



Mexican Chicken Barley Chili



SERVINGS

8



COOKING TIME

50 min

Spice things up in the kitchen with our stovetop chili recipe of Mexican Chicken Barley Chili. This dish is a fusion of all the best Mexican flavors and chili flavors combined. A little less than an hour to make, this recipe comes out perfect every time and makes for a hearty addition to lunch or dinner.

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)

Cooking Instructions

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.