

Smothered Chicken and Barley

1½ tsp Cajun seasoning

¾ tsp salt

¼ tsp cinnamon

½ tsp Mexican oregano

6 chicken thighs

1 ½ cups chopped onion

1 chopped red bell pepper

1 TBs low sodium soy sauce (optional)

3 ½ cups low salt chicken stock (or home-made chicken stock or water- don't use cubes. TOO SALTY).

1 ¼ cups cooked hulled barley

2-TBS tomato paste

Combine spices in bowl and rub chicken with half of the mixture. (I think I usually boost the amount of spices in this, so add them liberally)

In large heavy pot brown off chicken pieces in a little olive oil. Remove chicken and set aside; add onion, bell pepper and garlic and sauté until soft and golden.

Add tomato paste and cook 1 minute. Add broth, barley, and remaining spice mixture and stir well to scrape up all the browned chicken bits. Add chicken back to the pot, nestling it into the barley / veggie mixture. Cover, and simmer about an hour until the chicken is done. (or, finish in the oven in a covered baking dish)

Serve with a big sprinkling of parmesan cheese.