



Barley Jambalaya



Start to finish time: 35 minutes

Number of servings: 6

Nutrition Facts

Serving size 1 ¼ cups

Amount per serving
Calories **305**

% Daily Value*

| | |
|-------------------------------|-------------|
| Total Fat 9.1g | 12 % |
| Saturated Fat 1.9g | 10 % |
| Trans Fat 0g | |
| Cholesterol 52mg | 17 % |
| Sodium 462mg | 20 % |
| Total Carbohydrate 38g | 14 % |
| Dietary Fiber 9.7g | 35 % |
| Total Sugars 7.1g | |
| Includes 0g Added Sugar | 0 % |
| Protein 20g | |
| Vitamin D 0.3mg | 2 % |
| Calcium 99mg | 8 % |
| Iron 3mg | 17 % |
| Potassium 708mg | 15 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 1 tablespoon canola oil
- 3 medium onions (diced)
- 2 medium celery stalks (diced)
- 1 medium red, green, yellow, or orange bell pepper (diced)
- 2 medium cloves garlic (minced)
- 1 pound 85% ground turkey
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 (14 ½-ounce) cans no salt added diced tomatoes
- 3 cups water or broth
- ½ teaspoon cayenne pepper
- 1 ½ teaspoons dried oregano
- 2 bay leaves
- 1 cup instant barley (or brown rice)

DIRECTIONS:

1. Gather and prepare ingredients.
2. In a large pot or skillet heat oil over medium-high heat.
3. Add the onion, celery, bell pepper, and garlic to the skillet. Cook until the veggies are soft, about 5 minutes.
4. Add the turkey, salt, pepper and cook, breaking up the meat into smaller pieces.
5. Cook until the meat is browned and cooked through, about another 5 minutes.
6. Add the remaining ingredients, stir and bring to a simmer.
7. Reduce the heat to low, cover with lid, and cook until the barley is cooked through, about 10-15 minutes.
8. If there is still a lot of water remaining, leave the lid off, increase the heat to medium, and cook an additional 2-3 minutes.
9. Serve and enjoy!



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

In a large pot or skillet heat oil over medium-high heat.



Step 3

Add the onion, celery, bell pepper, and garlic to the skillet. Cook until the veggies are soft, about 5 minutes.



Step 4

Add the turkey, salt, pepper and cook, breaking up the meat into smaller pieces.



Step 5

Cook until the meat is browned and cooked through, about another 5 minutes.



Step 6

Add the remaining ingredients, stir and bring to a simmer.



Step 7

Reduce the heat to low, cover with lid, and cook until the barley is cooked through, about 10-15 minutes.



Step 8

If there is still a lot of water remaining, leave the lid off, increase the heat to medium, and cook an additional 2-3 minutes.



Step 9

Serve and enjoy!

SUBSTITUTIONS:

- If you don't like food too spicy, only use ¼ teaspoon of cayenne pepper or it can be replaced with creole seasoning.
- Any type of lean ground meat can be used.

MSU EXTENSION NOTES:

- Pre-cut the vegetables for a quicker preparation time.

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