



## Barley Risotto ( OP I )

Serving: 1

Veg

### *Ingredients*

- -Barley (raw) - 3 tbsp
- -Garlic, minced - 2 cloves
- -Mixed veggies (onion, tomato, carrot, capsicum,) - 1 cup
- -Sliced mushrooms - 8 pieces
- -Vegetable stock/ plain water - 1 cup
- -Salt and pepper - to taste
- -Oil - 1 tsp

### *Preparation Method*

- In olive oil, saute onion and garlic until softened. Add mushrooms, cook until browning.
- Add barley and cook for 5 minutes until lightly toasted.
- Add vegetable stock/water, tomato, salt & pepper. Bring to boil, cover and simmer 15 minutes, stirring occasionally.
- Add peas and some additional broth if needed, simmer an additional 10-15 minutes stir add more salt and pepper if needed.