



Southwestern Chicken Chili with Barley



SERVINGS

11



COOKING TIME

20 minutes

Southwestern Chicken Chili with Barley is a bowl full of tender shredded chicken, flavorful broth, and zesty spices. With the little bit of spice and the sweet flavors of corn and tomatoes, together they balance each other out to create a warm dish everyone will love. Top your chili with cheese and sour cream for even more flavor.

Ingredients

- 1 Can(s) (4.5 oz) diced tomatoes, undrained (may use tomatoes seasoned with peppers)
- 1 jar(s) (6 oz) salsa or tomato sauce
- 1 Can(s) (4.5 oz) fat-free chicken broth
- 2/3 Cup(s) [Quaker® - Medium Barley](#)
- 4 Cup(s) Water
- 1 Tablespoon(s) chili powder
- 1 Teaspoon(s) Cumin
- 1 Can(s) (5 oz) Black Beans, drained and rinsed
- 1 Can(s) (15 oz) whole kernel corn or corn with peppers, undrained
- 3 Cup(s) (about 1-1/2 lbs) chicken breast, cooked, cut into bite-sized pieces
- Reduced or no-fat cheddar cheese (optional)
- Reduced or fat-free sour cream (optional)

Cooking Instructions

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.