

GARDEN BARLEY JAMBALAYA

SERVES 4

Ingredients

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 3 medium onions
- 2 medium celery stalks
- 5-10 Okra pods
- 1 large bell pepper
- 1 medium Poblano
- 5 jalapeno peppers
- 2 medium cloves garlic
- 1 Tablespoon canola oil
- 1 lb green tomato
- 1 teaspoon salt
- ½ teaspoon ground cayenne pepper
- 1 teaspoon ground black pepper



Directions

1. 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.
2. In a colander, drain barley. Set aside.
3. Chop onions, celery, okra, and all peppers. Peel and mince garlic.
4. In a large pot over medium-high heat, heat oil.
5. Add onions, celery, pepper, okra and garlic to pot. Mix well. Cook until veggies are soft, about 5 minutes.
6. Add tomatoes and their juices. Bring to a simmer.
7. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
8. 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.
9. Remove bay leaves and serve.



1501 John Tipton Blvd., Pennsauken, NJ 08110
856.662.4884 www.foodbanksj.org