

Quick Cooking Barley Chili

with The Jungle Farm Barley + Onion and Beck Farms Bell Peppers



INGREDIENTS

1 tbsp oil
1 medium onion, chopped
1 pound ground beef
2 garlic cloves
1 tbsp minced ginger
1/2 cup sliced mushrooms
14 oz can red kidney beans
5.5 oz can tomato paste
19 oz can diced tomatoes
1 red bell pepper, diced
1 tbsp chili powder
2 tbsp Worcestershire sauce
3 cups vegetable stock
1 1/2 cup quick cooking barley

DIRECTIONS

- In large saucepan, brown the ground beef and drain excess fat. Add onions, garlic, ginger and mushrooms.
- Transfer to a slow cooker; add beans, tomato paste, diced tomatoes, red pepper, chilli powder, Worcestershire sauce, and stock.
- In the last half of cooking time (after about an hour of cooking) add quick cooking barley.
- Cooking time 2-3 hours. Tastes better when cooked longer.