

# Barley and Sweet Potatoe Chili

Makes 6 servings

1 Tbsp	olive oil or avocado oil
2	onions, finely chopped
2 cloves	garlic, minced
1 tsp	dried oregano leaves, crumbled
½ tsp	freshly ground pepper
1 Tbsp	cumin
½ tsp	salt (omit if not using low sodium canned beans, tomatoes and vegetable / chicken broth)
½ cup	pearl or pot barley
1 can	low sodium crushed tomatoes
1 cup	low sodium vegetable or chicken broth
2	medium sweet potatoes, peeled and cut into 1 inch (2.5 cm) cubes
1 can	no-added-salt red kidney or black beans, drained, rinsed
1 Tbsp	chilli powder dissolved
2 Tbsp	fresh lime juice

## Toppings (optional):

1	jalapeño pepper, minced
½	green bell pepper, diced
½ cup	cilantro, finely chopped

1. In a large dry skillet over medium heat, add oil and onions. Cook for 3 minutes. Stir in garlic, oregano, pepper, and cumin. Cook for 1 minute.
2. Stir in barley. Add tomatoes and bring to a boil.
3. Transfer mixture to large pot. Add broth, sweet potatoes, and beans. Simmer on stove for 50 minutes.
4. Mix chilli powder and lime juice together and add to the pot before serving. Garnish with jalapeño, green bell pepper or cilantro.

Nutrition Facts	
Serving Size (430g) Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 16g	64%
Sugars 11g	
<b>Protein 11g</b>	
Vitamin A 240%	Vitamin C 50%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Michele Blanchet, Registered Dietitian

[www.micheleblanchet.ca](http://www.micheleblanchet.ca)

[micheleblanchetdietitian@gmail.com](mailto:micheleblanchetdietitian@gmail.com)