

## Barley and Sweet Potato Chili

Serves 6

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

1. In a large dry skillet over medium heat, add oil and onions. Cook for 3 minutes. Stir in garlic, oregano, salt, pepper, and cumin. Cook for 1 minute.
2. Stir in barley. Add tomatoes and bring to a boil.
3. Transfer mixture to a large pot. Add vegetable / chicken 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 jalapeno, bell pepper and cilantro if desired.