

Mexican Chicken Barley Chili

Ingredients

- 1 cup chopped onion
- 1 clove garlic, minced
- 1 tbsp vegetable oil
- 1/2 cup Quaker® - Medium Barley
- 1 16 oz can chopped tomatoes (do not drain)
- 1 16 oz can no-salt-added tomato sauce
- 1 14.5 oz can reduced sodium chicken broth (about 1 ¾ cups)
- 1 11 oz can whole kernel corn, drained
- 1 4 oz can chopped green chiles, drained
- 1 tbsp chili powder
- 1/2 tsp ground cumin
- 3 cups chopped, cooked chicken (about 1 ½ lbs)

How to make it

1. In 4-quart saucepan or Dutch oven, cook onion and garlic in vegetable oil until onion is tender.
2. Add remaining ingredients except chicken.
3. Bring to a boil.
4. Reduce heat to low; cover.
5. Simmer 40 minutes, stirring occasionally.
6. Add cooked chicken; continue simmering 5 to 10 minutes or until chicken is heated through and barley is tender.
7. Add additional water or chicken broth if chili becomes too thick upon standing.
8. Makes about 9 cups.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	50 min	60 min	8

Made with



Quaker® - Medium Barley