



Baked Emmer with Tomatoes & Herbs

1 hr Total Time

Ingredients:

- 2 tablespoons olive oil
- 2 cups uncooked Fieldstone Organics Emmer
- 2 cloves garlic, minced
- 1/2 cup finely chopped shallot 1 bay leaf
- 2 cups vegetable broth, purchased or homemade, or water
- 1 (28-ounce) can diced tomatoes, with juices (do not drain)
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme or basil
- 1/2 teaspoon salt, or more to taste
- 1/2 cup finely chopped flat-leaf parsley or fresh basil
- 2 tablespoons nutritional yeast
- Topping:
- 1/4 cup chopped walnuts
- 1/4 cup nutritional yeast
- 1/2 teaspoon salt
- 1/2 teaspoon grated lemon zest 2 tablespoons olive oil

Instructions

1. Preheat the oven to 350°F and lightly grease a 9 x 13-inch baking dish with 1 tablespoon of olive oil.
2. Rinse emmer in a colander. In a large saucepan over medium, saute the garlic and shallot in 1 tablespoon of olive oil for 2 minutes to soften the shallot. Stir in the emmer and bay leaf and saute for another minute, then pour in the vegetable broth and the tomatoes. Increase the heat to high and bring to a rapid simmer. Cook for about 2 minutes. Turn off the heat and add oregano,

thyme, and salt. Remove bay leaf. Taste and season with a little more salt, if desired (if using water, you may want to), then stir in the parsley and nutritional yeast.

3. Pour the emmer mixture into the prepared baking dish and smooth the top. Cover tightly with foil and bake for about 40 minutes, or until the emmer has absorbed almost all of the liquid.
4. Pulse together the topping ingredients, except the olive oil, in a food processor (or pound with a mortar and pestle) into coarse crumbs. Take the casserole out of the oven, remove the foil, and cover the top evenly with the walnut topping. Drizzle those 2 tablespoons of olive oil on top and bake for 10 minutes to lightly brown the top of the casserole. For best results, allow the emmer to sit for 10 minutes to cool slightly and firm up a bit. Serve warm; this casserole tastes even better the next day after the flavors have blended a bit more.

Cuisine: Mediterranean | **Recipe Type:** Casserole

Recipe adapted from: cadryskitchen.com

