

# Smokey Barley Chipotle



## Snappy Grains Chipotle

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|-----------------------------|---------------------------------------|
| 1½ tbsp olive oil           | ½ tsp oregano                         |
| ½ cup white onions, diced   | 1-15 oz can diced tomatoes with juice |
| 1 green pepper, diced       | 1¾ cup uncooked Snappy Grains         |
| 4 cloves garlic, minced     | 1¾ cup chicken broth                  |
| 2 tsp chipotle chili powder | ½ tsp honey                           |
| 2 oz tomato paste           | 1 tin kernel corn                     |
| 1 tsp salt                  | 3 tbsp cilantro, chopped rough        |
| 2½ tsp cumin                |                                       |

### Directions:

1. Heat the olive oil until hot. Add the onions and cook over medium heat for 5 minutes or until soft and translucent. Add the green peppers and garlic and cook another 2 minutes until both the garlic and the peppers are soft, being careful not to brown the garlic. Once the vegetables are soft, stir in the Snappy Grains.
2. Add the chipotle chili powder, tomato paste, salt, cumin, oregano, chicken broth and honey. Cook for 1 minute, stirring constantly to mix the ingredients thoroughly. Add the tomatoes and bring to a boil over medium high heat stirring frequently. Once the mixture is at a boil, reduce to a simmer, add the corn, cover and cook for 15 minutes, stirring occasionally.
3. After 15 minutes, check for doneness. The Snappy Grains should be “al dente” to the tooth, not mush but not crunchy, should have a firm bite.
4. Remove from heat and cover 5 minutes. The Snappy Grains should be fully cooked, with some moisture in amongst the grains of barley (if necessary add a little stock). It should not be a firm mass. Garnish with cilantro.

Serves: 4 – 6

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**SNAPPY:**  
GRAINS