

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Barley and Bean Chili

Serves 6

This vegetarian chili is hardy and satisfying. The no-longer-secret ingredient of pure maple syrup adds a boost of flavor you will not believe! Try using protein-rich plain Greek yogurt instead of the traditional sour cream for a garnish.

Ingredients

2 teaspoons oil
1 large onion, diced
1 green bell pepper, diced
1 red bell pepper, diced
1 tablespoon minced garlic
2 tablespoons chili powder
1 teaspoon cumin
1 (32-ounce) can no-salt-added crushed tomatoes
1 (6-ounce can) no-salt-added tomato paste
3 cups water
½ cup dried barley
1 bay leaf
2 (15-ounce) cans beans (such as kidney, black, pinto or garbanzo), drained and rinsed
½ teaspoon salt
1 tablespoon pure maple syrup

Garnish:

¼ cup chopped fresh cilantro
½ cup shredded cheese
½ cup plain Greek yogurt

Directions

1. In a large stock pot or Dutch oven, heat oil on medium-high heat. Add onion, green and red peppers, and garlic and saute until softened, about 3 minutes. Add chili powder and cumin and saute another minute.
2. Add crushed tomatoes, tomato paste, water, barley and bay leaf. Simmer on low heat for 30-40 minutes, until the barley is tender. Add beans, salt, and maple syrup. Simmer another 15 minutes. Discard bay leaf.
3. Garnish with cilantro, cheese, and Greek yogurt.

Nutritional Information per serving:

Calories: 290	Carbohydrates: 53g
Total Fat: 2g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 14g
Protein: 16g	Sodium: 364mg