

Mushroom and Barley Pilaf with Fresh Thyme



Ingredients:

3 cups beef broth
2 cups water
4 cups sliced Portobello, shitake and button mushrooms
2 cups uncooked barley, rinsed and sorted
1/2 cup walnut oil
1/4 cup olive oil
2 tablespoons fresh thyme leaves
Kosher salt
Freshly ground black pepper

Directions:

- 1) Pre-heat your oven to 350 degrees.
- 2) In a large saucepan, bring the broth, water and one tablespoon of salt to a boil. Add the barley, reduce the heat to medium-low and simmer for 45-50 minutes until the barley is tender and slightly chewy.
- 3) Spread the mushrooms out on a foiled lined baking sheet and drizzle the olive oil over them in an even layer. Season with salt and pepper and then bake them in the oven until their moisture has evaporated and they are golden brown.
- 4) Remove the cooked barley from the heat, stir in the mushrooms and the remaining ingredients. Serve immediately.