

Romano Bean & Barley Risotto

with Marinated Cherry Tomatoes & Basil

One of our favorite ways to celebrate the summer is by cooking with lesser-known varieties of seasonal produce. That's just what we're doing here, making an elegant barley risotto with Romano beans. A type of snap bean (like green beans), these intensely tasty, hearty legumes are a classic ingredient in the cuisine of Italy. Their freshness elevates the risotto, topped with fresh basil leaves and cherry tomatoes marinated in ground, aromatic fennel seeds.



Ingredients

- 1 Cup Pearled Barley
- 3 Cloves Garlic
- 1 Fennel Bulb
- 1 Yellow Onion
- ¼ Pound Romano Beans
- ¼ Pound Cherry Tomatoes
- 1 Large Bunch Basil
- 1 Large Bunch Parsley

Knick Knacks

- 2 Tablespoons Butter
- ½ Cup Grated Parmesan Cheese
- ⅛ Teaspoon Ground Fennel Seeds

Makes 2 Servings

About 550 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Cut off and discard the fennel stems; small dice the bulb. Peel and small dice the onion. Trim off and discard the stem ends of the Romano beans; cut into 1-inch pieces on an angle. Pick the parsley and basil leaves off the stems; discard the stems. Finely chop the parsley leaves. Halve the tomatoes; place in a medium bowl with the **ground fennel seeds** and **half the basil** (tearing the leaves just before adding). Drizzle with olive oil and stir to combine; season with salt and pepper to taste.

2



Cook the aromatics:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, onion and diced fennel**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant.

3



Add the barley:

Add the **barley** to the pot of aromatics; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly toasted and fragrant.

4



Add the Romano beans & water:

Add the **Romano beans** and **2 cups of water** to the pot; season with salt and pepper. Cook, stirring frequently, 8 to 10 minutes, or until about half the water has been absorbed and the barley has softened slightly. Add **2 cups of water**; season with salt and pepper. Cook, stirring frequently, 12 to 14 minutes, or until most of the water has been absorbed and the barley is al dente (still slightly firm to the bite). Remove from heat.

5



Finish the risotto:

Add the **parsley, butter** and **Parmesan cheese** to the pot; stir until thoroughly combined. Season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished risotto** between 2 bowls. Top with the **marinated tomatoes** and **remaining basil** (tearing the leaves just before adding). Enjoy!