

# Spring Vegetable Barley Stew

Makes 6 servings

## Ingredients:

- 1 cup pearl barley
- 4 cups vegetable broth
- 2 chopped carrots
- 1 cup diced potatoes
- 1 cup peas
- 1 cup chopped celery
- 1 teaspoon dried thyme
- Salt and pepper to taste



## Directions

1. Add barley, broth, carrots, potatoes, peas, celery, thyme, salt, and pepper to a slow cooker.
2. Stir and cover.
3. Cook on low for 6–7 hours or on high for 3–4 hours.

## Cooking Tidbit

Barley thickens stews naturally because its outer layer releases starch slowly—no flour or cornstarch needed.