



## **Slow Cooker Black Nile Barley Casserole with Ground Turkey**

An Adaptation by Lentz Spelt Kitchens

### Ingredients:

½ cup Resurgent Grains Black Nile Barley Berries; soak overnight in enough water to cover berries.

1 tsp olive oil

1 ¼ pound ground turkey

1 medium onion, chopped

1 red pepper, chopped

Seasoning Mixture: Mix together in a small bowl

*(can be adjusted to your own taste/heat preference)*

1 tbsp chili powder

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp oregano

½ tsp paprika

1 ½ tsp ground cumin

1 tsp salt

1 tsp black pepper

1 (15 oz) can corn, drained

1 (14.5 oz) can diced tomatoes, drained

1 (15 oz) can black beans, drained and rinsed

3 cups low-sodium chicken broth

Optional toppings: cheese, salsa, sour cream, avocado, tortilla chips.

Heat oil in large pan over medium high heat. Add turkey, onion and pepper and sauté until turkey is cooked. Stir in seasoning mixture and cook for an additional 2 minutes.

Place Black Nile Barley, corn, tomatoes, beans, meat mixture and chicken broth into a 6 quart slow cooker and cook on low for approximately 5 hours or until barley is tender.

If you are using cheese, stir in a cup or so and cover until melted.

You can serve with optional toppings; as a dip with tortilla chips or eat as a casserole! It's really yummy!

*Courtesy of Lentz Spelt Farms and Resurgent Grains. Go to [www.resurgentgrains.com](http://www.resurgentgrains.com) to purchase Resurgent Grains Organic Black Nile Barley Berries.*