



FORKS OVER KNIVES

Barley and Sweet Potato Pilaf | by Chef Del Sroufe

From *Forks Over Knives – The Cookbook*

Serves 4



- 1 medium onion, peeled and chopped
- 2 cloves garlic, peeled and minced
- 3½ cups Vegetable Stock (recipe follows or low-sodium vegetable stock can be purchased from your local supermarket)
- 1½ cups pearly barley
- 1 large sweet potato (about ¾ pound), peeled and diced small
- ¼ cup tarragon, minced
- Zest and juice of 1 lemon
- Salt and freshly ground black pepper to taste

Instructions:

Place the onion in a large saucepan and sauté over medium heat for 6 minutes.

Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan.

Add the garlic and cook 3 minutes more.

Add the vegetable stock and barley and bring the pot to a boil over high heat.

Reduce the heat to medium and cook, covered, for 30 minutes.

Add the sweet potato and cook for 15 minutes longer, or until the potatoes and barley are tender.

Stir in the tarragon and lemon zest and juice, and season with salt and pepper.

Vegetable Stock

Makes about 6 cups

Use this healthy dairy alternative in any dish that calls for sour cream. Serve it with baked potatoes and fresh chives, with tacos or enchiladas, or with Mushroom Stroganoff.

1 large onion, peeled and chopped
2 large carrots, peeled and chopped
2 celery stalks, chopped
8 cloves garlic, peeled and smashed
8 sprigs parsley
1/2 cup green lentils, rinsed

Instructions:

Scrub the vegetables and chop them roughly into 1-inch chunks. In a large pot, add the onion, carrots, celery, garlic, parsley, and lentils and cook them over high heat for 5 to 10 minutes, stirring frequently. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add 2 quarts of water and bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes. Strain the stock carefully and discard the solids.

Note:

Vegetable stock keeps for up to a week in the refrigerator and several months in the freezer. Freeze stock in ice cube trays, and then keep frozen stock cubes on hand to add to dishes that call for small quantities of stock or water.

Low-sodium vegetable stock can also be purchased from your local supermarket.