

Mexican Chicken & Barley Chili

The great flavor of chili with a twist!

NINE 1-CUP SERVINGS

Ingredients

- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 3 cups water
- 1/2 cup medium QUAKER barley
- One 16-ounce can tomatoes, undrained, chopped
- One 16-ounce can no-salt-added tomato sauce
- One 14 1/2-ounce can reduced sodium chicken broth (about 1-3/4 cups)
- One 11-ounce can whole kernel corn, drained
- One 4-ounce can chopped green chiles, drained
- 1 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 3 cups chopped, cooked chicken (about 1-1/2 pounds)

Directions

1. In a 4-quart saucepan or Dutch oven, cook onion and garlic in 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.