

Southwestern Black Bean Barley

Ingredients

- 1¼ cups water
- 1/3 cup pearl barley
- ½ teaspoon salt (optional)
- 1 can (15 ounces) black beans, rinsed and drained
- 1 small yellow bell pepper, seeded and chopped
- 1 small tomato, seeded and chopped
- 1 cup frozen corn, thawed
- 1 medium scallion, chopped and trimmed (white part only)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- juice of ½ lime
- salt and freshly ground pepper
- 2 ounces shredded pepper or plain Monterey Jack cheese for garnish



Directions

In a medium saucepan, bring the water to a boil. Add the barley and ½ teaspoon of salt, if desired. Reduce the heat, cover and simmer for about 30 minutes, until the barley is tender. In a large bowl, combine the barley with the next eight ingredients and stir with a fork. Season to taste with salt and pepper, top with shredded cheese and serve.