



HEALTHY HARVEST STUFFING

by The Food Next Door - SWELL

Ingredients

Makes 6 servings

- 1/2 cup dry barley (or grain of choice)
- 1/2 cup dry Anasazi beans (or bean of choice)
- 4 1/2 cups vegetable broth (see below)
- 1 onion, diced
- 1 leek, sliced into half moons
- 3/4 cup carrot, cubed
- 6 slices whole wheat bread, cubed (old, stale)
- 4 garlic cloves, minced
- 2 cups mushrooms, sliced
- 1 apple, diced
- 3/4 cup walnuts, chopped
- 2 Tbsp olive oil
- 1 Tbsp each fresh thyme and sage, minced
- 1/3 cup fresh parsley
- 1/2 tsp each salt and pepper
- Optional: 1 cup local sausage, chopped

Vegetable Broth:

- 1 onion, chopped
- 2 stalks celery, chopped (1 in)
- 2 large carrots, chopped (1 in)
- 1 bunch green onions, chopped
- 8 cloves garlic, minced
- 8 sprigs fresh thyme, whole
- 1 tsp salt
- 1 Tbsp olive oil
- 2 quarts water

Directions

Prepare homemade vegetable broth: wash and chop all vegetables into 1 inch chunks. Heat oil in a soup pot and add chopped onion, celery, carrots, green onion, garlic, and thyme. Cook over medium heat for 5-10 minutes. Add salt and water and bring to a boil. Reduce heat and simmer for 30 minutes. Strain and discard vegetables.

Soak beans overnight, drain, rinse and bring to a boil in 1 1/2 cups vegetable broth. Once boiling, reduce to a simmer and cook for 50 minutes or until soft, set aside. Preheat oven to 375F. Wash and chop vegetables: dice onion and leek, cube carrots, slice mushrooms, mince garlic, thyme, and sage. In a small saucepan, simmer barley in 1 1/2 cups vegetable broth until soft and set aside. In a large skillet on medium heat, add 2 Tbsp olive oil and sauté onions, leeks, carrots, and the optional sausage. Once vegetables are nearly cooked through, add diced apple, sliced mushrooms, walnuts, garlic, herbs, and salt and pepper. Reduce heat to low and stir in cubed bread and remaining 1 1/2 cups vegetable broth. Lastly, add cooked grains and beans and mix thoroughly. Transfer to a casserole dish and bake for 25-30 minutes or until golden brown.

We believe that health starts with good food, but good food does not exist without real farms.

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Mother Earth will thank you too, and you will feel the difference!

