

## Bean-Barley-Vegetable Stew

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Depending on the amount of liquid you add to this dish you can make a thick soup or a hearty main dish.

1/2 cup pinto beans (or other bean) water to soak

2 cups water

1 3-inch strip kombu

1 cup barley

3 cups water

8 tiny onions or 1 medium size onion

3 dried shiitake mushrooms or 6 fresh

2 medium-size carrots

2 teaspoons sesame oil to sauté

2 tablespoons shoyu or to taste

Soak beans 4 hours or overnight. Pour off soaking water, place beans in a pressure cooker, add fresh water and kombu, and bring to pressure. Cook 25 minutes. If you don't have a pressure cooker use a heavy pot. In that case you will probably need another 2/3 cup of water and will have to cook the beans 40 minutes to soften. Bring beans down from pressure, add barley and 3 cups water. Return to pressure and cook 20 minutes or 35 minutes in a heavy pot. Leave onions whole if small or cut into small bite-size pieces if larger. Soak dried mushrooms until soft (approximately 10 minutes) and dice. Cut carrots in large bite-size chunks if you leave the onions whole, small pieces if you cut the onions. Sauté vegetables in order given, season with 1 tablespoon shoyu and add to beans and barley along with remaining tablespoon shoyu. Add a little water and simmer until the vegetables are soft, about 30 minutes. Season further if desired. To make a thicker stew, add less water. You can add 1-2 cups of cut greens (kale, collard, mustard) the last minutes of cooking.