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Barley Jambalaya

Serves 6, 1¼ cup servings | Prep time: 25 minutes | Cook time: 1 hour

Ingredients

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 1/2 medium onion
- 2 medium celery stalks
- 1 medium green, red, yellow, or orange bell pepper
- 2 medium cloves garlic
- 1 Tablespoon canola oil
- 8 ounces (½ lb) ground beef or turkey
- 2 (14½ -ounce) cans diced tomatoes, no salt added
- 1 teaspoon salt
- ½ teaspoon ground cayenne pepper
- 1½ teaspoons dried oregano
- 1 teaspoon ground black pepper

Directions

In Advance

1. In a colander, rinse barley under cold water.
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. In a colander, drain barley. Set aside.

Preparation

4. Peel, rinse, and dice onions. Rinse and dice celery and pepper. Peel and mince garlic.
5. In a large pot over medium-high heat, heat oil.
6. Add onion, celery, pepper, and garlic to pot. Mix well. Cook until veggies are soft, about 5 minutes.
7. Add ground turkey. Cook until meat is cooked through, about 5 minutes more.
8. Add tomatoes and their juices. Bring to a simmer.
9. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer 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.