**Barley Black Bean and Corn Burritos**

## Ingredients

 2 cups  fat-free, lower-sodium organic vegetable broth or chicken broth

 1 cup  uncooked pearl barley

 3/4 cup  frozen whole-kernel corn

 1/4 cup  chopped green onions

 1 Tbsp  fresh lime juice

 1 tsp  ground cumin

 1 tsp chili powder

 1/2 tsp  ground red pepper

 1 (15-ounce) can lower-sodium black beans, rinsed and drained

 1 (10-ounce) can diced tomatoes and green chilies, undrained

 1  garlic clove, minced

 1/4 cup  chopped fresh cilantro

 8 (8-inch) flour tortillas

 3 oz  shredded reduced-fat sharp cheddar cheese (about 3/4 cup)

 8 cups  thinly sliced curly leaf lettuce

 1/2 cup  bottled salsa (low sodium)

 1/2 cup  light sour cream

 Chopped fresh cilantro (optional)

## Preparation

 1. Place first 11 ingredients in a 3- to 4-quart electric slow cooker; stir well. Cover and cook on LOW for 4 hours or until barley is tender and liquid is absorbed. Stir in 1/4 cup cilantro.

 2. Heat tortillas according to package directions. Spoon 2/3 cup barley mixture down center of each tortilla. Sprinkle each with 1 1/2 tablespoons cheese; roll up. Place 1 cup lettuce on each of 8 plates; top each with 1 burrito. Spoon 1 tablespoon salsa and 1 tablespoon sour cream over each serving. Sprinkle with additional cilantro, if desired.