

Slow Cooker Kidney Bean & Barley Chili

10 ingredients · 4 hours 10 minutes · 4 servings



Directions

1. Place all the ingredients in the slow cooker and stir the mixture. Cover and cook for four hours on high or six hours on low.
2. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add carrots, red onions, mixed beans.

Additional Toppings

Fresh parsley, chives, basil and/or cilantro.

Ingredients

- 3/4 cup** Pearl Barley (uncooked, rinsed and drained)
- 1/2 cup** Red Onion (medium, finely chopped)
- 2 stalks** Celery (chopped)
- 2 tsps** Garlic Powder
- 1/2 tsp** Chili Powder
- 2** Bay Leaf
- 2 cups** Red Kidney Beans (cooked)
- 1 cup** Kale Leaves (stems removed and leaves chopped)
- 4 cups** Diced Tomatoes (from the can, with the juices)
- 3 cups** Vegetable Broth, Low Sodium

