



Rock-m Sock-m Chili

2 teaspoons vegetable oil
1 pound lean ground beef, turkey or chicken
1 cup chopped onion
1/2 cup pearl barley
1 can (28 ounces) cut tomatoes
1 cup water
1 to 2 tablespoons chili powder
1/2 teaspoon salt
2 cans (15 ounces each) pinto or red beans, undrained
Grated Cheddar cheese or crumbled tortilla chips, for garnish

Heat oil in Dutch oven or heavy 4 to 5-quart pan over medium heat. Add ground beef and onion. Cook, stirring frequently, until beef is no longer pink. Add barley, tomatoes, water, chili powder and salt. Cover and cook 30 minutes over medium-low heat. Add undrained beans and continue to cook 15 to 20 minutes to blend flavors and finish cooking barley. Serve in bowls topped with grated cheese or crumbled tortilla chips, if desired. Makes 8 servings.

Per serving: calories 347, protein 21g, fat 10g, carbohydrates 44g, fiber 16g, cholesterol 37mg, sodium 343mg.

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