

MUSHROOM BARLEY STEW

RECIPE FROM: Hello Natural
COOK TIME: 8 hours on LOW
SERVES: 4-6

INGREDIENTS

- 1 lb mushrooms
- 2 carrots, sliced
- 1 celery rib, sliced
- 1 onion, diced
- 1 (15 oz) can diced tomatoes
- 1 cup uncooked barley

- 2 quarts vegetable stock

DIRECTIONS

1. Combine mushrooms, carrots, celery, onion, diced tomatoes, and barley in a labeled gallon-sized freezer bag.
 2. Freeze for up to three months.
 3. Empty frozen mushroom barley stew ingredients into a slow cooker and add vegetable stock.
 4. Cook for 8 hours on LOW.
- OPTIONAL:** Season with salt and pepper once cooked. Enjoy with crusty bread.