



# Barley, Lentils & Tomatoes

## INGREDIENTS:

- fc 2 tbsp vegetable oil
  - 1 small onion, thinly sliced
- fc 1 cup dry lentils, rinsed
- fc 1 cup uncooked quick-cooking barley
- fc 2 tsp beef flavor instant bouillon
- fc 1 tsp cumin
- fc 1/8 tsp allspice
  - 3-1/2 cups water
- fc 2 (14.5 oz) cans stewed tomatoes
  - 2 tbsp fresh parsley, chopped



## INSTRUCTIONS:

In a skillet heat oil over medium heat. Add onion and lentils to skillet. Cook for 3 to 5 minutes or until onion is tender and lentils are lightly browned. Add barley, bouillon, cumin, allspice and water. Bring to a boil. Reduce heat to medium-low; cover and simmer 15 minutes or until lentils are soft. Add stewed tomatoes. Cook, uncovered, for 15 to 20 minutes or until lentils and barley are tender and liquid is absorbed. Just before serving, stir in parsley.