

Beef and Barley Chili

Alberta Nutrition Guidelines suggest choosing foods with at least 2 grams of fibre per serving. One serving of this dish provides almost half of your daily fibre requirement!



Ingredients:

1 lb	Extra lean ground beef	454 g
1 Large	Onion, chopped	1 Large
1 Tbsp	Canola oil	15 mL
1	Small red or yellow pepper, chopped	1
3 to 4	Garlic cloves, crushed	3 to 4
1–28 oz can	No salt added stewed tomatoes	1–796 mL can
2 cups	Cooked red kidney beans (or 1–19 oz (540 mL) can, no salt added, rinsed and drained)	500 mL
1–14 oz can	Baked beans	1–398 mL can
1 cup	Salsa	250 mL
1 cup	Low sodium beef broth	250 mL
½ cup	Pearl or pot barley, dry	125 mL
2 to 4 Tbsp	Chili powder	30 to 60 mL
1 Tbsp	Cocoa	15 mL

Directions:

1. In a large pot, cook the beef and onion in canola oil over medium-high heat for 5–8 minutes, breaking up with a spoon, until the onions are soft and the meat is no longer pink.
2. Add the peppers and garlic and cook for a few more minutes, until soft.
3. Add the tomatoes, beans, salsa, stock, barley, chili powder, cocoa and pepper and bring to a boil.
4. Turn the heat down to low, cover and cook for about an hour, stirring occasionally, until reduced and thick.
5. Serve immediately, or cool then refrigerate for a day or two and reheat when you're ready for it.

Makes 8 servings (375 mL/ 1 ½ cup/ 375 g)

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Source: developed by Julie Van Rosendaal for Apple, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS.

Nutrition Facts	
Per 1/8 of recipe (375 mL / 1½ cup / 375 g)	
Amount	% Daily Value
Calories 320	
Fat 6 g	12 %
Saturated 2.5 g + Trans 0 g	13 %
Cholesterol 30 mg	
Sodium 700 mg	29 %
Carbohydrate 44 g	15 %
Fibre 11 g	44 %
Sugars 12 g	
Protein 23 g	
Vitamin A	70 %
Vitamin C	50 %
Calcium	10 %
Iron	40 %

Nutrient Claim	Amount per serving
Very high in fibre	11 g
Very high in potassium	995 mg
Source of calcium	104 mg
Very high in magnesium	92 mg
Very high in folate	80 mcg
Very high in iron	6 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1 ½
Grain Products	½
Milk and Alternatives	0
Meat and Alternatives	1 ½

This is a Choose Most Often recipe (Mixed Dish–Meat-based) according to the Alberta Nutrition Guidelines.