

Barley Jambalaya

October 2024 Recipe

Makes: 6 servings



Ingredients

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 3 medium onions
- 2 small celery stalks
- 1 cup green, red, yellow or orange bell pepper (diced)
- 2 medium cloves garlic
- 1 Tbsp. canola oil
- 4 oz. ground turkey
- 2, 14.5-oz cans no-salt-added diced tomatoes
- 1 tsp. salt
- ½ tsp. ground cayenne pepper
- 1 ½ tsp. dried oregano
- 1 tsp. ground black pepper

Nutritional information for 1 serving

Calories	230
Total fat	5 g
Saturated fat	1 g
Cholesterol	15 mg
Sodium	440 mg
Carbohydrate	41 g
Dietary fiber	9 g
Total sugars	9 g
Added sugars included	0 g
Protein	9 g

Directions

1. Rinse barley under cold water in a colander.
2. 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.
3. Drain barley in a colander and set aside.
4. Peel, rinse and dice the onions. Rinse and dice the celery and pepper. Peel and mince the garlic.
5. Heat the oil in a large pot over medium-high heat.
6. Add the onions, celery, pepper and garlic to pot. Mix well and cook until the vegetables are soft, about 5 minutes.
7. Add the ground turkey. Cook until internal temperature registers 165 F on a food thermometer, about 5 minutes more.
8. Add the tomatoes and their juices, and bring to a simmer.
9. Add the spices and stir to combine. Cover and reduce heat, simmering for 15 minutes.
10. 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.
11. Remove bay leaves and serve.

Source: MyPlate

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