



Lentils and Barley with Kale

INGREDIENTS

- 1 cup pearl barley
- 1 cup brown lentils
- 1 medium onion
- 1 quart low-sodium vegetable stock
- 1 cup water
- 3 tbsp tomato paste
- 2 tsp thyme leaves
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 12 oz button mushrooms
- 5 oz kale leaves

METHOD

- 1** Dice the onion. Brush dirt from the button mushrooms, remove the stems, and quarter them. Cut the kale leaves into bite-size pieces.
- 2** Add the pearl barley, brown lentils, diced onion, low-sodium vegetable stock, water, tomato paste, thyme leaves, kosher salt, freshly ground black pepper, and mushrooms to a 4-quart slow cooker. Stir to combine. Set the cooker to high and cook for about 4 hours, until the barley and lentils are tender.
- 3** After cooking is complete, turn off the slow cooker. Stir in the kale. Let sit until the kale softens from the residual heat. Adjust seasoning with salt and pepper as needed. Serve and enjoy.