

Indian Pearl Barley

By Avie Rosacci / Better Me at 5280

Makes 6 servings

INGREDIENTS:

1 cup red bell pepper; chopped
2/3 cup yellow onion; chopped
2 tsp. butter (or olive oil)
2 tsp. olive oil
1-cup pearl barley
1/4 tsp. ground allspice
1/4 tsp. ground turmeric
1/4 tsp. red curry powder
1/4 tsp. salt
1/4 tsp. ground black pepper
2-cup chicken broth

INSTRUCTIONS:

1. Chop onion and bell pepper and set aside.
2. Melt butter and olive oil in saucepan over medium heat. Add chopped onion, bell pepper and barley. Stir frequently until barley is slightly brown and onion and bell pepper has softened a bit.
3. Add broth and all seasonings. Turn heat down to simmer and cover. Cook for about 30 minutes as a very low simmer. When all moisture is gone, turn the barley off and leave the lid on let it rest about 5 minutes.



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