

Creamy Tomato Barley Risotto

This is a comforting side dish that will go perfectly with any Italian-themed meal. The toothy barley is just as satisfying as real risotto without all the bothersome stirring. It takes about 40 minutes to make, but most of that is downtime, so it's a great dish to have cooking away on the back burner while you prepare the rest of your meal.



Creamy Tomato Barley Risotto

Makes 4 side dishes

step 1 Put the barley, olive oil, oregano, and basil into a cold medium-size pot that has a tight-fitting lid. Turn the heat to medium-high and stir until barley is coated in the oil.

step 2 Once the barley begins sizzling (about a minute), add the garlic. Cook for another minute or so, then add the tomatoes, soy milk, water, yeast, miso, and salt. Bring to a gentle boil, then cover and turn down the heat to just hotter than the lowest setting. Cook for 20 minutes. After 20 minutes, stir well, re-cover, and cook for another 15 minutes, stirring once more toward the end. The mixture should be creamy but not soupy, and the barley should be cooked all the way through but not mushy. Serve immediately.

- 1 cup pearled barley
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 clove garlic, minced
- 1 1/2 cups fresh or canned diced tomatoes (14.5-ounce can) blended or mashed a bit
- 1 cup soy milk
- 1/2 cup water
- 1/4 cup nutritional yeast
- 3 tablespoons miso (*mellow or white*) mixed with 3 tablespoons water
- 1/4 to 1/2 teaspoon salt