



Spanish Emmer

A great side dish with fajitas or enchiladas or on its own with a green salad. If you soak the Emmer in advance you'll reduce the cooking time. Remember to drain and rinse before adding.

- 2 tsp olive oil
- 1 cup chopped onions
- ½ cup diced pepper (your colour choice)
- 1 tsp minced garlic
- 2 cups veggie or chicken broth
- 1 cup Fieldstone Organics Emmer
- 1 cup chunky salsa
- ½ tsp each chili powder and cumin
- ¼ tsp salt and freshly ground black pepper
- 2 Tbsp minced fresh cilantro



Heat olive oil in a medium pot over medium heat. Add onions, pepper and garlic. Cook and stir until vegetables are tender.

Add remaining ingredients except cilantro and mix well. Bring to a boil. Reduce heat to medium-low, cover and cook for another 30 minutes (if Emmer was pre soaked). May take up to 50 minutes without pre-soaking.

Remove from heat, stir in cilantro and serve hot. Adapted from Looneyspoons Collection.

