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
- 1 cup avocado, chopped
- ½ cup sour cream

**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