

# Hearty Barley Stew

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*Serves 4*

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Hearty and filling, this stew is loaded with a variety of veggies and mushrooms that could easily be substituted depending on what you have on hand. This stew makes great leftovers and is perfect for a chilly night!

## INGREDIENTS

- 550g mushrooms, such as cremini or shiitake, quartered or cubed
- 250g celery root, cubed (aka celeriac) [\*see notes]
- 250g carrots (about 4 carrots), cubed
- 175 g celery (about 4 stalks), cubed
- 1/2 white onion, chopped
- 3-4 large cloves garlic, minced
- 1 carton (4 cups) mushroom or vegetable broth
- 1/2 c hulled barley, not pearled\* [pearled is more processed]
- 80 g kale, chopped, about 2 cups
- 1/4 cup chopped parsley, plus additional for serving garnish
- 1 T dried or fresh thyme
- 1 tsp salt
- Black pepper
- 1 cup cannellini beans, or pre-cook from dried beans

## DIRECTIONS

1. Heat 2 T olive oil over medium heat. Add onion and cook for 3 min.
2. Add celery, celery root, and carrot with salt and 8 grinds black pepper.
3. Continue to sauté veggies for another 4 mins or so.
4. Add in the mushrooms, parsley, and thyme and cook for 5 minutes, stirring occasionally.
5. Add broth and barley, stir to combine. Cover and increase heat to high. Bring to boil then reduce to a very low simmer.
6. Cook for 40 minutes, or until the barley is tender, but still has some chew.
7. When there are 5 minutes left on your timer, add in the cannellini beans and chopped kale. Cover the pot and cook for the remaining 5 minutes to fully wilt the kale.

## NOTES:

\*Celery root, or celeriac, is not always available. You could sub turnips, rutabagas, or potatoes.

\*Hulled barley is not the same as pearled barley. If you cannot find it, then reduce the cooking time as pearled will cook faster. It is the same as brown rice vs. white rice regarding processing, and I always prefer the least processed version possible.