

Meat and Barley Chili

You'll Need: A large, heavy pot, measuring cups, measuring spoons, and a large mixing spoon

Preparation Time: 15 minutes

Cook Time: 50 minutes

Ingredients	Amount for four
Vegetable Oil	2 teaspoons
Lean Ground Meat	1 pound
Onion, diced	1 medium sized
Pot Barley	½ cup
Diced Tomatoes	1 796ml can
Water	1 cup
Chili Powder	1 tablespoon
Kidney Beans, rinsed and drained	2 – 398ml cans
Shredded Cheese (for garnish)	½ cup

Method:

Step 1: Add meat and diced onion to pot. Cook meat until completely brown.

Step 2: Add barley, tomatoes, water, and chili powder. Cover and cook for 30 minutes over medium-low heat. **Step 3:** Add beans. Cook for another 15 minutes.

Nutrients per serving

Calories: 330 kcals

Fat: 11.0 g

Carbohydrates: 40 g

Protein: 20.0 g

Sodium: 450mg

Fiber: 8.0 g