

Barley Chili



Recipe by: moongardens.org

Ingredients

- 1 tbsp. olive oil
- 1 medium onion, diced
- 2 garlic cloves, diced
- 2 (14.5 ounce) cans diced tomatoes
- 1/2 cup barley
- 1 carrot, diced
- 1/2 jalapeno (or as much as you want) deseeded and finely diced
- 1 1/2 tbsp chili powder
- 2 tsp cumin, ground
- 1 1/2 tsp paprika
- 1/2 tsp cayenne pepper
- Salt to taste
- 1 (14.5 ounce can) kidney beans, with liquid
- 1 1/2 cups cooked corn (fresh or canned)
- 1 cup water



Directions

1. Heat olive oil in a large pot over medium high heat. Add carrot, jalapeno, garlic and onion, cook, stirring frequently, until onions have become translucent, about 2-3 minutes.
2. Stir in barley, kidney beans, diced tomatoes, chili powder, cumin, paprika, cayenne pepper and 1 cup water, season with salt, to taste and adjust seasonings how you see fit.
3. Bring to boil then reduce heat to low; simmer, covered, until thickened, about 30 minutes. Stir in corn, and heat through.

For any comments or suggested ingredients for upcoming recipes, please email us at moongardens.org@gmail.com