

Butternut Squash Barley Risotto

- 1 T olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1/2 t dried rosemary leaves
- 1 butternut squash, seeded, peeled and finely diced
- 1 1/2 c pearl barley, rinsed
- 4 c soup stock
- freshly grated parmesan

Heat oil in a medium sized pot over medium-high heat. Add onion and cook until softened. Add garlic and rosemary, stirring for 1 minute. Add barley, mixing well. Add stock and bring to a boil.

Place squash in a slow cooker or Dutch oven. Pour barley mixture over the squash, and mix well. Cover and cook for 4 hours until everything is fork tender. Stir in parmesan just before serving. Serves 8.

Jittery Cook