**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.