## Southwestern Chicken Chili with Barley

## Ingredients

- 1 can (4.5 oz) diced tomatoes, undrained (may use tomatoes seasoned with peppers)
- 1 jar (6 oz) salsa or tomato sauce
- 1 can (4.5 oz) fat-free chicken broth
- 2/3 cup Quaker® Medium Barley
- 4 cups water
- 1 tbsp chili powder
- 1 tsp cumin
- 1 can (5 oz) black beans, drained and rinsed
- 1 can (15 oz) whole kernel corn or corn with peppers, undrained
- 3 cups (about 1 ½ lbs) chicken breast, cooked, cut into bite-sized pieces
- Reduced or no-fat cheddar cheese (optional)
- Reduced or fat-free sour cream (optional)

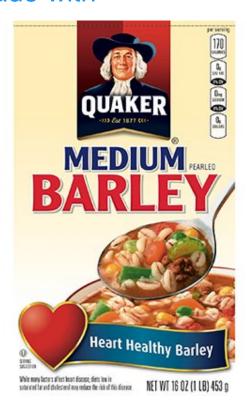
## How to make it

- 1. In 6-qt saucepan, combine first 7 ingredients.
- 2. Over high heat bring to a boil; cover and reduce heat to low.
- 3. Simmer for 40 minutes, stirring occasionally.
- 4. Add beans, corn and chicken; increase heat to high until chili comes to a boil.
- 5. Cover and reduce heat to low.
- 6. Simmer for another 5 minutes, or until barley is tender.
- 7. If upon standing the chili becomes too thick, add more chicken broth or water until chili is desired consistency.
- 8. If desired, top with shredded cheese and sour cream.



PREP	COOK	TOTAL	SERVINGS
TIME	TIME	TIME	
5 min	45 min	50 min	11

## Made with



**Quaker® - Medium Barley**