

Crock Pot Butternut Squash Barley Risotto

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(Adapted from [Good Housekeeping](#))



Ingredients:

- 2 Tbsp butter
- ½ cup chopped onion
- 1 tsp dried thyme
- 1 ½ cups pearl barley
- 4 cups chicken broth
- 2 cups water
- 1 large butternut squash, peeled, seeded, cut into ½-inch cubes
- Salt and pepper to taste
- 2/3 cup Parmesan cheese
- 2 Tbsp chopped fresh parsley

Directions:

In a skillet over medium heat, melt 1 Tbsp butter. Add onions and cook for 2 minutes, stirring often. Add thyme and cook another 30 seconds. Next, add the barley and cook 2 minutes or until toasted and golden. Stir often. Put it in a large greased crock pot and add broth, water, squash, salt and pepper. Cover and cook on high 3 ½ to 4 hours or until liquid is absorbed and squash is tender. If you need to, you can turn it to low and cook longer. Add Parmesan and remaining tablespoon of butter. Stir together gently until butter and cheese is melted. Garnish with parsley if desired.

