

Buckin' Barley Chili

Ingredients:

1 ½ c Willamette Pearl barley (dry)	4 lb 14 oz roma tomatoes
1 white onion	3 T olive oil
12 cloves garlic	5 bell peppers
3-15 oz cans black beans, drained	3-15 oz cans kidney beans, drained
3-7 oz cans green chilies	1 ½ Tbsp chili powder
1 ½ Tbsp smoked paprika	3 Tbsp cumin
Juice of 3 limes	1 tsp salt
6 Tbsp cilantro	½ cup sour cream
1 cup avocado, chopped	

Instructions:

Cook barley in 1 ½ cup water for 30 minutes or until water is absorbed. Preheat oven to 400 degrees. Roast tomatoes for 20-25 minutes in oven. Once cool to touch, peel off skin and puree. Heat onion and oil in large soup/stock pot over medium-low heat for 8 minutes or until soft. Add garlic and bell peppers. Sauté for 5 minutes. Add beans, spices, green chilies, lime and salt. Simmer 5-10 minutes until flavors are well blended. Add tomatoes and barley. Heat through. Garnish with cilantro, sour cream and avocado.

Servings: 8 Serving Size: 1 cup

Calories: 335 Sodium: 456 mg Fat: 12 g Fiber: 12 g