

# Spinach Tomato Barley One Pot Meal

written by The Recipe Exchange | June 28, 2015

## **Ingredients**

1 cup pearl barley  
1 can diced tomatoes (no salt added or 2 large tomatoes diced)  
3 cups fresh spinach (chopped)  
1 onions (medium, diced)  
3 cloves garlic (chopped)  
2 tsps vegetable bouillon  
1 tbsp avocado oil  
3 cups water (if using canned diced tomatoes the juice in the can should equal approx 1 cup You can complete the 2 cups by using water or broth)  
1/2 tsp tarragon  
1/2 tsp thyme  
1/2 tsp rosemary  
1/2 tsp paprika  
2 bay leaves (optional)  
salt  
pepper

## **Directions**

Heat a medium- sized pot and add avocado oil  
Add garlic and onions and saute for 1-2 min or until tender and fragrant  
Add barley and mix together to coat barley with the oil, garlic and onions  
Add diced tomatoes or the contents of 1 can of diced tomatoes (use a no salt version)  
Stir and mix with the barley. Saute for 2-3 mins  
Add water or broth  
Add seasoning mix and organic vegetable bouillon  
Add spinach  
Stir and cover  
When liquid begins to boil, reduce heat and cook for 50 mins  
Remove from heat fluff with a fork and serve