



Barley and Cranberry Pork Stew

1 tablespoon olive oil
2 pounds lean boneless pork, cut into bite-size pieces
1-1/2 cups chopped onion
4 cloves garlic, finely chopped
2 teaspoons salt
1 teaspoon cumin seed
1 teaspoon paprika
3/4 teaspoon ground black pepper
1 large rutabaga, cut into eighths and thinly sliced (about 2-1/2 cups)
2 carrots, peeled and thinly sliced
2 bay leaves
5 cups water
1 cup white wine
5 teaspoons chicken stock concentrate
1 can (14-1/2 ounces) diced tomatoes and juice
3/4 cup uncooked pearl barley
2/3 cup dried cranberries

In 6-quart pan with cover, heat oil over medium-high heat. Add pork cubes in batches, stirring and cooking until browned on all sides (about 4 to 5 minutes per batch). Remove each batch from pan and set aside. Add onion and garlic to pan; cook, stirring, for 4 minutes. Season with salt, cumin, paprika and black pepper. Stir in sliced rutabaga and carrots; cook for 4 minutes. Mix in bay leaves, water, wine, chicken stock concentrate, tomatoes and juice, and barley. Bring mixture to a boil. Reduce heat to low, cover and cook for 30 minutes. Stir in cranberries. Cook for 15 to 20 minutes longer. Remove bay leaves. Serve in soup bowls. Makes 8 servings.

Per serving: calories 420, protein 32g, carbohydrates 33g, fiber 6g, fat 15g, cholesterol 75mg, sodium 1172mg.

For more recipe ideas, visit www.barleyfoods.org.