

Autumn Barley Stew

1 3/4 c Barley
10 c Vegetable broth
2 Onions -- chopped in large pieces
3 Potatoes, white -- chunked
1 lg Sweet potato -- chunked
1 lb Brussels sprouts
2 Tbsp Tamari, low sodium
1 tsp Parsley flakes
2 tsp Oregano
1 tsp Dill weed
3 Tomatoes -- wedged

Place barley and water in large pot. Bring to a boil. Add remaining ingredients, except the tomatoes. Reduce heat, cover, and simmer about 50 minutes. Add the tomatoes. Cook an additional 10 minutes. Serve hot. Can be prepared in a slow cooker, but don't add the tomatoes until just before serving.

This recipe is from the web site www.RecipeLand.com