



African-Spiced Black Barley with Okra and Tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound barley black
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 large garlic clove minced
- ☐ 1 pinch ground cloves
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 pound okra trimmed
- ☐ 1 medium onion finely chopped
- ☐ 6 servings salt
- ☐ 2 medium tomatoes peeled coarsely chopped
- ☐ 3.5 tablespoons vegetable oil
- ☐ 1 cup water

Equipment

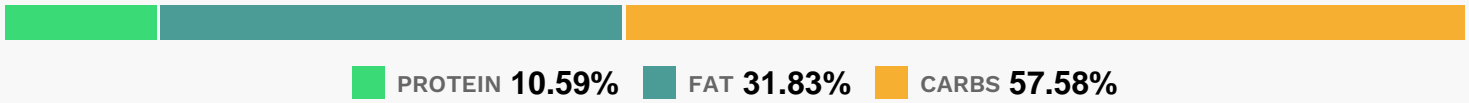
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, cover the barley with water and bring to a boil. Cover and simmer over low heat, stirring occasionally, until the barley has split and is tender but still slightly chewy, about 45 minutes.
- ☐ Drain the barley and transfer to a bowl.
- ☐ Wipe out the saucepan and heat 1 1/2 tablespoons of the oil in it.
- ☐ Add the onion and cook over moderately low heat, stirring, until tender, about 5 minutes.
- ☐ Add the tomatoes and cook over moderate heat until their juices thicken, about 4 minutes.
- ☐ Add the garlic and cook until fragrant, about 2 minutes.
- ☐ Add the cumin, coriander, cinnamon, cayenne and cloves and cook, stirring, until fragrant, about 3 minutes.
- ☐ Add the barley and the water, cover and simmer over low heat until the flavors are nicely blended, about 4 minutes.
- ☐ In a large skillet, heat the remaining 2 tablespoons of oil until almost smoking.
- ☐ Add the okra and cook, turning once, until browned on both sides, about 6 minutes. Season the okra with salt and stir into the barley. Season the barley with salt and serve hot.
- ☐ Make Ahead: The recipe can be prepared through Step 2 and refrigerated for up to 2 days. Bring back to a simmer before proceeding.

Wine Recommendation: This spice-rich vegetable stew warrants an equally spicy red with a texture to match. A California Zinfandel, such as the 1996 Ridge Sonoma Station or the 1996 Turning Leaf, is just right, particularly if the stew accompanies a hearty meat dish.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:9.53, Inflammation Score:-8, Nutrition Score:18.42347837531%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 19.82mg, Quercetin: 19.82mg, Quercetin: 19.82mg, Quercetin: 19.82mg

Nutrients (% of daily need)

Calories: 245.98kcal (12.3%), Fat: 9.13g (14.05%), Saturated Fat: 1.44g (9%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 27.24g (9.9%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 208.88mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.67%), Manganese: 1.44mg (72.22%), Vitamin K: 42.53µg (40.5%), Fiber: 9.93g (39.73%), Vitamin C: 24.63mg (29.86%), Vitamin B1: 0.42mg (28.12%), Magnesium: 101.61mg (25.4%), Selenium: 15.01µg (21.44%), Vitamin A: 928.61IU (18.57%), Vitamin B6: 0.35mg (17.34%), Phosphorus: 163.66mg (16.37%), Copper: 0.31mg (15.68%), Folate: 62.3µg (15.58%), Potassium: 530.17mg (15.15%), Vitamin B3: 2.78mg (13.92%), Iron: 2.14mg (11.91%), Zinc: 1.62mg (10.78%), Vitamin B2: 0.17mg (9.9%), Calcium: 88.79mg (8.88%), Vitamin E: 1.33mg (8.85%), Vitamin B5: 0.35mg (3.54%)