

**Preparation: 5 mins**  
**Cooking: 45 mins**  
**Ready in: 50 mins**  
**Serves: 4-6**

## Baked Mushroom and Herb Barley Risotto

### Ingredients

- 2 tsp (10 mL) canola oil
- 8 oz (250 g) mushrooms, sliced
- 4 garlic cloves, minced
- 1 onion, finely chopped
- 1 tsp (5 mL) dried Italian seasoning
- 1 cup (250 mL) pot barley
- 1/2 cup (125 mL) roasted or drained oil-packed sun-dried tomatoes, chopped
- 4 cups (1 L) ready-to-use vegetable broth
- 1/4 cup (60 mL) herbed cream cheese

### Directions

1. Preheat oven to 400°F (200°C).
2. In an ovenproof Dutch oven, heat oil over medium-high heat. Sauté mushrooms, garlic, onion and Italian seasoning for about 10 minutes or until no liquid remains.
3. Stir in barley until coated. Stir in roasted tomatoes and broth; bring to boil.
4. Cover, transfer to oven and bake for 30 minutes or until barley is tender but firm.
5. Remove from oven and stir in cream cheese until melted and creamy.

**Tip:** For added protein, stir in a 19-oz (540 mL) can of chickpeas, rinsed and drained (2 cups/500 mL), with the roasted tomatoes.



### Shopping List

#### Pantry Staples

- canola oil
- dried Italian seasoning
- pot barley
- oil packed sun-dried tomatoes
- vegetable broth

#### Refrigerator & Freezer

- fresh potato gnocch

#### Produce

- 8 oz mushrooms
- 4 garlic cloves
- 1 onion

#### Notes:

**Remember to check your pantry and refrigerator before you go shopping!**