

# 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  
5 min



COOK  
TIME  
45 min



TOTAL  
TIME  
50 min



SERVINGS  
11

## Made with



Quaker® - Medium Barley