

**Chicken**

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# **Barley Jambalaya**

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**Servings: 8**

**Preparation Time: 15 minutes**

**Cook time: 41 minutes**

**2 tablespoons olive oil**

**1 medium onion, chopped**

**1 green pepper, cored and chopped**

**2 ribs celery, trimmed and sliced**

**1 tablespoon creole seasoning**

**1 can (14.5 oz) diced tomatoes with jalapenos**

**1 1/2 cups pearl barley**

**1 can (14.5 oz) low-sodium chicken broth**

**1 package (12 oz) fully-cooked smoked chicken sausage, sliced**

**1 pound cleaned shrimp**

Heat the oil in a large lidded saucepan over medium heat.

Add the onion, pepper and celery. Cook for 5 minutes.

Stir in the creole seasoning and cook for 1 minute.

Add the tomatoes, barley, broth and 1 1/2 cups of water.

Bring to a boil. Reduce heat to medium-low. Simmer, covered, for 30 minutes.

Remove the cover from the saucepan. Stir in the sausage and shrimp.

Increase the heat to medium-high. Cover and cook for 5 minutes, until the shrimp are opaque.

Serve warm.

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Per Serving (excluding unknown items): 181 Calories; 4g Fat (20.1% calories from fat); 6g Protein; 33g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.