

## BARLEY JAMBALAYA

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### Ingredients:

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 3 medium onions, diced
- 2 medium celery stalks, diced
- 1 medium bell pepper, diced
- 2 medium garlic cloves, minced
- 1 (15 oz) can black beans, rinsed and drained
- 1 Tablespoon oil
- 2 (14.5 oz) cans diced tomatoes, no salt added
- 1 teaspoon salt
- ½ teaspoon ground cayenne pepper
- 1½ teaspoons dried oregano
- 1 teaspoon ground black pepper

### Materials:

- Can opener
- Colander
- Cutting board
- Large pot with lid
- Measuring cups
- Measuring spoons
- Medium pot with lid
- Mixing spoon
- Sharp knife

### Notes:

- Use brown rice instead of barley, if you like.  
Cook rice following package instructions.  
Add cooked rice in place of barley in step 4.
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### Preparation:

1. In a colander, rinse barley under cold water. In a medium pot over high heat, bring barley, water, and bay leaves to a boil. Reduce heat to low and cover. Cook barley until tender and water is absorbed, about 20-30 minutes. In a colander, drain barley and set aside.
2. Peel, rinse, and dice onions.
3. Rinse and dice celery and pepper.
4. Peel and mince garlic.

### Directions:

1. In a large pot over medium-high heat, heat oil. Add onions, celery, pepper, and garlic to a pot. Mix well. Cook until veggies are soft, about 5 minutes.
2. Add tomatoes and their juices. Bring to a simmer. Add black beans and spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
3. Add cooked barley to the mixture, stir to combine. Add more water or broth if needed. Cook over low heat to blend flavors, about 5-10 minutes more.
4. Remove bay leaves and serve.

Serves 6; 1 ¼ cups per serving.

Per serving: 230 cal., 4.5 g total fat (.5 g sat. fat), 15 mg chol., 440 mg sodium, 41 g carb., 9 g fiber, 9 g pro.

Recipe adapted from *Cooking Matters*.