ C	½ C
Cannellini Beans		½ C	1 C
Vegetable Stock Concentrates		2	4
Butter*	2)	1 T	2 T
Olive Oil*		2 t	4 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Small Pot, Large Pan,
Baking Sheet, Strainer,
Peeler

Ruler

0 in ¼ in ½ in ¾ in 1 in

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**.



3 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.

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**.

6 Finish and plate: Stir in the **Parmesan cheese** and serve with the **broccolini** to the side. Squeeze a **lemon** over the **broccolini**, and enjoy!

Ingredients

		2 People	4 People
Pearled Barley	1)	¾ C	1 ½ C
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Onion		1	1
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Butter*	2)	1 T	2 T
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*Not Included

Allergens

1) Wheat

2) Milk

Tools

Small Pot, Large Pan, Baking Sheet, Strainer, Peeler

Ruler

0 in ¼ in ½ in ¾ in 1 in

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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