



Easy Summer Vegetable Stew

with Barley and Pesto



30-40min



4 Servings

We cook the barley risotto-style for this hearty summer stew. Warm veggie broth is slowly added to the barley, cooking the grains and slightly thickening the broth itself. Thinly sliced snap peas, fresh sweet corn kernels, and cannellini beans complete this one-pot meal. A quick hand-chopped basil pesto gives the soup summertime flair. Cook, relax, and enjoy!

What we send

- ears of corn
- quick-cooking barley
- can cannellini beans
- packets vegetable broth concentrate
- garlic
- shallot
- fresh basil
- sugar snap peas

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- large pot
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550.0kcal, Fat 20.8g, Proteins 18.4g, Carbs 67.1g



1. Prep ingredients

Trim ends from **shallot** then halve, peel, and finely chop. Peel and finely chop **2 large cloves garlic**. Remove stem ends from **snap peas** and thinly slice. Shuck **corn** (if necessary) and cut **kernels** from cobs, reserve **cobs**. Drain **cannellini beans**, rinse well. Finely grate **Parmesan**.



4. Sauté shallots and barley

In same pot, heat **1 tablespoon oil** over medium. Add **shallot** and **half the garlic** along with **½ teaspoon salt**. Cook until softened, about 2 minutes. Add **barley** and cook, stirring until slightly toasted, about 2 minutes more.



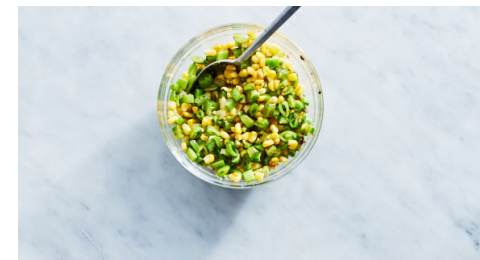
2. Prep vegetable broth

In a medium saucepan, combine **vegetable broth concentrate** with **cobs**, **8 cups water**, and **1 teaspoon salt**. Cover, bring to a boil, then reduce heat to low and keep warm.



5. Cook the barley

Add **1 cup of warm vegetable broth**, stirring until **broth** is absorbed. Repeat, adding **1 cup at a time**, until you have added **5½ cups of broth**, about 20 minutes total.



3. Sauté snap peas and corn

In a large pot, sauté **snap peas** and **corn kernels** in **1 tablespoon oil** over medium-high. Cook until softened, 4-6 minutes. Transfer to a medium bowl and season to taste with **salt** and **pepper**. Wipe out pot and return to stove.



6. Make pesto

Pick **basil leaves** from stems and finely chop. In a small bowl combine **basil**, **reserved garlic**, and **¼ cup each Parmesan and oil**. Season to taste with **salt** and **pepper**. When **barley** is tender and sauce is **creamy**, stir in **remaining (2½ cups) broth**, **Parmesan**, **beans**, and **cooked vegetables**. Ladle **stew** into bowls, top with some **pesto**. Enjoy!