

Jambalaya-Style Barley Casserole

Preparation time	10 minutes
Cooking time	40 minutes
Servings	5
Cost per serving	\$1.84
Storage	2 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, can opener, colander, large pot, wooden spoon



Ingredients



15 ml (1 tbsp)
canola oil



1 large or 2 small **yellow onions**,
peeled and chopped into large chunks

OR FROZEN
GREEN PEAS



1 **green bell pepper**,
diced



2 **garlic** cloves,
peeled and minced



10 ml (2 tsp)
paprika



Salt, pepper and Tabasco-style
hot sauce, to taste



250 ml (1 cup) dry
pearl barley

OR
RICE



750 ml (3 cups)
chicken broth



1 can (796 ml)
diced tomatoes



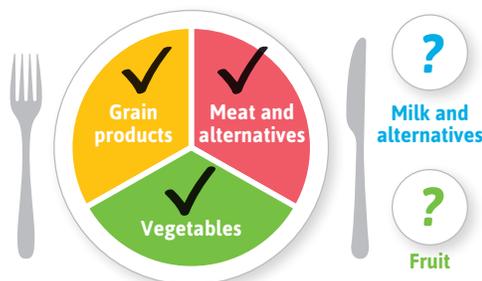
1 can (540 ml) **red kidney beans**,
drained and well rinsed

ALSO CALLED
"MATANE SHRIMP"



150 g (½ lb) **northern shrimp**,
cooked and shelled

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Balanced plate

Serve with:

? Vegetables (cooked vegetables, for example) to round out the serving, and a fruit

? A glass of milk or fortified soy beverage

Directions

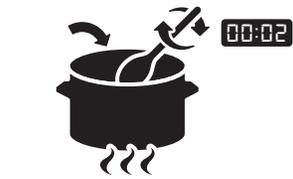
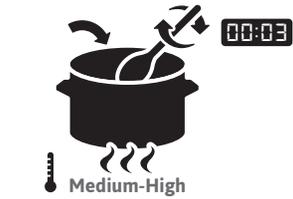
- 1 Heat the **oil** in a large pot over medium-high heat. Add the **onions** and cook for about 3 minutes.

- 2 Add the **green bell pepper, garlic, paprika, salt** and **pepper**. Cook another 2 minutes while stirring.

- 3 Add the **barley, broth** and **diced tomatoes**. Stir and bring to a boil.

- 4 Reduce heat to medium-low, cover and cook for about 35 minutes, or until the barley is done and all the broth has been absorbed.
Tip: Use the cooking time to prepare your side dishes.

- 5 Add the **red kidney beans, shrimp** and **hot sauce**. Mix.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition