

Idiot's Kitchen Recipe – Mushroom & Barley Casserole

Recipe from www.idiotskitchen.com – Adapted from Beatrice Ojakangas



Ingredients:

1 large onion, chopped
1 carrot, chopped
1 rib celery, chopped
2 Tablespoons butter
1-1¼ pounds assorted mushrooms – button, Crimini (baby bella) & shitake
1 ½ cups pearly barley – NOT instant
2 teaspoons fresh thyme, chopped (or ¾ teaspoon dried)
4 cups (32 ounce box) vegetable broth
½ cup sherry
Salt & Pepper

Preheat the oven to 350 degrees.

Finely chop 1 large onion, 1 carrot, and 1 rib of celery. Rinse, remove the stems, and slice 1-1 ¼ pound of assorted mushrooms. I like to use regular button mushrooms, Crimini mushrooms, and shitake mushrooms.

Melt 2 Tablespoons of butter in a large non-stick pan over medium high heat. Add the vegetables to the pan. Season with 2 teaspoons of chopped fresh thyme and ½ teaspoon each salt & pepper (or more to taste). Add 1 ½ cups of pearly barley and stir the veggies and barley so that everything is evenly coated in the melted butter. Sauté for 10 minutes until the vegetables start to soften and the mushrooms slightly begin to brown.

In a separate pan, bring 4 cups of vegetable broth to a boil. Once the broth is boiling, turn off the heat and add ½ cup of sherry.

Butter or grease a 9x13 inch baking/casserole dish. Spoon the vegetables into the dish and pour the hot broth over the top. Cover with foil and bake at 350 degrees for 1 hour or until all of the liquid has been absorbed.

Makes 6-8 servings.