

Barley and Roasted Tomato Risotto: A Nutritious and Creamy Twist on a Classic

This recipe stands out for several reasons:



OVEN
400°F

TIME
15 min

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INGREDIENTS

- 1 cup pearl barley
- 2 cups vegetable broth
- 1 cup cherry tomatoes, halved
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup grated Parmesan cheese
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh basil for garnish

DIRECTIONS

1. Preheat your oven to 400°F (200°C). Spread the halved cherry tomatoes on a baking sheet, drizzle with olive oil, and season with salt and pepper. Roast for about 20 minutes until they are caramelized.
2. In a large pot, heat 1 tablespoon of olive oil over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.
3. Add the minced garlic and pearl barley to the pot, stirring for another 2 minutes until the barley is slightly toasted.
4. Pour in the vegetable broth, bring to a boil, then reduce to a simmer. Cook for about 30 minutes, stirring occasionally, until the barley is tender and creamy.
5. Once the barley is cooked, stir in the roasted tomatoes and Parmesan cheese. Adjust seasoning with salt and pepper as needed.
6. Serve hot, garnished with fresh basil leaves for a burst of color and flavor.

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