

Barley, Spinach, and Mushrooms

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Ingredients

Barley

1 cup uncooked barley
1-15 oz can broth
1 cup, 1 oz water
pinch of thyme

Veggies

8 oz mushrooms
1 can white beans; do not drain
 $\frac{1}{2}$ cup caramelized onions
2 tbsp extra virgin olive oil
2 garlic cloves; minced/grated
 $\frac{1}{2}$ tsp thyme
 $\frac{1}{2}$ tbsp balsamic vinegar
 $\frac{1}{8}$ - $\frac{1}{4}$ salt and pepper; to taste
 $\frac{1}{4}$ - $\frac{1}{2}$ cup parmesan cheese
2 cups spinach

Directions

Barley

In a large sauce pan, bring the barley, broth, water, and thyme to a boil. Once boiling, stir well, reduce heat to low, cover and cook for 50-60 minutes.
Fluff with fork once cooked.

Vegetables

Heat the olive oil in a large sauté pan over medium-high heat. Once hot, add the mushrooms and garlic; cook for 2 minutes. Add the caramelized onions, mix well. Add $\frac{1}{4}$ tsp salt and pepper and the thyme. Reduce heat to medium. Once the mushrooms have cooked down, add in the barley, stir well. Then add in the beans, do not drain or rinse them; stir gently. Add the balsamic vinegar. Once the beans have heated through and are hot, remove from heat and wilt in the spinach. After the spinach has wilted in, add the parmesan cheese to the desired amount.
Serve and Enjoy.