



## Chicken Barley Chili

### Ingredients

- 1 (14 ½ oz) can tomatoes, diced, undrained
- 1 (16 oz) jar/can salsa or tomato sauce
- 1 (14 ½ oz) can fat free chicken broth
- 3 cups water
- 1 cup Quaker Quick barley
- 1 T chili powder
- 1 tsp cumin
- 1 (15 oz) can black beans, drained, rinsed
- 1 (15 ¼ oz) can corn, whole kernel
- 3 cups chicken breast, cooked, cut into bite size pieces (could use rotisserie chicken), about 1 ½ lbs.



### Directions

1. In 6 quart saucepan, combine first 7 ingredients. Over high heat bring to a boil; cover and reduce heat to low. Simmer for 20 min, stirring occasionally.
2. Add beans, corn and chicken; increase heat to high until chili comes to a boil. Cover and reduce heat to low.
3. Simmer for another 5 minutes, or until barley is tender. If upon standing the chili becomes too thick, add more chicken broth or water until chili is desired consistency.
4. If desired, top with shredded cheese and sour cream.

Makes 11 (1 cup) servings.

Nutrition facts: 270 calories, 4g fat, 60mg cholesterol, 700mg na, 27g carbohydrate, 5g fiber, 32g protein.

Source: Back of Quaker Quick Barley box

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