

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

Made with



Quaker® - Medium Barley