

BARLEY JAMBALAYA



Makes: 6 servings

Nutrition Information:

Calories: 230, Total Fat: 5 g,
Saturated Fat: 1 g,
Cholesterol: 15 mg, Sodium:
440 mg, Carbohydrates: 41 g,
Dietary Fiber: 9 g, Protein: 9 g

INGREDIENTS

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 3 medium onions
- 2 small celery stalks
- 1 cup diced green, red, yellow, or orange bell pepper (or a mix of any of these)
- 2 medium cloves garlic
- 1 tablespoon canola oil
- 4 ounces ground turkey
- 2 (14.5 oz) cans diced tomato (no salt added)
- 1 teaspoon salt
- ½ teaspoon ground cayenne pepper
- 1 ½ teaspoons dried oregano
- 1 teaspoon ground black pepper

PREPARATION

In advance (you can do this step up to 2 days in advance and refrigerate until ready to use)

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.

Drain barley in a colander and set aside.

Peel, rinse, and dice onions. Rinse and dice celery and pepper. Peel and mince garlic.

Heat oil in a large pot over medium-high heat.

Add onions, celery, pepper, and garlic to pot and mix well. Cook until veggies are soft, about 5 minutes.

Add ground turkey and cook for about 5 minutes (internal temperature should reach 165° on a food thermometer).

Add tomatoes and their juices, and bring to simmer.

Add spices and stir to combine. Cover and reduce heat, and cook at a low simmer for 15 minutes.

Add cooked barley to the mixture and stir to combine. Add more water or broth, if needed.

Cook over low heat to blend flavors, about 5 – 10 minutes more.

Remove bay leaves and serve.



NOTES

You can use a different whole grain, like cooked brown rice, instead of barley.

For a vegetarian option, use cooked or canned pinto or black beans, rinsed and drained, in place of turkey.

If you want to double this recipe, don't double the amount of cayenne pepper unless you like a very spicy dish!