

North African Bean Stew with Barley



Ingredients

- ⅓ cup extra-virgin olive oil, more for serving
- 2 leeks, white and green parts, diced
- 1 bunch cilantro, leaves and stems separated
- 1 cup finely diced fennel, fronds reserved (1/2 large fennel bulb)
- 3 garlic cloves, finely chopped
- 2 ½ tablespoons baharat (see note)
- ½ cinnamon stick
- 2 tablespoons tomato paste
- 2 quarts chicken or vegetable broth
- ½ cup pearled barley
- 2 ½ teaspoons kosher salt, more as needed
- Large pinch saffron, crumbled (optional)
- 4 cups cooked beans or chickpeas
- 2 cups peeled and diced butternut squash (1 small squash)
- ¾ cup peeled and diced turnip (1 medium)
- ½ cup red lentils
- Plain yogurt, for serving
- Aleppo pepper or hot paprika, for serving

Info

- **Prep:** -
- **Cook:** -
- **Serves:** -
- [Source](#)

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Directions

1. In a large pot over medium heat, heat oil and cook leeks until they begin to brown, 10 to 12 minutes.
2. Finely chop cilantro stems. Stir into pot, along with diced fennel and garlic. Cook for 2 minutes. Stir in baharat, cinnamon and tomato paste, and cook until paste begins to caramelize, about 2 minutes.
3. Stir in broth, 3 cups water, the barley and the salt. Bring to a gentle boil, stir in saffron, if using, and reduce heat to medium. Simmer uncovered for 40 minutes. Stir in beans, squash, turnip and lentils; cook until barley is tender, about another 20 to 30 minutes. Taste and adjust seasonings, if desired. Remove cinnamon stick.
4. Ladle stew into bowls. Spoon a dollop of yogurt on top and drizzle with olive oil. Garnish with cilantro leaves, fennel fronds and Aleppo pepper or paprika.

[leek](#), [cilantro](#), [fennel](#), [baharat](#), [tomato paste](#), [stock](#), [barley](#), [chickpeas](#), [beans](#), [turnip](#), [lentils](#), [yogurt](#)

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