



Butternut Squash Barley Risotto

ingredients

- 2 Tbsp. butter
- 1 c. shallots, thinly sliced
- 2 1/2 c. chicken broth
- 1 c. pearl barley
- 1/2 lb. butternut squash, peeled and cut into 1/2 inch cubes
- 1/2 tsp. sea salt
- 1/2 tsp. pepper
- 2 sprigs fresh thyme
- 1/2 c. grated Parmesan cheese
- Parsley and/or Sage for garnish

directions

- In a 6-qt. slow cooker, combine broth, barley, squash, salt, and pepper.
- Cover and cook on high for 2 hours or until liquid is absorbed and squash is tender.
- In a skillet, melt butter or margarine over medium-high heat.
- Add shallots and cook until golden, about 4 minutes.
- Stir in thyme and cook for an additional minute.
- Transfer the shallot mixture to the slow cooker and stir to combine.
- Gently fold in Parmesan cheese and garnish with parsley before serving.